

Thesis Title : An Analysis on the Meditation Techniques of Pā-Auk Sayādaw In The Light of Satipaṭṭhāna

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Abstract

This dissertation is entitled “**An Analysis of the Meditation Techniques of Pā-Auk Sayādaw In The Light of Satipaṭṭhāna.**” The objectives of the study are: 1) To analytically study the concepts of Satipaṭṭhāna in the Pāli Canon and related other sources. 2) To analyze Satipaṭṭhāna meditation techniques and models according to the most Venerable Pā-Auk Sayādaw. 3) To analytically study the influence of vipassanā meditation techniques of the Venerable Pā-Auk Sayādaw to society.

The research methodology is documentary with participant observation and in-depth interviews. Data was collected on application of

meditation skills following a structured progression based on the development of both tranquility and insight and factors that support meditation practice. It uses case studies from the main Pa-Auk meditation center. Moreover, the relevant sources of certain Buddhist texts, both the early Canonical texts and post Canonical literature have been accordingly examined.

The results of the study indicate how the general concept of Satipaṭṭhāna correlates to other sources appearing in Buddhist texts; either in the Buddhist Canonical texts or in the other Buddhist texts. These were analyzed for a better understanding in a systematic and academic way. The research studies in detail how practitioners' meditation practice can be affected and provides an introduction to Theravada Buddhist teachings at the above named Pa-Auk Meditation Centers.

Those who follow the various practices associated with the meditation not only cultivated moral strength and selflessness, but also perform the highest service to their fellow human beings. They practice the meditation and gradually develop themselves through good external actions that become the foundations of inner development up until the attainment of the ultimate goal of life: Nibbāna. In the modern context the Centers are revitalizing the practice of meditation as a means of solving problems in family, school, society, and the world.

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Ven. OBHĀSA

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List of Abbreviation

The abbreviations used in these references are, primary and standard abbreviations, which are the most recurrently used in references in my thesis. They are:

A	:	Aṅguttara-nikāya
D	:	Dighanikāya
M	:	Majjhimanikāya
S	:	Saṃyutta Nikāya
Dhp	:	Dhammapada
DhA	:	Dhammapada-atthakathā (cty on Dhp)
It	:	Itivuttaka
Khp	:	Khuddhakapāṭha
Vism	:	Visuddhimagga

For Example:

1) AI 41

A = Aṅguttara-nikāya

I = volume number

41 = page number

2) Dhp 19

Dhp = Dhammapada

19 = verse number

3) Vism.IV.199

Vism. = Visuddhimagga

IV = chapter

199 = page number

Other Abbreviation

BD	Buddhist Dictionary
BPS	Buddhist Publication Society
e.g.	exempli gratia
etc.	et cetera/ and others
f.	forward/ following
fn.	footnote
ibid.	in the same book/ article as quoted in previous note
i.e.	id est/ that is to say
n (n).	note (s)
no.	number
op.	cit. the work quoted (in the specified note)
PED	Pali-English Dictionary
PTS	Pali Text Society
pto.	please turn over: used at the bottom of a page when there is more writing on the other side.
p (p).	page (s)
pub.	published or publication
tr.	translator/ translated by
v (v).	verse (s)
viz.	videlicet
vol (s).	volume (s)

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