



LIFE ATTAINS PERFECTION ONLY BY MAHĀ SATIPATṬHĀ NA VIPASSANĀ .

- (1) Propagation of Buddha Sāsanā-Pariyatti Sāsanā
(Learning the scriptures)
- (2) Patipatti Sāsanā
(Putting the teaching of the Buddha into actual practice)
- (3) Pativeda Sāsanā
(Penetrative insight into the Four Noble Truths)

Hlaing Mahāsi Vipassanā Meditation Centre

Hlaing Mahāsi Vipassanā Meditation Centre, one of the many meditation centres toeing on the line of the Mahāsi Sayādaw, Ch gi Kyaung Street, near Hlaing University, Hlaing Township, Yangon.



Hlaing Mahāsi Vipassanā Meditation Centre taking the name of Sāsana Man Aung Kammatthan Thana has established since 1933. It was conferred to World Buddhist Missionary Mahāsi Sayādaw, Who again conferred it to Ashin Candavara (current Hlaing Mahāsi Sayādaw) on the same day.

(2)

Due to the location of the meditation centre, it is named Hlaing Mahāsi Meditation Centre by Mahāsi Sayādaw and Ashin Candavara has been appointed as Hlaing Mahāsi Sayādaw. Since that time, Ashin Candavara, Hlaing Mahāsi Sayādaw, teaches meditation to Yogis under the banner of Hlaing Mahāsi Vipassanā Meditatiion Centre. It has existed for 76 years as Sāsana Man Aung Kammatthan Thana and also existed for 30 years as Hlaing Mahāsi Vipassanā Centre. According to the list sent to the Department of Religious Affairs, The number of yearly yogis who came to the centre are over 10,000. Over three hundred thousands yogis have meditated at Hlaing Mahāsi for 30 years.

Man yogis and Monks who come to the centre for meditation purposes are taught by the Kammatthānacariya Sayādaws of Hlaing Mahāsi. On the other hand, woman yogis and nuns who come to the centre for meditation purposes are also taught by the experienced Kammatthānacariya nuns and woman meditation teachers at the centre. To meditate systematically, there are seperate schedules, rules and regulations set for the yogis. They must follow the teachings as taught by the teachers. Sitting meditation and walking meditation must be practiced alternately during 3 a.m to 11 p.m.

While you are listening to the religious sermon, taking religious examination, bathing, partaking meals, paying obeisance to the Buddha and going to bed, you must be mindful. You have not only meditated but also you must be well aware of the Patiyatti Sāsanā, Patipatti Sāsanā and Pativeda Sāsanā. Furthermore, you must study the four Noble Truths, Dāna, Sila, Samatha, Vipassanā, the motto of Hlaing Mahāsi Vipassanā Meditation Centre "Life Attains Perfection Only By Mahā Satipattihāna Vipassanā." etc.

(3)

If you want to meditate at Hlaing Mahāsi Vipassanā Meditation Centre, you can come at anytime along with your personal belongings, bed, white shirt, brown longi, a note book, ballpen, two passport size photos, national registration card and letter of recommendation.

Anyone who come to meditate at the centre, doesn't need to pay anything for food, water and electricity. They can meditate here with peace of mind. According to your time and desire, you can meditate up to one day or two days or 3 months or one year. Money boxes donated by Upasakas and Upasikas and random donations of Hlaing Mahāsi Veyyāvacca Organizations facilitate the meditators who can meditate without spending any dime and with peace of mind.



(4)

Hlaing Mahāsi Yogi Protection Organization

Hlaing Mahāsi Yogi Protection Organization is always looking after the lodgings, living conditions, toilets and bathrooms and hygienic foods to be clean and sufficient.

Hlaing Mahāsi Yogi Protection Organization consists of Ashin Candavara, Chief monk of the meditation centre as patron, three monks and two nuns. They are (1) Kammatthānacariya Hlaing Mahāsi Ashin Paññasami (2) Kammatthānacariya Hlaing Mahāsi Ashin Jotipāla (3) Kammatthānacariya Hlaing Mahāsi Ashin Ñānobāsa (4) Kammatthanācariya Hlaing Mahāsi Daw Kinsanasiri (5) Kammatthānacariya Hlaing Mahāsi Daw Nāthakāri.

The aboved mentioned responsible persons are casually helped by well-wishers and demonstrator monks and nuns. Moreover, young ethnic nationalities from the states also help them.

Hlaing Mahāsi Woman Yogi Protection Organization

There are seperated organization under the umbrella organization of Hlaing Mahāsi Yogi Protection Organization - (1) an organization looking after the woman yogis (2) an organization looking after the secular and non-secular education of ethnic youth nationalities.

The sole duty of Hlaing Mahāsi woman yogi protection organization is not only to teach vipassanā meditation to the new yogis, to get food and accommodation, to receive proper medical care but also to cook, to buy daily needs, to clean, to have security and to manage sundry matters. To get systematic meditation methods, kammatthānacariyas and young nun Dhamma instructors teach the newly arrived yogis. Furthermore, the new yogis are closely watched until they are on the right tracks.

(5)

The woman yogi protection organization members look after the yoigs from dawn till dusk. They take alternate duty until the yoigs go to bed.

Besides, in order to meditate without interference, meeting the visitors and receiving presents are strictly controlled. If any problems arise, all members tackle it with all concerned present and it can be solved.

Meditation Centres in the Countryside

Furthermore, Hlaing Mahāsi Vipassanā Meditation Centre sends Kammatthānacariyas to the length and breadth of Myanmar to propagate Mahāsatipaṭṭhāna Vipassanā and open meditation centres teaching meditation. Each meditation centre takes 7 days or 17 days course for the yogis. A Kammatthānacariya must go to at least five meditation centres during a year.



(6)

**An Organization Supporting the Secular and Non-
Secular Education
For the Ethnic Groups**



During the tour of States and Divisions to open Vipassanā meditation centres, young Chin, Danu, Karen, Pao, Wa, Padaung, Mon, Bamar etc., who have no opportunity to continue their education, were found. Since that time, with the advice and genuine desire of the chief monk, who wants to promote the life of the children, an organization to support the education was formed in 1998.

Hlaing Mahāsi Vipassanā Centre has accepted the children from the border areas and take care not only their food and accommodation, clothing and health, but also their education to be in progress in the Baisc State Schools. They are allowed to attend in the State Schools. Moreover, they are taught Buddha Abhidhammā, Kusala, Akusala, Sucarita, Ducarita,

Vipassanā meditation and later are sent to somewhere as missionaries. Besides, they have been allotted Veyyāvacca (jobs for others) of the Centre.

In the earlier stages, only a small number of children were accepted. With the passage of time, the number of accepted children are gradually increased. In the year of 2008, the number of students, both sexes, peaked to 90. The organization gives priority to the children's secular and non-secular education. Furthermore, the organization prefers the students to be in good health and to have highly developed morality. In order to learn peacefully, the cost of the education of the children are donated by outside donors. Routine donors from Hlaing Township and CFN, The British Embassy's Grassroots Development Programme donated casually.

The education of the children are supervised by Centre education administration. Moreover, external experienced teachers come to the Centre and teach them without charge.



Migadawun Vipassanā Training During Summer Holiday



for children open in every summer holiday. The training is especially for the children in Yangon who want to learn Buddhist culture and know the teachings of the Buddha.

So Hlaing Mahāsi Vipassanā Meditation Centre is a grand and noble place teaching secular and non-secular education. Those whoever wants to learn at Hlaing Mahāsi are warmly welcomed.

***Hlaing Mahāsi Vipassanā Meditation Centre
Yogi Kyaung Street, 11th Ward,
Hlaing Township, Yangon.
Ph: 95-1-526182, 519750.***

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Hlaing Mahāsi Vipassanā Meditation Centre (1979)

(SASANA MAN AUNG KAMMATTHAN THANA - 1933)

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