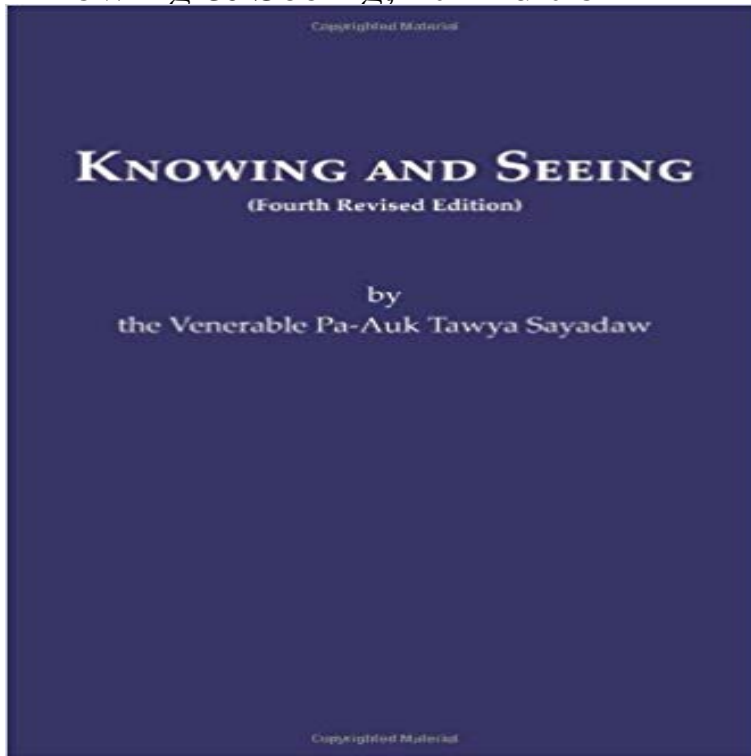


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Knowing & Seeing (4th Edition) presents a series of talks and question & answer sessions at a meditation retreat by the Venerable Pa-Auk Tawya Sayadaw, abbot of the Pa-Auk Forest Monastery in Myanmar (Burma). These sessions present the Buddhas teachings on the traditional Theravadan concentration meditation known as jhana practice. Based on the original Pali suttas, the Visuddhimagga, and later commentaries, the Sayadaw teaches yogis, step by step, how to attain the stages of mental purification and vipassana knowledge. You can find the book freely available on the Web as a PDF. Students of Pa Auk are making it available here for those who wish to have a copy on paper. All royalties paid by Amazon (a small amount per book, beyond what they charge for printing and distributing) are donated to a not-for-profit doing charitable work in Burma and around the world. Pa-Auk Forest Monastery is a Buddhist monastery in the Theravada tradition, with emphasis on the teaching and practice of both samatha (tranquillity) and vipassana (insight) meditation.

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