

ကိုယ်ကျ အားထုတ်ပြီးမှ ဆုံးဖြတ်ချက်ချကြပါရန် အကြံပြုပါ  
သည်။

ဘာသာပြန်သူ -

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## ABOUT THE AUTHOR

Bhante Vimalaramsi became a Buddhist monk in 1986 because of his keen interest in meditation. He went to Burma in 1988 to practice intensive meditation at the famous meditation center, *Mahasi Yeiktha in Rangoon*, there he practiced meditation for 20 to 22 hours a day for almost a year. Then because of some social unrest, all foreigners were asked to leave the country. So Bhante went to Malaysia and practiced intensive Loving-Kindness meditation for 6 months.

In 1990, Bhante went back to Burma for more intensive Vipassanā meditation, for 16 hours a day, at *Chanmyay Yeiktha in Rangoon*. He practiced for 2 years, sometimes sitting in meditation for as long as 7 to 8 hours a sitting.