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The Books

1. [A Discourse on Vipassana](#)

An extensive guideline through the practice of Vipassana meditation and explanation of the Satipatthana method, including how Nibbana is realized through this method of practice.

2. [Discourse on Anattalakkhana Sutta, The Discourse on the Non-self Characteristic](#)

An extensive discourse on the teaching of non-self. Ven. Mahasi Sayadaw fired a full explanation on the Buddha Dhamma and revealed the doctrine in broad daylight. The Buddha taught this Sutta to his disciples in order to remove any self-clinging that remains in them.

3. [Discourse on Ariyavasa Sutta, The Dhamma of the Noble Ones](#)

A discourse to discuss about the Noble Ones and their qualities as well as an outline of the Buddha Dhamma in general.

4. [Discourse on Bhara Sutta, The Burden of the Five Aggregates](#)

A full discourse to explain what the five aggregates are, their sufferings, and the characteristic of non-self. Including a brief look at the Vipassana meditation and how one may finally "throw down the burden" by practicing.

5. [Discourse on Brahmavihara Dhamma, Practice of the Four Divine Abodes](#)

An extensive course to teach the doctrine of the four divine abodes. Ven. Mahasi Sayadaw explains the benefit of practicing loving-kindness, appreciative joy, etc., and showed how to practice to achieve these higher qualities and abodes, as well as the comprehensive guideline to lead to the end of suffering that's given by the Buddha.

6. [Discourse on Culavedalla Sutta, The Shorter Set of Questions and Answers](#)

An analytical knowledge of the Buddha Dhamma, how craving and clinging relate to each other as well as how the Buddha's method brings the full abandonment of them, etc. A very beneficial Sutta to read.

7. [Discourse on Dhammacakkappavattana Sutta, The Wheel of Dhamma](#)

The Ven. Mahasi Sayadaw comprehensively explained the entire discourse in great detail for this Sutta, which is the first sermon the Buddha preached to the group of five monks. Including how the Buddha attained Enlightenment and how he taught the five monks to help them realize Arahantship.

8. [Discourse on Dhammayada Sutta, Heirs of Dhamma](#)

Dhammayada sutta was delivered by the Buddha during his residence in Jetavana monastery at Savatthi. The Buddha preached it because in those days some monks were excessively attached to material goods. Such attachment naturally leads to deficiency in respect of morality, concentration, and wisdom, and this sutta serves as an antidote to such spiritual decline.

9. [Discourse on Hemavata Sutta, Arising of the Six Sense Doors](#)

This is the second sermon delivered by the Buddha, it reveals the attributes of the Buddha in a dialogue between the devas as well as the teachings of the Buddha. This is suitable for every person to read.

10. [Discourse on Lokadhamma Sutta, Natural Consequences of All Beings](#)

This discourse discusses the eight *lokadhammas* that bound all the beings in the rounds of rebirth.

11. [Discourse on Malukyaputta Sutta, The Progress of Insight](#)

This Sutta supplies the fundamental knowledge about the principles and practice of Vipassana meditation.

12. [Discourse on the Purabheda Sutta, The Dhamma One Should Accomplish Before Death](#)

This is the discourse given by the Buddha to the ones who are extremely wise and have very keen intellect. Realizing that in this Universe there is no common person who can raise questions to fulfill the curiosity of the devas, the Buddha created a self-image and asked a

series of questions.

13. [Discourse on Sakkapanha Sutta, The Questions of Sakka](#)

This discourse discusses a series of questions that's put forth by the King of devas, Sakka, to the Buddha about why sentient beings, although they wish to live away from harm and in harmony, still bound to hate each other and do harm to themselves.

14. [Discourse on Sallekha Sutta, The Discourse on Effacement](#)

The discourse goes extensively to discuss how the false view of self arise among sentient beings and how to practice to abandon such false view.

15. [Discourse on Samma Paribbajaniya Sutta, The Questions Put to the Buddha](#)

The discourse discusses what should one abandon and practice before the practice of Vipassana meditation as well as a guideline during the meditational practices.

16. [Discourse on Silavanta Sutta, Discourse on Dhamma Concerning Full Accomplishment of Morality](#)

An extensive discourse on the practice of the Dhamma and accomplishments in morality.

17. [Discourse on Tuvataka Sutta, The Discourse for Those Full of Faith](#)

This is the discourse the Buddha delivered to a great number of devas and Brahmas who are particularly established in the virtue of faith in order to help them realize the Noble Dhamma.

18. [Discourse on Vammika Sutta, The Discourse on the Ant-Hill](#)

This discourse explains extensively the meanings and teachings in this Sutta delivered by the Buddha, where a Brahma appeared and asked the Buddha's disciple a series of questions.

19. [Exhortations by Mahasi Sayadaw](#)

This is the exhortation given by Ven. Mahasi Sayadaw to urge his students to practice the Dhamma and to follow the Buddha's teaching strictly in order to realize Nibbana.

20. [Exhortations by Mahasi Sayadaw 2](#)

This is another exhortation given by Ven. Mahasi Sayadaw to urge his students to follow the Vinaya strictly and to practice the right method of Vipassana.

21. [Fundamentals of Vipassana Meditation](#)

This book includes an explanation of the difference of Samatha and Vipassana meditation, how Vipassana is practiced, the theory behind the practice, and how the practice achieves the goal of Nibbana and fulfills the Eightfold Noble Path.

22. [Mahasi Abroad \(First Series\)](#)

This is an account for Ven. Mahasi Sayadaw's visits to other country and his teachings and

exhortations there.

23. [Mahasi Abroad \(Second Series\)](#)

This is an account for Ven. Mahasi Sayadaw's visits to other country and his teachings and exhortations there.

24. [On the Nature of Nibbana](#)

The Ven. Mahasi Sayadaw explains extensively what Nibbana is from his personal experience, including a comprehensive teaching of the Buddha Dhamma, the practice, and how realization occurs.

25. [Paticcasamuppada, The Dependant Origination](#)

A thorough explanation on the most difficult subject in the Buddha's teaching - The Dependant Origination.

26. [Practical Vipassana Meditational Exercises](#)

This is a brief look to the Vipassana meditation along with a few exercises to begin with.

27. [Problems of Life](#)

Ven. Mahasi Sayadaw answers some tough questions put forth by a medical doctor such as questions on rebirth and abortion.

28. [Purpose of Practicing Kammatthana \(Buddhist\) Meditation](#)

Ven. Mahasi Sayadaw explains the two kinds of meditations taught by the Buddha as well as a brief teaching on how to practice the two methods.

29. [Satipatthana Vipassana Meditation](#)

This book explains the Satipatthana Vipassana meditation method that's taught by the Buddha in the *Satipatthana Sutta*. It explains extensively the instructions given by the Buddha in the Satipatthana sutta, the practice, and the theory behind it.

30. [Summary of Discourses on Purity and Insight \(Visuddhi-Nana-Kattha\)](#)

This is a collection of discourses given by the Ven. Mahasi Sayadaw on the subjects of purity and insight.

31. [The Satipatthana Meditation](#)

This is yet another discourse to extensively discuss the Satipatthana meditation method prescribed by the Buddha in the *Satipatthana Sutta*.

32. [To Nibbana via the Noble Eightfold Path](#)

This book extensively explains how the Eightfold Noble Path is fulfilled and how Nibbana is realized by practicing the path.

33. [World Buddhist Missionary Tour](#)

This book has the discourses given by the Ven. Mahasi Sayadaw when he went on the

World Buddhist Missionary Tour.