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## **The Talks in Books**

1. [Gems of Mahasi Thought](#)  
Selections and explanations of the various talks made by the Ven. Mahasi Sayadaw.
2. [Meditation Subjects to Rahula](#)  
A on the various meditation subjects that were given by the Buddha to Ven. Rahula.
3. [Mindful Eating](#)  
A talk dedicated to explain the practice of mindfulness during eating.
4. [Removal of Distracting Thoughts](#)  
A talk dedicated to the removal of distracting thoughts during the practice of meditation .
5. [Seven Spiritual Treasures](#) \_\_\_\_\_  
The talk relates to the story of Ven. Suppabuddha and explains the seven kinds of spiritual treasures that he possesses .
6. [The Balance of Faculties](#) \_\_\_\_\_  
A talk dedicated to the balance of faculties during meditation.

7. [An Introduction to Meditation](#)

An introduction to what is meditation, the benefit of meditation, and the practice of mindfulness.

8. [The Eightfold Path](#)

The talk talks about how the Eightfold Path is accomplished during the practice of Vipassana meditation.

9. [The First Stages of Purity](#)

This talk talks about the concept of Vipassana meditation in relation to the practice of morality, concentration, and wisdom, and the stages of achievements in Vipassana.

10. [The Knower and The Known](#)

This talk explains several extracts from Ven. Mahasi Sayadaw's "To Nibbana via the Eightfold Noble Path."

11. [The Object of Vipassana](#)

A talk dedicated to the objects one may meditate on during the Vipassana meditation.

12. [The Wedding Talk](#)

A talk dedicated to the wedding ceremony in Buddhism.

13. [Three Stages of Development](#) \_\_\_\_\_

A talk dedicated to the teaching of "To refrain from all evil, to do what is good, to purify the mind, this is the teaching of the Buddhas."

14. [Two Kinds of Concentration](#) \_\_\_\_\_

A talk dedicated to the difference between right and wrong concentrations.

15. [Understanding of Yogis](#)

A talk to investigate some writings that were written by practicing meditators.

16. [Weaver's Daughter](#)

A talk dedicated to a story that happened in the Buddha's time and what one may learn from the story.