

# ထေရဝါဒဗုဒ္ဓသာသနာအဖွဲ့ (အမေရိကန်ပြည်ထောင်စု)

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**THERAVADA BUDDHA**

**SASANA ORGANIZATION**

Youtube: [TBSO mahasi](#)

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## **All Dhamma Fellowship ...**

Theravada Buddha Sasana Organization gives a series of Visuddhimagga (= Path Of Purification) lectures in English every Wednesday from 2:00 PM to 4:00 PM (Pacific Standard Time) by Venerable Ashin Pannobasa.

What I find especially encouraging about Visuddhimagga (= Path Of Purification) lectures such as this is that it shows so clearly the teaching of Buddha have fundamentally in three trainings. Within a structure based on the traditional three trainings of ethical discipline, concentration and wisdom are detailed instructions on how to take an ethical approach to life, how to meditate and calm the mind, and on the basis of those how to develop a correct understanding of reality. We find practical advice about creating an appropriate environment for meditation, the importance of developing love and compassion, and discussion of dependent origination that underlies the Buddhist view of reality. The Path of Purification, refers to the essential Buddhist understanding of the basic nature of the mind as clear and aware, unobstructed by disturbing emotions. This quality is possessed by all sentient beings which all may realize if we pursue such a path.

Undoubtedly it is extremely helpful to comprehend fully the word of the Buddha and realize Nibbāna, as it presents a key to open the door of reality. It deals with realities and a practical way of noble living, based on the experience of those who have understood and realized. Without knowledge of it one at times finds it difficult to understand the real significance of some profound teachings of the

Buddha. To develop Insight (Vipassanā) Visuddhimagga (= Path Of Purification) lectures is certainly very useful. Understanding or realization is purely personal (sanditṭhika). The four Noble Truths that form the foundation of the Buddha's teaching are dependent on this one fathom body. The Dhamma is not apart from oneself. Look within. Seek yourself. The truth will unfold itself.

**\*\*\* You can study in our youtube link as follows:**

<https://www.youtube.com/channel/UC14oRqv5Wk7yL7zYauUyY4Q/featured>

**If you want to watch it as live, you need to subscribe in TBSO-mahasi Youtube. Thanks.**

**Live without covetous greed, fill your mind with benevolence. Be mindful and one-pointed, inwardly stable and concentrated.**

*Anguttara Nikaya*

Work without harm to others

Put effort into your practice

Act cautiously and skillfully

Develop mindfulness

Direct wholesome intentions

Develop concentration

Seeing into experience

Develop wisdom