



The Bodhi Mirror Presents *TAUNG PULU SAYADAW*

Taungpulu Tawya Kaba Aye Sayadaw has been teaching in Burma for a number of years, primarily in the Meiktila District. His main theme of practice is mindfulness of the body, one of the Theravada methods of concentration. This practice consists of methodical practice of mindfulness of thirty-two constituent parts of the body, divided as follows into six groups:

1. Hair of the head, hair of the body, nails, teeth, and skin.
2. Flesh, sinews, bones, marrow, and kidneys.
3. Heart, liver, membranes (diaphragm), spleen, and lungs.
4. Bowels, intestines, mesentery, feces, and brain.
5. Bile, phlegm, pus, blood, sweat, and solid fat.
6. Tears, liquid fat, saliva, mucus, synovial fluid (oil of the joints), and urine.

Taungpulu Sayadaw comments on this practice:

"On contemplation of the thirty-two constituent parts of this one fathom-long body, it will be realized that there is nothing real or substantial in this body. The meditator will see that there is nothing worth protecting, no desire that is satisfying, no lasting self that is to be found in this impersonal collection we call body and mind. Indeed, it will be seen as loathsomeness personified, absolutely unclean and undesirable. This will lead to clear understanding of emptiness and suffering and to an increasingly clear, non-attached, and pure mind."

"May all those who are connected with the meritorious practice be happy and liberated."