

**Thesis Title** : A Study on Insight Meditation Teaching for Foreigners: A Case Study of Meditation Centre Section 5 Wat Mahathatyuaratrungsarit Bangkok

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**Degree** : Master of Arts (Vipassana Meditation)

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### **Abstract**

The 3 objectives of this thesis are 1) to study the principle of the Insight Meditation in Theravāda Buddhist Scriptures 2) to study the generality of meditation centre section 5 Wat Mahathatyuaratrungsarit Bangkok 3) to study on Insight Meditation teaching for foreigners: a case study of meditation centre section 5 Wat Mahathatyuaratrungsarit Bangkok. This documentary research is based on Tipitaka, Commentaries, Sub-commentaries Pakaranavisesa and Visuddhimagga. Finally this research was contently verified by the expert.

From this study, the results revealed that, Vipassana meditation practice is develop intelligence to achieve spiritual discernment in form body and mind by the practice to appearing in Four Foundations of Mindfulness, consisted of 1) Kāyānupassanā or contemplation on body 2) Vedanānupassanā or contemplation on feelings 3) Cittānupassanā or contemplation on mind and 4) Dhammānupassanā or contemplation on Dhamma.

For general affair of meditation centre sections 5 Wat Mahathatyuaratrungsarit Bangkok, there were devided to 2 sections namely Thai practitioners course and foreign practitioners course which are under directing of Phrakhruvimaldhammarangsi who is the director of the centre.

Insight meditation teaching fore foreigners at meditation centre sections 5 Wat Mahathatyuaratrungsarit Bangkok and focusing on Vipassanāyānika or pure insight with temporary concentration but not entered in trance level. This method was found and formalized based on Mahasatipatthāna suttā by Venerable Sobhanathera (Mahasisayadaw).

This method focuses on Dhamma teaching and examination of practitiners in order to adjust their faculties in balance leading to realize the true nature of all things ( Sabhāva) for suffering end.