



# The Way to Ultimate Calm

*Webu Sayadaw*

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## **The Way to Ultimate Calm** Webu Sayadaw

A wide number of discourses by one of the outstanding Burmese meditation masters of the 20th century is brought together in this pivotal Vipassana collection. It is a deeply inspiring look at Webu Sayadaw, who spent his life teaching the practical basics of the Buddha's teaching to all who were inclined to listen. Sayadaw stressed that actual meditation practice was the only way to truly understand the teachings of the Buddha. His refreshing simplicity, his patience, his lovely sense of humor, and his humility—all of which are revealed in these dialogues with his audience—illuminate a side of the Buddha's teaching that can not easily be perceived in treatises and texts. The book also highlights Sayadaw's relationship with Sayagyi U Ba Khin, who would help in the spread of Vipassana meditation to the West.

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