

Introduction

The daily schedule at Metta Forest Monastery includes a group interview in the late afternoon, and a chanting session followed by a group meditation period later in the evening. The Dhamma talks included in this volume were given during the evening meditation sessions, and in many cases covered issues raised at the interviews — either in the questions asked or lurking behind the questions. Often these issues touched on a variety of topics on a variety of different levels in the practice. This explains the range of topics covered in individual talks.

I have edited the talks with an eye to making them readable while at the same time trying to preserve some of the flavor of the spoken word. In a few instances I have added passages or rearranged the material to make the treatment of specific topics more coherent and complete, but for the most part I have kept the editing to a minimum. Don't expect polished essays.

The people listening to these talks were familiar with the meditation instructions included in "Method 2" in *Keeping the Breath in Mind* by Ajaan Lee Dhammadharo; and my own essay, "[A Guided Meditation](#)." If you are not familiar with these instructions, you might want to read through them before reading the talks in this book. Further Dhamma talks are available on the Metta Forest Monastery website.

I would like to thank Bok Lim Kim for making the recording of these talks possible. She, more than anyone else, is responsible for overcoming my initial reluctance to have the talks taped. I would also like to thank the following people for transcribing the tapes and/or helping to edit the transcriptions: Paul and Debra Breger, Richard Heiman, Jane Yudelman, Dhammattho Bhikkhu, Gunaddho Bhikkhu, Susuddho Bhikkhu, and Khematto Bhikkhu. May they all be happy.

Whatever merit there may be to these talks comes from the training I received from my teachers, Ajaan Fuang Jotiko and Ajaan Suwat Suvaco. This book is dedicated to their memory, with utmost gratitude.

Thanissaro Bhikkhu
Metta Forest Monastery
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