



KUMUDRA MEDITATION CENTER  
新加坡莲花禅修中心

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## FROM METTA 528 TO ENLIGHTENMENT

The Kumudra Meditation Center's method of meditation is the practice of Metta 528. Our Center's Sayadaw has issued four meditation instructions for devotees to practice Metta 528.

Meditation Retreat @ KMC , 25 – 26 May 2012 , Instruction No 1

Eat Less, Sleep Less, Talk Less & Walk About Less

Instruction No 2 (2012)

See Good, Hear Good, Smell Good, Taste Good, Feel Good & Think Good

Instruction No 3 (24May 2013)

When you See, Hear, Smell, Taste, Feel and Think, you may get tired.

With the Dhamma, you will See Good, Hear Good, Smell Good, Taste Good, Feel Good and Think Good.

Instruction No 4 (1 April 2014)

To have Good Luck  
To have True Wealth  
To have Good Health

- \*Wake up early
- \*Have a Pure Mind set
- \*Keep the Five Precepts
- \*Practice Metta
- \*Do Not dwell on evil thoughts to destroy others
- \*Always forgive

၁။ ကံ ကောင်းခြင်း မရှိလာ

၂။ သုခိယာခြင်း မရှိလာ .

၃။ ဗျဗ္ဗာ ခြင်း မရှိလာ။ နှစ် နာရီ ခြံ သူ့ဖွား ဖွား။

\* - စောစော နိဂဟထမပါ -

\* - စိတ်ထား ဖြစ်ပွားပါ -

\* - ငါးပါးသီလ လုံခြုံပါ ၊

\* - ဝေဏကောသရာ ဖွား ဖွားပါ -

\* - သူတပါး အကျိုး ပျက်စီးစေရန် မကြံစည်။ မလုပ်ငွင်း မကြံစည် ၊

\* - နာရီတစ် နာရီခွင့် လွှတ်ပါ -