The present work is Vipassanā meditation in Theravāda Buddhism. Vipassanā meditation is the unique practise taught by the Buddha. The Buddha’s teachings are extremely vast, all enshrined in the three baskets of Tipiṭaka – Vinaya, Suttanta and Abhidhamma. It is found in the Theravāda Buddhism.

The Buddha has given us the knowledge of the real truth and to consider from all aspects. It is unique that Buddhism teaches how to put into practise what it teaches. The Buddha’s teachings are known as Dhamma which is universal, ethical and moral truth. This Dhamma is not just to be preserved in books; nor is it to be learnt for academic games of discussions, disputations, arguments and dissensions.

This technique is a simple, logical way to achieve real peace of mind, to lead a happy and useful life so that it is to be studied, practiced and realized. The ultimate goal of the Vipassanā is the realization of the Four Noble Truths.

The main purpose and aim of this technique is to help the serious students to find peace and happiness and ultimate realization of Nibbānic peace by means of Vipassanā meditation.

This thesis contains four chapters. The first chapter is “Introduction”, the second chapter is related to ‘Types of meditation’, the third chapter discusses the ‘Vipassanā meditation in Theravāda Literature and the last chapter is ‘Benefit of meditation in our modern society’.

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