

**A CRITICAL INVESTIGATION
OF THE CONCEPT OF CONCENTRATION
PRESENTED BY VENERABLE LEDĪ SAYARDAW**

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Venerable *Ledī Sayardaw* was a highly respected scholar and meditation master for his deep understanding of the teachings of Buddha. Significantly, his treatises have become famous in Myanmar and other nations owing to his scholarly writing and literary thoroughness. He dedicated much of his life to studying, writing, and practicing Buddhist teachings promoting *vipassanā* meditation for the monks and lay people. His meditation technique emphasizes breathing in and out (*ānāpāna*). It is difficult to know his meditation method because we rarely see it in his several treatises; however, his exact instruction on the concentration level for insight meditation can be traced through his well-known treatises. Based on mindfulness of breathing (*ānāpānassati*), Venerable *Ledī Sayardaw* spoke of different levels of concentration, and he categorized seven stages. It is from the level of the fourth *jhāna* to the level of the counting stage (*gaṇanā*). Accordingly, the meditator can cultivate insight meditation through the level of *jhana*; moreover, through the stage of access concentration (*upacārasamādhi*), the stage of connection (*anubandana*), and the stage of counting (*gaṇanā*). He recommended that the fourth *jhāna* is the best way to commence insight meditation. If the meditator is not capable of practicing to attain the fourth *jhāna*, the meditator can commence insight meditation through the lower *jhānic* levels or at least the level of counting stage. This study expects to examine whether the stage of connection and the stage of counting can suppress the hindrances sufficiently enough to develop insight. This issue will be investigated based on Theravada exegetical literature under the qualitative method as a textual base study to determine the concentration level required for developing insight.

Keywords: *Ledī Sayardaw*, concentration, counting, connection, *Cittavisuddhi*