

Cakkavala Meditation Centre Meditation Retreat Information



About the Teacher

Sayalay Dipankara was born in 1964 in Myanmar. At a very young age, she started the meditation practice without external instruction. As she matured, she continued her practice but with guidance from various great meditation masters. She accomplished the practice within a very short period, under the guidance of her skilful teacher, Ven. Pak-Auk Sayadaw. In 1990, she was ordained as a Buddhist nun at Pak-Auk Tawya Monastery. Since then, she was trained to be a meditation teacher.

Sayalay Dipankara is experienced in teaching any of the 40 Kamatthana as mentioned in the Visuddhi Magga e.g. Anapanasati, Four Elements Meditation, Metta, Buddhanussati, Asubha, Marananussati and 8 Samapatti (1st Jhana to 8th Jhana), Kasina, etc and the Vipassana Meditation.

In 1996, she was invited to Sri Lanka by the highly respected Mahathera, Venerable U Ariya Dhamma to assist her teacher, Ven. Pak-Auk Sayadaw in guiding the yogis. Since then, she has also been invited by various reputable Buddhist Centres in different countries to conduct courses and intensive meditation retreats for as long as 2 months. These countries include the United State (Insight Meditation Centre), Canada, Taiwan (Hong Shih Foundation), England (Amaravati & Citta Vevekha), Japan, Malaysia, and Singapore, among others.