

PANDITARAMA LUMBINI INTERNATIONAL VIPASSANA MEDITATION CENTER  
LUMBINI GARDEN, NEPAL  
PH. +977-71-580118, [panditarama.lumbini@gmail.com](mailto:panditarama.lumbini@gmail.com)

To Whom It May Concern:

Dear Sir or Madam,

Subject: Mr. Daniel Ingram

1. Mr. Daniel Ingram's description of how he practiced meditation as outlined in his books shows that he did not practice according to the standard meditation instructions of the Ven. Mahasi Sayadaw of Myanmar. High-speed noting and slam-shifting ñānas (insight knowledges) and jhānas (absorptions) are examples for this. His way of meditation practice comes across as rather unbalanced.
2. Mr. Daniel Ingram claims that his direct teacher, Ven. Sayadaw U Pandita Jr., acknowledged his spiritual attainments, when in fact this is not the case.
3. Neither Ven. Sayadaw U Pandita Jr. nor Ven. Sayadaw U Panditabhivamsa Sr. of Myanmar have ever authorized Mr. Daniel Ingram to teach meditation in the Mahasi tradition.
4. Mr. Daniel Ingram's teachings of meditation do not accord with Ven. Mahasi Sayadaw's teachings of Vipassana meditation.
5. Mr. Daniel Ingram's way of teaching meditation is actually causing harm to a number of his students. Some students of Mr. Daniel Ingram who have practiced at Panditarama Lumbini have been found to be frequently self-evaluating their meditation experiences. This actually interferes with the natural unfolding of one's meditation. Overestimating the development in one's meditation practice is another major obstacle.

The undersigned has trained under the Ven. Sayadaw U Panditabhivamsa Sr. from 1988 to 2016 and has taught insight meditation at Panditarama Lumbini since 1999 and internationally since 2000.

Yours in the Dhamma,

*Vivekānanda*

Bhikkhu Vivekānanda  
Resident meditation teacher  
Panditārāma Lumbini International Vipassanā Meditation Center  
West Monastic Zone  
Lumbini Garden  
Nepal

