
UNDERSTANDING MEHM TIN MON'S INTERPRETATION OF *ALOBHA* (NON-GREED) AND THE PRACTICE OF GENEROSITY

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ABSTRACT

A great scholar of the Abhidhamma in Myanmar, Mehm Tin Mon interpreted *alobha* as a mental state. He considered non-attachment to sense-objects and greedlessness as the chief characteristics of *alobha*. To put *alobha* into practice he recommended generosity, morality called abstinence from sensual objects and non-covetousness, meditation called tranquility meditation and insight meditation. They are generally practices to reduce and remove greed. He explains how to practice these techniques in connection with contemporary social development. Yet his interpretations of the stages of Buddhist social development are respectively criticized by some Buddhists scholars. This paper intends to provide an understanding of his interpretations of *alobha* and its relevance for the contemporary times.

Keywords: Alobha, Non-Attachment, Generosity, Buddhism.

Mehm Tin Mon is a famous interpreter of Abhidhamma in Myanmar. His various books and interpretations are an attempt to make Abhidhamma and Buddhist doctrine more understandable and more easy to practice for