

The Buddha Metta Society



What is The Buddha Metta Society?



Venerable Phra
Chaowaphit Sudhiro
(Luangpoh Sudhiro)

The Buddha Metta Society was formed in the UK in 2009 by a group of lay Buddhists. Its membership includes both lay and ordained people who wish to support and take part in the activities of Luangpoh Sudhiro, a monk from the Thai Forest tradition of Theravada Buddhism. The Society gained charitable status in 2013.

What is the Thai Forest Tradition?

The Thai Forest tradition was inspired by the example of Ajahn Mun Bhuridatto (1870-1949) and is a return to living simply and mindfully. This approach provides opportunities to practice in the seclusion of the natural environment, as recommended by the Buddha. It became established in North East Thailand and has produced many accomplished and revered teachers.

As a monk from this tradition Luangpoh Sudhiro's years of practice, his understanding of Dhamma and his ability to convey his vision to people of many nationalities, has enabled him to develop projects in Thailand, New Zealand and Britain and to lead pilgrimages in both India and Thailand.

Pilgrimages

One of the key activities of the Society is to organise an annual pilgrimage, which begins at Luangpoh Sudhiro's monastery in Isaan, in the North East region of Thailand.

The pilgrimage offers a unique way for people to connect with Buddhist culture and deepen their understanding of Dhamma, through visiting people and places associated with the Forest tradition, such as those linked with the legacy Luangpoh Mun.



During the pilgrimage there is the opportunity to participate in the daily life of a monastery including accompanying monks and nuns on the daily alms round, chanting, meditation practice in temples and caves, Dhamma talks and discussions with a range of experienced ordained and lay teachers; as well as trips to monasteries and journeys through the countryside visiting ancient temples and stupas.



The stupa containing the
relics of Mae Chee Kaew

The annual pilgrimage is open to anyone, with the cost being on a donation basis. Please contact us for more details. The donation will cover food and accommodation. It excludes the cost of your travel from the UK to Bangkok and Bangkok to Khon Kaen.



Living in the Dhamma

Luangpoh Sudhiro invites us to 'live in the Dhamma' whoever and wherever we are. This is a way of life based on the qualities of loving kindness, generosity, wisdom and skilful conduct, which can inform every aspect of our daily lives. Taking up this invitation helps us to explore this approach to living and share it with others.



“ By creating opportunities for Dhamma to flower between people from different cultures, it is hoped that the highest qualities of the triple gem may be generated to support the world. ”

Luangpoh Sudhiro, 2010

“ Living in the dhamma (a term frequently coined by Ajahn Sudhiro) truly is the 'real life' - no pretences, no denials or covering things up but instead trying to live life in the present moment, seeing and accepting life the way it is. Having thought about it, I can't help but agree with him. ”

Hui Teoh, 2015 Pilgrimage



Other Projects

In the UK

This includes inviting Luangpoh Sudhiro to the UK, organising events for people to hear his teachings and supporting people to live in the Dhamma. He has established a monastery in Cambridge, given meditation instruction and Dhamma talks to a range of groups and individuals throughout the country.

In Thailand and Laos

The Society also supports a network of volunteers and professionals working in educational, social and health related projects in Thailand and Laos.



Supporting the Society

The Buddha Metta Society is dependent on the generous donations of those who have come into contact and benefitted from the activities instigated by Luangpoh Sudhiro in the UK and abroad. To make a donation or set up a regular payment, please use the following account using your name as the reference on any payments.

Buddha Metta Society,
Barclays Bank, Bold Street,
Sandbach, Cheshire. CW11 1AS.
Sort code: 20-24-09
Account no: 33980383

To discuss the work of the Society or the next Pilgrimage please contact:

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