

Buddha-Metta Society UK



Pilgrimage around NE Thailand with Luangpoh Sudhiro 3-17 January 2020

Venerable Phra Chaowaphit Sudhiro (Luangpoh Sudhiro), a monk from the Thai Forest tradition of Theravada Buddhism, has been leading pilgrimages regularly since 2010 in Thailand and also in India and Nepal. The next opportunity to join a group of English speaking lay Buddhists will be in January 2020 in Thailand. Here you will be able to experience living in the Dhamma guided by Luangpoh Sudhiro, starting at his monastery near Khon Kaen in the North East of the country.



What happens on a Pilgrimage?

The pilgrimage offers a unique way for people to connect with Buddhist culture and deepen their understanding of Dhamma.

The way this can happen is by visiting people and places associated with the Forest tradition, such as those linked with the legacy of Luangpoh Mun.



During the pilgrimage there is the opportunity to participate in the daily life of a monastery. This can include 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.

There will also be an opportunity to experience a short "Tudong" - a form of walking practice usually from one Monastery to another. You will also stay at the Buddha-Metta Village, a place that has been created by Luangpoh Sudhiro to get a feeling for what living in the Dhamma means.



Who is Organising the Trip?

The Buddha-Metta Society UK organises these pilgrimages with Luangpoh Sudhiro. The Society was formed in 2009 by a group of lay Buddhists who had previously travelled with Luangpoh Sudhiro to the Buddhist sites in India and Nepal and within Thailand. Its membership includes both lay and ordained people who wish to support and take part in his activities. 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.

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.



Dana - Donations for the trip

The annual pilgrimage is open to anyone, religious or secular and there is no set cost, but we ask that participants make a donation to support the various projects Luangpoh Sudhiro is involved in.

Some of our donation will be used to pay for our transport and food whilst there, but the places we stay will often be very simple and we will accept the generosity of the local people who provide food and refreshments. There is no requirement to pay for anything once we arrive.

Since 2010, we have kept the suggested donation at £500 payable in advance of the trip, to indicate a firm intention to join us. However, some of the people who have been before, have set up regular standing orders to spread out the donation in instalments. Others donate more than the suggested amount because they have been so inspired by the people and places we visit and wish to regularly donate to the causes Luangpoh supports. So, the amount you donate is up to you.



Please approach the society if you would like to come but could not afford it, as there will be some supported places. It is Luangpoh's and the charity's wish that anyone who wishes to, should be able to experience 'Living in Dhamma'.

It is important, therefore, to understand that the primary use of our donations is for a range of charitable purposes.

Donations through the BMSUK Charity account are transferred to Thailand, free of UK bank charges, on a regular basis. They are used to help fund Luangpoh Sudhiro's work which supports a network of volunteers and professionals working in educational, social and health related projects in Laos and Thailand.

This donation excludes the cost of your travel from the UK to Bangkok and Bangkok to Khon Kaen and back.



Booking Information

To find out more about the next pilgrimage and how to book please get in touch with Jeremy Bruce

jeremy_bruce@btinternet.com

Supporting the Society

The Buddha-Metta Society is dependent on the generous donations of those who have come into contact and benefited 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,

Sort code: 20-24-09

Account no: 33980383

IBAN GB30 BUKB 2024 0933 9803 83

Thank you



"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



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