

Typical activities during your stay

Morning chanting and meditation practice.

Following the monks on alms round to local villages and experiencing the joy of Dāna (Pāli word meaning 'generosity'). Then join in with the opportunity and privilege of sharing food with the monks and the local community.

You can also discuss your meditation practice with highly accomplished practitioners and listen to and participate in Dhamma talks and discussions with a range of ordained and lay teachers.



Living simply and mindfully with opportunities to practice in caves and forests as recommended by the Buddha, you will have a chance to relax, away from the demands of the modern world, and just 'be' for a while.

Finishing the day with evening chanting, group meditation and a Dhamma talk.



What does it cost?

You will need to pay for your travel but staying at the temple is free of charge and you will share in the food provided by the local people at no cost.

Taking advantage of this generosity, many people like to donate to the temple, and you can do so directly when you are there or through the Buddha Metta Society UK, which is a charity setup to support Luangpor and the various projects he is involved in.

Buddha Metta Society registered charity 1154796
Sort code: 20-24-09 Account no: 33980383

If you are a UK tax payer, donating through the BMS also allows the charity to reclaim 25% of your donation from the UK tax office which obviously makes a great difference to help Luangpor.

To discuss how to get to the temple and arranging to stay there, please contact either:-

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Peter Foster (0756-347-6319)
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Buddha Metta Society UK

'Living in Dhamma'

An Open Invitation to
"Come and see"



Accompanied by Venerable
Phra Chaowaphit Sudhiro
of the Forest Tradition of
North-East Thailand

Venerable Phra Chaowaphit Sudhiro, affectionately referred to as 'Luangpor' (venerable father), has been leading pilgrimages regularly since 2010 in Thailand and also in India and Nepal.

Luangpor has been ordained as a Buddhist monk for over 30 years in the Thai Forest Tradition and spent many years practicing in caves and forests.

Fluent in English, Luangpor has shared his knowledge and experience in other parts of the world, including the UK and has established 2 monasteries in New Zealand.

In Thailand, he offers an open invitation to anyone and everyone to visit and stay at one of his temples in Phu Wiang which is a small town 300 miles to the Northeast of Bangkok.

It is a wonderful opportunity to experience real Thai culture and their traditional way of life, far from the western world most of us are used to.

Spending time at a temple provides a unique and delightful opportunity for people to develop a deeper understanding of Dhamma by following in the footsteps of the most famous Thai Forest tradition monks and nuns.

There may also be opportunities to stay at a variety of other temples around the Isan region of Thailand under Luangpor's guidance.



Inside the Stupa in Mukdahan province holding the relics of famous enlightened Buddhist nun Mae Chee Kaew.



Wat Nong Pah Pong in Ubon Ratchathani province during Ajahn Chah's memorial day.



During the memorial celebration, there is a procession of thousands of members of the Sangha, all paying their respects to the life and achievements of Ajahn Chah.



A simple place where Luangpor Mun and his teacher Luangpor Sao lived and practiced.



There are many caves and temples in the provinces of NE Thailand, rich in history and tradition. Luangpor's fluency in English means he is able to translate Dhamma talks received from the distinguished Abbots, monks and nuns of the Theravada Thai Forest tradition.



One of the most amazing experiences is accepting the hospitality of the Thai people who always embrace us with an open-hearted generosity.



'Mae Chee' (Buddhist nuns) relaxing at one of the temples.

Online Resources

There are lots of photographs and reflections at the following websites :

- www.rightview.org/
- www.rightview.org/Dhamma/AccountsOfTrips.htm
- buddhamettasocietyuk.weebly.com/