

# Thailand Buddhist Retreat January 2018

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| Sat | 20 | Easy day at Wat Pah Kanjanabhisek. LP said to meditate on entering a cave, leave your body there, knowing its elements and then leave.   |
| Fri | 19 | Ajahn Kataatorn at WPK and has very deep resonating voice in chanting. Went to funeral of NZ lady and met 2 sisters who've been to WPK before. Nawng New (Por Nawng's daughter) invited us to visit her dad's farm for dinner in the evening.  |
| Thu | 18 | Overnight at Wat Phu Daan Tae, Luang Poo Somphong's temple (large Dhammacakka wheel) and paid respects to the shrine there. Young abbot Phra Patyaagorn now in charge. Then visited Wat Phu Jaw Gaw Luang Poo Laa's temple and took 'train' to top to pay respects in his Chediya.   |
| Wed | 17 | Went to Anusorn Sataan, the memorial place for Ajahn Chah's birthplace. Then onto Wat Pah Nanachat where we briefly met Riem and Ajahn Gavesako.   |
| Tue | 16 | Ajahn Chah memorial at Wat Nong Pah Pong, then overnight at LP sister's house.   |
| Mon | 15 | Dana around Wat Burapaa. Then we went to lovely shop/homestay where Paylee (daughter of Purng) is encouraging locals to weave and hopes to help the local economy this way. Stayed overnight at Poh Tang's house on the Mekong.  |
| Sun | 14 | Traveled to Wat Burapaa in Baan Dawn Glang, Luang Poo Maha Pong's village and where LP wants to build a Chediya with information in many languages inside, inviting anyone to come and stay there.   |
| Sat | 13 | Bindabat from WPK with A.Wood, Tan Felix + 3 samaras from Tan Suwit's school in Loei.  |
| Fri | 12 | Bindabat at Baan Sammuang with lots of children outside the school.<br>LP spoke about 2 children who visited a 'young monk' (LP) in the cave with 1 shoe each. He asked older one who said he gave it to younger. LP asked why not both and he replied, "I did, but he gave me one back." Back at WPK in the evening, LP said "Live Mindfully, Carefully, Wisely, Happily and Freely" where 'mindfully' is for oneself and 'carefully' is for others.  |
| Thu | 11 | Went on bindabat at Wat Dong Nok Kok, also known as Wat Buddha Dhamma. Luangpor Hat gave a Dhamma talk in which he said "Sati (mindfulness) is the most important thing". In the afternoon we visited Wat Tham Pah Wieng (temple with large cave) but we didn't have time to look in the cave or stay here this year. Luangpor Somporn gave a Dhamma talk about using the 4 Brahma Viharas to combat the hindrances. Finally we paid our respects to Luangpor Ken at Wat Eraawan. In the evening we sat around a campfire and talked about the Dhamma. Tan Tui told us he ordained as a samanera aged 12, became a monk aged 20 and has been a monk for 8 years. |
| Wed | 10 | Traveled to Buddha Metta Village Baan Sammuang where Luangpee Tui and Mae Chee Bpan took us to visit LP's cave where he spent 8 years. We chanted and meditated before visiting a farm growing flowers along with fruit, vegetables and seeds – some exported to Japan. One of the fruits was Pete's favourite ส้มโห้ (som-oh) or Pomelo, Grapefruit which is not often seen in Thailand.  |
| Tue | 9  | LP gave a Dhamma talk about kamma – Abayakata Kamma (neutral) has no intention, but still has an effect and we will experience its results.<br>We visited MBUSC and met Ajahn Sakorn and Ajahn Sajjirak who took us to visit Wat Goh Dtawng(Island of gold) which is surrounded by a natural river 2.3km and paid respects to the abbot Luangpor Bun Taa.<br>Then attended the funeral service for Luang poo Bun-Pheng at Wat Pah Wiwka Dtam.  |
| Mon | 8  | Daen drove us to go on Bindabat at Wat Bhodayawat – Luang A's monastery where the local villagers call him Luang Por Yaa.<br>Then we went to Luang Ta Maha Boowa's temple Wat Pah Baan Tat – Udon Thani. We looked through the window where he was dying in 2011. The calendar and clock in the room showed the date and time of death on 30 <sup>th</sup> January 2011, along with a picture of his heart rate and when it stopped.<br>We also visited Wat Tham Klong Phen – LP Khao AnalaYo's (elephant wat) where we chanted and meditated in the Chediya.  |
| Sun | 7  | Ajahn Wood advised the party to practice well during the pilgrimage, with : Honesty, Restraint of the senses, Patience, Renunciation – giving up everything internally as well as externally.  |
| Sat | 6  | Liz arrived. We ate lunch at Aliang's house and he drove us to Wat Pah Kittanusorn (reclining Buddha), Wat Tham Pah Kurng (Large hillside Buddha with nagas & jade rupa inside) & Wat Tham Gwang (deer) where Luang Poo Tawng said "See everything as empty and so no satisfaction and no self. He was a samanera at 19 and is now 82.   |
| Fri | 5  | Poh Nawng & Ken collected Pete, Sila, Mandy and Michelle from KKC airport. Liz also arrived but stayed on in KK for 1 night. Sarah & Eling already at Wat along with Brendan. Also Mlew and Bplaa from MBU are there teaching in Phi Wiang for their 'work experience' year.   |