

## Ajahn Sudhiro

Ajahn Sudhiro has been ordained in the forest tradition for over 20 years.

For many years Ajahn Sudhiro practised meditation in seclusion, living in caves and wandering on tudong.



Later he established Wat Pah (forest monastery) Kanjanabhisek near his hometown and started several projects to help the local community, especially children and people in need of health care.

In the last ten years, Ajahn Sudhiro has also been active internationally, teaching Buddhist groups in the UK and staying at the monasteries of the Ajahn Chah tradition here. He also established Sammapatipadarama monastery in Napier, New Zealand, where he now usually spends the rains retreat (Vassa). [www.rightview.org](http://www.rightview.org)

## The Buddha Mettā Society in the UK

The Buddha Mettā Society has been set up by Buddhists in the UK who have a connection with Ajahn Sudhiro and the Thai forest tradition.

Our aim is to support the Buddha Mettā Village Project and develop and share the practice of living in Dhamma. If you would like to support the Buddha Mettā Project please send donations to:

The Treasurer

**Buddha Mettā Society**

c/o Jane Allen, Amtec, Fraser House, Bridge Lane,  
Frodsham. Cheshire, WA6 7HD, UK  
[jane.allen@email.com](mailto:jane.allen@email.com)



## Visiting the Village

The Buddha Mettā Society plans to organise regular trips for groups from the UK. Individuals can also make their own arrangements to visit.

A group trip to forest monasteries and the Buddha Mettā village is being planned for 7-21 January 2011

## What might this trip cost?

A minimum guide donation of £500 for all accommodation, living expenses and internal travel during a two weeks stay has been arrived at. This excludes the cost of the return trips from Britain to Thailand (Bangkok) and Bangkok to Khon Kaen airport.

## Who to contact

To find out more, be sent an itinerary or to talk about the planned trip please contact

**Jeremy Bruce**

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**Tan Sucitto**

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# The Buddha Mettā Village Project



The Buddha Mettā village project is a newly developing centre for lay people, monks and nuns. It is under the direct guidance of Venerable Phra Chaowaphit Sudhiro (Ajahn Sudhiro) of the forest tradition in North East Thailand. The village is still under construction.

The project offers an opportunity for Buddhists and those interested in Buddhism to directly experience this tradition. The intention is to live within the teachings of the Buddha – living in Dhamma. This will support the development of a unique community that will include a combination of visitors and local people.

This project will enable lay people to practice meditation together in a simple traditional way. It is also hoped that monks and nuns from outside Thailand will come and stay to experience life in a Buddhist community

This is a place to build your practice and practise your building. Together this Buddha Mettā community will continue to physically build the Dhamma village and from the merit gained, extend mettā around the world.





## Vision

*'This could be seen as a sincere attempt to open up western minds to traditional Thai culture as the easiest way to understand living Buddhist Dhamma'*

The teaching of the Buddha – called Dhamma – on mettā (loving kindness) continues to be relevant. It can support us as individuals and within communities to absorb and put into practice a simpler way of being that mutually benefits self and others.



The Buddha Mettā village will promote a sense of gentle reflection. When completed, it will provide a meditation centre which has a family atmosphere in which individuals, groups and families can stay to experience living in a Buddhist community. This community will aspire to the qualities of a skilful extended family built on mettā and based on Buddhist precepts

## Location

*'This is a place to experience traditional Buddhist culture as a practitioner and not as a tourist'*



The location of the Buddha Mettā village is in an area of strong, natural power in the Loei province. There are caves, a lake and forests conducive to the development of a peaceful mind

and wisdom. There will be a Dhamma Sala (meditation hall) that will be the centre for many activities such as Dana offerings, chanting, Dhamma teaching and meditation practice.

## Accommodation

When the Dhamma village is fully developed there will be ten houses for accommodation surrounded by a landscaped forest. Each house is two stories in a Thai style, with two bedrooms upstairs and one bedroom, a living room, bathroom, small kitchen and dining area on the ground floor. Two of the ten houses are near completion. Sleeping in the open air is also



possible. There will be a separate area designated for monks and nuns to stay and share in the experience

## Daily Life

*'It may be a place for westerners to lighten their perception of the path and relax into skilful living'*

The project will provide opportunities to practice, live simply and work together with the local community on building the village and growing produce. Individuals can get involved in providing Dana for the Sangha and to experience going on alms round with the bhikkhus.

In this part of NE Thailand there are still a number of forest monasteries who are supportive of the development of the Buddha Mettā village. They are happy to receive visits from those staying at the village and the teachers are also willing to give Dhamma talks which would be translated by western monks present.



## Activities can include:

- Morning Chanting and meditation practice at the start of the day and at periods throughout the day.
- Communal preparation of food with the local community.
- Following the monks on alms round to their local village to both support the monks and experience the joy of Dana.



- The privilege of sharing food with the monks and the local community
- The chance to discuss your meditation practice.
- Opportunities for Dhamma talks and discussions with a range of experienced ordained and lay teachers at the Buddha Mettā Village
- Finishing the day with evening chanting, a group meditation practice and Dhamma talk and discussion
- Joining monks and nuns on Tudong – travelling mindfully through the countryside, relying on the generosity of local people and sleeping in the open air or in caves.
- Trips to nearby monasteries and visits to ancient temples and stupas.
- Opportunities to gain merit by helping with the construction of the rest



of the Buddha Mettā Village

- Production of local food e.g. rice planting.
  - Living simply and mindfully with opportunities to practice in caves and forests as recommended by the Buddha.
  - With prior discussion and preparation there may be opportunities for **temporary** ordination as a way of deepening understanding of living in the Dhamma
- Ajahn Sudhiro or other English speaking monks and teachers will be available for meditation instruction and discussions.