

## Typical activities during the pilgrimage

Morning chanting and meditation practice.

Following the monks on alms round to local villages to support the monks and experience the joy of Dana. The privilege of preparing and 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. Trips to monasteries and journeys through the countryside visiting ancient temples and stupas.



### What will this cost?

The pilgrimage is open to anyone who wishes to experience 'Living in the Dhamma' and there isn't a set cost. However, we do suggest people make a donation of £500 as a contribution towards any expenses incurred during the two weeks and which will also help towards Ajahn Sudhiro's work which is entirely dependent on people's generosity. The donation excludes the cost of the return trips from the UK to Bangkok and Bangkok to Khon Kaen.

We are often invited to stay in monasteries and will have opportunities to sleep outside and in caves. The food we eat is usually provided through the generosity of the local communities we visit. This pilgrimage involves living simply or as Ajahn Sudhiro prefers to call it – 'Living in the Dhamma'.

We ask that donations are made in advance to indicate your firm intention to join us. 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 trip or reserve a place please contact:-

**Ken Garrod** (07977-534606) [kennethgarrod@yahoo.co.uk](mailto:kennethgarrod@yahoo.co.uk)  
**Peter Foster** (07596-453680) [pefbear@yahoo.co.uk](mailto:pefbear@yahoo.co.uk)



Living simply and mindfully with opportunities to practice in caves and forests as recommended by the Buddha. Meeting with and paying respect to the Abbots and monks of various monasteries we visit. Finishing the day with evening chanting, group meditation and a Dhamma talk.



# A Buddha Mettā Pilgrimage



An opportunity for people to  
experience  
'Living in the Dhamma'

With members of the Sangha from  
the Forest Tradition of  
North-East Thailand

3<sup>rd</sup>-17<sup>th</sup> January 2015/2558

Led by Venerable  
Phra Chaowaphit Sudhiro  
(Ajahn Sudhiro)

**This pilgrimage provides a unique opportunity for people to spend time gaining a deeper understanding of Dhamma by following in the footsteps of the most famous Thai Forest monks guided by teachers from the Forest Sangha.**

Our travels will take us to a variety of places and people around the Isaan region of Thailand associated with the Thai Forest tradition. We will be under the direct guidance of Ajahn Sudhiro who has been ordained for over 29 years and who has spent many years practicing in caves and forests. Ajahn Sudhiro has shared his knowledge and experience in other parts of the world, including establishing monasteries in the UK and New Zealand.



We will visit the birth place of the most famous of Thai Forest tradition monks, Ajahn Mun.



And visit the places where he and his teacher Ajahn Sao lived and practiced.



We will also spend time at the famous nunnery of Mae Chee Kaew where we will pay respects to the nuns as well as the stupa and relics of Mae Chee Kaew.



We will be at Wat Nong Pah Pong for the celebration of Ajahn Chah's memorial day, after which we will visit another of his famous monasteries Wat Pah Nanachat established primarily for the training of Western monks.



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



We will visit many other places significant to the Thai Forest Tradition, meeting with and receiving teachings from the distinguished Abbots and monks of this tradition.



In all our activities we will experience the amazing hospitality of the Thai people who always embrace us with an open-hearted generosity.



### Online Resources

There are lots of photographs and personal accounts at:- <http://www.rightview.org/Dhamma/AccountsOfTrips.htm>

and information about the Buddha Metta Society at:- <http://www.rightview.org/Buddhametta/BuddhaMettaUK.htm>