Thai Forest Meditation Tradition

The Thai Forest Meditation Tradition was initiated during the 1900s by Venerable Luang Pu Sao Kantasilo (1859–1942) and Venerable Luang Pu Mun Bhuridatto (1870–1949); the latter Venerable is the master (Phra Achan Yai) of this lineage. Luang Pu Mun oriented his practice truly in the Buddha’s path according to the Buddhist canon (Tipiṭaka), eventually gaining fruitful results to end suffering, and introduced this way of practice (Paṭipadā) to his followers. By the end of his noble life, his followers increased in number. Forest Meditation has thus been firmly established in Thai society and continues at present. Many of his disciples have been revered by people of all careers and classes, ranging from royal families to the poor. They play a crucial role particularly in leading people in crisis times and expanding Thai Forest Meditation all over the world. Since Buddhism is the most influential religion and faith among lay people in Thailand, Thai Forest Meditation steadily grows deeper and increasingly draws attention from westerners.

Umawan Ruyaporn is a lecturer at International College Thonburi Rajabhat University and the Department of Thai Language, Chandrakasem Rajabhat University. She has been teaching Buddhism to secondary-school students in English Program of Yothinburana School in Bangkok for several years. She received her Master of Arts from the Department of Thai at the Faculty of Arts, Chulalongkorn University. Her thesis was based on Buddhist literature. Her long personal interests include the study of the Thai Forest Meditation Practice among either the Mahā-nikāya or Dhammayuttika-nikāya. She has also attended some worldwide online-retreats available during the COVID-19 pandemic.

Online-Lecture via Zoom & in English

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via Zoom: (copy the link into your webbrowser to join, you might be asked to download the software)
https://uni-hamburg.zoom.us/j/64563521222

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