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The monthly Dhamma reflections are adaptations of transcribed and translated teachings contained in The Collected Teachings of Ajahn Chah, available for download at www.forestsangha.org

LUNAR OBSERVANCE DAYS

These days are devoted to quiet reflection at the monastery. Visitors may come and take the precepts for the day and join in all or part of the extended evening meditation.

The dates for the lunar calendar are determined by traditional methods of calculation, and are therefore not always the same as the precise astronomical occurrences.

THE MAJOR FULL MOON DAYS FOR 2020 / 2563

Māgga Pūjā · February 8 (‘Sangha Day’) Commemorates the spontaneous gathering of 1250 arahants to whom the Buddha gave the exhortation on the basis of the Discipline (Ovāda Pāṭimokkha).

Vesākha Pūjā · May 6 (‘Buddha Day’) Commemorates the birth, enlightenment and passing away of the Buddha.

Āsāḷhā Pūjā · July 5 (‘Dhamma Day’) Commemorates the Buddha’s first discourse, given to the five samaṇas in the Deer Park at Sarnath, near Varanasi. The traditional Rainy-Season Retreat (Vassa) begins on the next day.

Pavāraṇā Day · October 2 This marks the end of the three-month Vassa retreat. In the following month, lay people may offer the Kathina-robe as part of a general alms-giving ceremony.

WEB ADDRESS FOR THIS FOREST SANGHA COMMUNITY

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www.ratanagiri.org.uk

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Whatever arises in the mind, just watch it. No picking and choosing between good and bad, fast and slow. No me, no you, no self at all. Just what there is.
It’s very simple.
Cling to nothing.
On this Path there’s only abandoning. We practise to uproot all views stemming from self-importance.

February

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*Feb 8: Māgha Pūjā

2020/2563

Feb 8  15 days  Hemanta  6/8
Feb 22  14 days  Hemanta  7/8
Birth, old age, sickness, and death. When you see these clearly, you will be able to let go of praise and blame, gain and loss, pleasure and pain, honour and insignificance.
Whether liking or disliking arise, just see them all as ‘uncertain’. This is how to get close to the Buddha, to get close to the Dhamma.
Would you get upset at a small crooked tree in the forest for not being tall and straight like some of the others? Don’t judge other people.
Dukkha, or suffering, is the first of the Four Noble Truths. Most people just want to get away from it. In reality it is through contemplating this suffering that we find wisdom.
Our practice is not about trying to achieve anything. It is simply about looking directly at the mind. But you must have patience. With great patience and endurance gradually you will learn.

July

2020/2563

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Jul 5: Āsāḷhā Pūjā
Jul 6: First Day of Vassa
Jul 20: 15 days Vassāna 1/8
In the beginning we hurry to go forward, hurry to go back, and hurry to stop. We keep practising until we reach the point where it seems that going forward is not it, going back is not it, and stopping is not it either! This is when it is finished.
This heart of ours lives in a cage, and there’s a raging tiger in that cage. When our unruly heart doesn’t get what it wants, it makes trouble. Hence the need for the discipline of meditation.
Some people get obsessed with states of absorption. Such states can be fun to play around with, but you must know the proper limits. Similar to the way we know the limitations of children compared to adults.
Don’t just do as you like; don’t indulge your thinking mind. Stop this slavish following. You must constantly go against the stream of ignorance. This is called ‘discipline’.

November

2020/2563

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

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30 •

Nov 15 ☰ 15 days Hemanta 1/8
Nov 30 ○ 15 days Hemanta 2/8
When the mind is at one with Dhamma it is beyond the reach of conventions, it is beyond language. We can just speak about the ways and means of realizing it.
January
Luang Por Liem visiting Santacittarama, Italy

February
Almsround, Thailand

March
Luang Por Jundee and Ajahn Vajiro, Portugal

April
Tudong, Thailand

May
Nuns on almsround, Wat Nanachat, NE Thailand

June
Almsround, Portugal

July
Temple Opening, Abhayagiri Monastery, California, USA

August
Upasampada, Cittaviveka, UK

September
Pabbajjā, Aruna Ratanagiri, UK

October
Almsround, Pacific Hermitage, US

November
Almsround, Thailand

December
Luang Por Chah Memorial Day, Wat Pah Pong NE, Thailand
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