Peace, Peace
By Ajahn Chandako

I remember before I was a monk, before I had considered making the big step into monastic life, I was considering, “What am I going to do with my life in a way which is actually going to be beneficial for the world?” The idea of making the world a better place seemed so overwhelming to the point of being hopelessly idealistic. It was like trying to clean up the entire environment in the world; it seemed like such a daunting task. But I realized: “well, I may not be able to clean up the entire environment in the world, but this one little corner of the environment called the body and mind, there is at least some semblance of control, at least a delusion of control over this one little corner of the environment.” Entering into Buddhist practice it was very much the momentum of working towards bringing a sense of peace into the world, starting from the center and working out.

I remember when I was a young monk, a common meditation method used in Thailand was to recite the mantra “Buddho” in the mind, and I tried that for a while but somehow it didn’t stick as easily as another word that I came up with, which was “peace.” So I just started using “peace” as a mantra. When I was sitting I would just say “peace,” silently repeating it to myself, feeling it reverberate—“peace, peace, peace.” Then when I was doing walking meditation, walking back and forth with each step I’d say “peace, peace, peace.” Whether I was working or on almsround, eating, even in conversation I found that every time that I could bring my mind back to the center of “peace, peace,” then everything started to come back into balance. I realized it was a quality that I needed. So it was a reminder. It was also a focus of concentration—always coming back to “peace, peace.” When the mind was getting upset, I’d just remember, “Right. Peace. Just be peaceful.” When I desired a delicious taste, just “peace, peace.” Or when I was confused or uncertain about what was going to happen in the future—just “Peace, peace. Right here, right now, just be peaceful.” It was very much in line with how I was beginning to understand the law of kamma. It’s like everything in the universe, the whole history of the universe just reaching up to this one moment right here and now, and what has happened already—there’s nothing we can do about it. But our reaction to this moment can very much determine the amount of peace in our lives. So I realized, “Well, I’m creating my future moment-by-moment. If I respond

(Continued on page 11)
From the Monastery

Ñāniko Bhikkhu writes on behalf of the Sangha:

The year 2006 has ended and 2007 is upon us. Dennis Crean has relinquished his role as newsletter editor and the job is being done in-house now, so with this issue you can expect a few changes. In the previous newsletter there was an announcement that if anyone wanted to help out with the upcoming issues they were welcome to do so. We received several responses and would like to thank all the people who stepped forward. At this point I have been given so much to work with that I feel I should apologize if I'm not able to include everything.

Community, Teachings, Travels

Last issue’s “From the Monastery” column ended with the ordination of Anagarika Whit Myers in early October. So, in this issue we continue in early October with Ajahn Sudanto traveling to North Dakota at the invitation of Patrick Anderson (ex-bhikkhu Piyasīlo). Ajahn Sudanto stayed in North Dakota for one week. During this time, he gave a public talk followed by a weekend retreat at the Lotus Meditation Center in Grand Forks. About twenty-five people attended the teachings.

Iris Landsberg, an upāsikā who helps out with our book mailing department and is a Sanghapāla board member, was diagnosed with a four-centimeter-wide brain tumor last year. In October, she underwent surgery for its removal. The surgery was successful except that the breathing tubes injured her vocal cords, making her voice hoarse for several months afterwards. Iris, along with Steve Holly, has been mailing free Dhamma books to people and in particular to prisoners over the last couple years. The community here breathed a big sigh of relief when the tumor was successfully removed.

This year’s Kathina ceremony took place in late October. Each year at the end of the Rains Retreat (July–November is the monsoon season in Asia) the lay community offers robe cloth and other requisites to the Sangha. The cloth must be sewn into a robe and dyed an appropriate color before the next dawn. The robe is then bestowed upon a bhikkhu of mindfulness and wisdom who has done great service for the Sangha (or is in need of a new robe). Everything went very smoothly this year, partly due to the new facilities which allowed people to spread out more, and partly because we had several working sewing machines (as opposed to no working sewing machines last year). The Kathina cloth was formally offered by Sanya and Sompong Kunaboot. Many other generous lay supporters offered tools and useful requisites. A lower robe (sabong) was sewn and offered to Tan Karunadhammo this year.

Soon after Kathina, Ajahn Sudanto and Tan Jotipālo headed to Saint John’s Abbey in Minnesota to participate in the second “Monks in the West” Buddhist-Catholic dialogue. They met up with Reverend Heng Sure, Reverend Kusala, Ajahn Punnadhammo and several other Buddhist and Christian monks to dialogue on the topic of “Authentic practices of celibacy and intimacy in religious communities of men.” The monks discussed why we practice celibacy, how we actually live it out and how we deal with transgressions. Aside from the formal dialogues, this was also a time to strengthen old friendships and create new ones within the wider spiritual community in the United States.

After the dialogue Tan Jotipālo spent a few days giving talks at Common Ground Meditation Center in Minneapolis. This is the fourth time he has met with them. CGMC is a dāna-based community group that has generously supported Tan Jotipālo and Ajahn Punnadhammo over the last few years.

Bhante Gunaratana paid us a weeklong visit in early November. Bhante had been tirelessly giving teachings around the world, so we wanted to give him the chance to take it easy and make use of the new accessible guest facility (although we still couldn’t resist asking him to give a talk one night). The community was grateful for the opportunity to share time and good conversation with this most venerable elder.

Ajahn Thaniya paid us a visit in November and stayed for one week before heading off to Santa Rosa with Ajahn Amaro to co-lead the annual Thanksgiving Retreat. Ajahn Thaniya also joined us for the November community work day and displayed inspiring high levels of kindness and generosity. It was good to have renewed contact with the siladhara community through her presence and that of Sister Dhammadhira, who was travelling with her.

The annual Thanksgiving Retreat took place in late November at the Angela Center in Santa Rosa. A few of the junior monastics joined Ajahn Amaro and Ajahn Thaniya for the ten day retreat. Periods of sitting and walking meditation were interspersed with chanting tips, interviews and yoga instruction offered by Mary Paffard. Morning and evening chanting and Dhamma talks provided a structure for each day. A CD of the talks given during the retreat was compiled and is currently available for free distribution.

After the Thanksgiving Retreat Ajahn Amaro headed to Egypt to join Luang Por Sumedho, Ajahn Vimalo, Ajahn Nānarato, Richard Smith, Edward and Ead Lewis for a two-week journey. The group explored the pyramids, visited temple

Kathina Offering Ceremony 2006
ruins, Mount Sinai and several Coptic Christian monasteries to name just a few places. They also journeyed up the Nile River and many photos were taken to record the adventure.

While Ajahn Amaro was in Egypt, other members of the community picked up the teaching engagements. Ajahn Sudanto led the first Tuesday of December at Berkeley Buddhist Monastery. Tan Karunadhammo led an Upāsika Day and Tan Jotipālo led a daylong retreat at Yoga Mendocino.

At the end of November, Tan Dhirapañño bid us farewell and returned to Thailand after a five month stay at Abhayagiri. During his stay he led the annual Vinaya Classes during the Vassa. Tan Dhirapañño is now living in Thailand with Tan Jotimanto at a small branch monastery of Wat Pah Nanachat. We hope that Tan Dhirapañño comes back soon to be a part of the Abhayagiri community again.

Debbie Stamp spent seven weeks in Thailand, also near the end of the year. Ajahn Pasanno’s mother, Rhoda Perry, visited Thailand during this time. Debbie, Rhoda and friends traveled with Ajahn Pasanno to Chiang Mai, Phuket, Kanchanaburi and Laos. In Phuket the group had a memorable meeting with a 112-year-old monk named Luang Boo Soo-Pah. The group was also able to connect with Mae Chee Orn in Ubon, a ninety-six-year-old nun who had met Rhoda twenty-five years before (it just so happened that Mae Chee Orn died about one month after this). The groups of Thai people who looked after Ajahn Pasanno and his mother were most gracious and generous with their exemplary show of hospitality. Ajahn Pasanno is in excellent spirits after his extended period of retreat, and is looking forward to his return to Abhayagiri.

Before his return, Ajahn Pasanno will be paying a visit to the New Zealand branch monastery, Bodhinyanarama, and will see Peter Fernando (ex-monk Tan Dhammadaso). The community here also extends their greetings to Tan Dhammadaso, er, Peter, and passes on their best wishes. Ajahn will also visit Vimutti Vihāra, where Ajahn Chandako is the abbot.

The Abhayagiri community entered into their three-month silent retreat on January third. All work and most practical tasks were taken over by a group of laypeople who offered to serve the retreat. This allows the monastics to focus completely on meditation practice and training. Ajahn Amaro gave daily readings from the teachings of Ajahn Chah and Ajahn Sumedho.

**Development**

In the latter part of 2006 there was quite a push to finish off some projects which put us well into “phase two” of the monastery’s development. In short, we completed two solar systems, two elders’ kūtis and two standard kūtis—one next to the sauna, called the “sauna kūti” and one out the trail at the end of the road, called the “first creek kūti.”

The first solar system to be completed was in the cloister area. A collection of sixty solar panels was mounted to the roofs of the Dhamma Hall and main house. This system is known as a “grid-intertie” because there are no batteries and it is wired directly into the public electrical grid. During the day, the monastery uses power directly from the sun and the extra power is fed back into the grid. During the night the monastery still draws power from the grid. With excess power production during the day, this allows the monastery’s electrical bill to zero-out and the system will probably pay for itself within ten or fifteen years.
Abhayagiri monastic community with 2007 Winter Retreat crew

The second solar system is known as a "stand-alone" system because it has batteries and is like a miniature power plant. This system includes an array of eighteen solar panels, a new solar shed next to the sauna, a large inverter, four huge batteries for storing power and a backup generator. This system currently powers the two new elders’ kutis, the two new standard kutis, several other kutis within the vicinity and lights in the sauna, but was sized to power a utility building and Dhamma Hall in the future as well. Having this system in place will greatly reduce the cost of gas for generators, since power tools can be run using the batteries.

Getting this “stand-alone” system running was no small task. Richard Jordan, a local solar power specialist, was constantly working with us running wire, hooking up electrical connections and getting the inverter and batteries hooked together. There were several trenches that had to be dug and lengths of electrical conduit to be laid in the ground. We discovered that running wire is difficult and messy work, due to the lubricant that must be put on the wire so that it slides through the underground pipes (conduit) to its various destinations. The most difficult wire-run was from the new solar panels to the solar shed—about 400 feet. There were two rolls of very fat wire, each roll weighing 250 pounds, which had to be fed into two-inch conduit. It took four hours and was quite an experience for those involved. Much thanks to Richard Jordan for his tireless help and advice with this project.

The four new kutis were framed by Madlem Construction of Redwood Valley. We did the finishing work on them, which included putting up the concrete composite siding, doing interior work and painting. Also, a shed had to be built near the elders’ kutis to house the controls for a septic pump. The community work days were largely dedicated to painting all four of the new kutis. Without the generous help from the lay community it would have been difficult to get all the painting done.

On the community work day in November, the solar pump which draws water from a well on the ridge was upgraded. The current well pump’s motor had burnt out so it was necessary to pull that pump out of the 200 foot deep well and put a different one into it. The new pump is a ray-direct Dankoff brand pump which draws about five gallons per minute from the well when the sun is shining. “Ray-direct” means there are no batteries, but when the sun hits the solar panels, the water pumps; when the sun leaves, the water stops pumping. This is a considerable upgrade from the last pump which was had a two gallon per minute draw.

Anumodanā to all the people who have helped us complete these projects. We did a huge amount of work in the last two years, so 2007 is our "building moratorium." We aren't starting any new building projects this year but are just focusing on maintainence and basic running of the new facilities. ♦
THE EARLY YEARS WITH AJAHN SUMEDHO

Paul Breiter (who, thirty years ago, was Varapanno Bhikkhu) recollects his experiences with Ajahn Sumedho in the early 1970s.

My first year in college I had one of those rare instructors who prodded and provoked students into thinking and investigating the world and themselves. One day he was talking about myth. He said that myths are something relevant to their time and place and fill a need, allowing contact with dimensions of life that we normally feel disconnected from. In modern times (that was 1967), a mythic figure might be someone like Bob Dylan.

About six years later I found myself walking behind Ajahn Sumedho on pindapat 1 in the environs of Wat Pah Sri Mahâdhâtu, on the outskirts of Bangkok. It was almost rural in those days and the pindapats were bright and peaceful occasions. I hadn’t seen Ajahn Sumedho for about a year (later on we were to learn that he had burned out on Pra Farang 2 and asked Luang Por Chah’s permission to go off on his own to central Thailand and then India). While he had always been an impressive figure, it was evident that he had matured further. This was something I would notice over the years—every time I saw him after a period of time, he displayed new facets of spiritual development.

We had inspired and brilliant conversations on the walk to and from the houses during those two weeks. His words conveyed clarity and profundity in that uniquely accessible way of communicating he’s always had. I felt it a great honor to walk in his footsteps as we made our almsround and I began to think that here indeed was someone who provided a truly meaningful mythic figure for our times, a model that youngsters would do well to aspire to, much more so than any frenetic musician or poet. The one statement I recall clearly from those days long ago is his saying that “All the little mohas (delusions) seem like such big things now,” because he wasn’t struggling with the grosser levels of defilement.

He left for India after New Year 1973. One of the monks he traveled with for part of that time was Dhammaguto, who occasionally made memorable statements. When we were talking about Ajahn Sumedho once, he said, “He and Luang Por (Chah) are really the same; they’re only different in their parami.” 3

I returned to Wat Pah Pong, where I inherited the mantle of translator and sometimes guide for newly arriving farang. Ajahn Chah would tell them, “This is Varapañño. He is your Ajahn. That’s not because he has any wisdom, but because he’s the only one who can translate for you.” Still, I got a little too comfortable with my Big-Man-on-Campus role and Luang Por sent me into exile for the Vassa.

Shortly before Vassa began, I was at Ajahn Chah’s kuti one day. Out of the blue, he remarked, “I miss Sumedho. I’d like to see his face again.” The next day when I approached Luang Por’s kuti after chores, a big, skinny farang in bright city robes was sitting there. His back was to me and it took a moment to realize that it was Ajahn Sumedho.

My Vassa was a rough ride and I didn’t garner any accolades for it. One night, after I had returned to Wat Pah Pong and thought I was settling in again, several of us met with Ajahn Sumedho. Like Luang Por Chah, he could be soothing or wrathful; especially after returning from India, there was something leaner, sharper and tougher about him. On this occasion, it was definitely the wrathful manifestation.

He heard out my whining, complaining and vacillating and then let me have it. “These are monasteries. You can’t go into these places and demand everything be to your comfort. You create disharmony; you’ve got a reputation as a troublemaker.

“If you’re committed to this way of life, you have to make up your mind to endure and stop complaining and putting conditions on things. It would be better to die than to continue like that. It would be the manly thing to do.”

His words rang in my ears for a good while after that night. Of course, in monastic life, one knows that such scolding is not a personal attack and hard feelings are (generally) not held. I had plenty of respect for Ajahn Sumedho, and also had nowhere else to turn, so I tried to step up my feeble efforts. I ended up at Wat Nong Hai with Ajahn Sinuan, he with Ajahn Jun. Each occasional meeting with him would have a different tone and subject matter.

Ajahn Sumedho doesn’t go much for categories and standard Buddhist terminology, but he probably fits the bill for dukkha-patipadā-khippābhiññā, one whose path involves suffering but who comes to see quickly.

Ordaining in his mid-thirties, he had more life experience than most of us who took robes in the 1960s and 70s. Always something of a seeker and thinker, he told me that he was a voracious reader. “I used to sit in coffee shops and libraries reading books and I finally started to wonder, ‘What’s the point of life if all you can do is read about it?’” He was also of a religious bent from an early age, eagerly taking part in church activities, but as he grew up and perceived suffering in himself and all around him, he began to think that “God must be a terrible bore and have a really bad sense of humor” to create such a world. When he came across Buddhism, he said, “I had faith in it because it told me I didn’t have to believe in anything.”

After a year of practicing meditation, he heard about Ajahn Chah. He went to stay at Wat Pah Pong but chafed at the discipline, still wishing to be a hermit meditator, and after one year he went to live on a remote hill in Sakon Nakhon province.

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2. Pra Farang: Thai lingo for western monk. Farang by itself refers to any westerner.
3. Parami: Perfection, or in this case accumulated virtues and qualities.
He became seriously ill and had a major breakthrough in his practice and finally “realized what a silly person I was and made up my mind to go back and surrender to Ajahn Chah.”

Ajahn Chah must have been very fond of his first farang disciple (especially as he was much more mature and durable than many of us who followed), which meant he didn’t make life easy for him and afterwards loved to tell stories about him and occasionally jab in the needle. As often happened, things reported to Luang Por got magnified and embellished and recounted over and over.

One episode involved eating som tum, the raw papaya salad that’s made fiery spicy in the northeast. Ajahn Sumedho was caught by surprise the first time he ate it, with comical results, and the story grew to him picking up handfuls of it, stuffing it in his mouth and catching on fire from it. Luang Por used to do an imitation that included Ajahn Sumedho smearing som tum on his face.

Then on one of the Buddhist holy days, when Ajahn Sumedho had gone to see Luang Por at his kuti, Luang Por told him to go prepare for circumambulation, vien tien in Thai. The way Luang Por told it, Ajahn Sumedho showed up with his bowl all packed and ready to travel, because he thought they were going to Vientiane (the capital of Laos).

Ajahn Sumedho says that he was generally respected by the monks because he practiced hard, but to the laypeople he became something of a circus attraction, “like a monkey.” All they knew of America in those days was from Elvis Presley movies and they wondered why an American would want to come live in an austere forest monastery when he could be home “riding a big motorcycle and singing and dancing in the street.”

A senior scholar monk in the area was once visiting Ajahn Chah. Ajahn Sumedho came to Ajahn Chah’s kuti while they were talking. Astonished, the scholar asked, “Can a farang be a monk?” to which Ajahn Chah replied, “He’s a better monk than you—he doesn’t handle money!”

I first heard of him in late 1970. I had been ordained for about two months in Wat Boworn in Bangkok, which was pretty much Dhammayut headquarters. I had met several veteran Pra Farang, and though they were friendly, dedicated and seemingly very clear about what they were doing, there was something subdued, almost desperate, about them all—maybe just their Britishness giving off that feeling of likeable, duty-bound people slogging onward. Then Jack Kornfield (Santidhammo Bhikkhu) and Douglas Burns (Suvijjano Bhikkhu) showed up after spending a Vassa (their first) with Ajahn Chah and Sumedho. They were practically bursting with enthusiasm and it was contagious, as much as anything could be for me in my depressed state of those days.

Ajahn Chah showed up in Bangkok not long afterwards and blew me away. A few weeks later I was on the train to Ubon.

When I arrived at Wat Pah Pong, monks were just getting back from pindapata. I saw Suvijjano and one other farang, Dhammaguto, and then Ajahn Sumedho was there and they introduced me. He had his famous ear-to-ear grin—sort of unmonk-like, I thought, having been around dour types like Khantipalo in Bangkok—and welcomed me.

I stayed for about three weeks. He was generous with his time, taking us to see Ajahn Chah on a few occasions and inviting us to his kuti for tea and conversation. There was something very natural and unforced about his bhikkhu-hood. He would admit that food could be delicious, that things could be attractive—also seemingly unmonk-like—but he had the wider view that such things were bound up with their opposites. Rather than fostering blind revulsion and avoidance, he talked about learning how the mind works in all situations in order to no longer be a slave to habits. He would say, “It’s natural to like sweet things. You give your girlfriend chocolates—you don’t give her samor (empyric mirobalan, small sour fruit that is taken as a laxative and is a standard post-noon refreshment for monks in northeast Thailand) pickled in Ajahn Chah’s urine.” He obviously had great trust in Ajahn Chah and confidence in monastic life. Being there and experiencing his presence and common sense and of course Ajahn Chah’s was very uplifting for me. I decided that after getting my visa renewed in Bangkok, I would return.

A couple of months later I was back, as hot season was about to begin. Ajahn Sumedho was at Wat Tam Saeng Pet and Luang Por was sending farangs there to stay with him, so Dhammaguto and I, who had returned together, were on our way after a few days.

We were told that Ajahn Sumedho was sick with malaria, a recurrent illness for him. Someone led us to his cave on the hillside. He was sitting crosslegged, wrapped in his robe. He greeted us, we asked how he was, and with a huge grin he said, “Not very well.” That was impressive.

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4. Dhammayut: Refers to one of the two main orders of Theravāda Buddhism in Thailand, the other being the Mahānikai.
5. Wat Tam Saeng Pet: A branch monastery near Wat Pah Pong located on a small hill with caves.
Ajahn Sumedho would chat after the meal, sometimes invite us to meet in the sala or one of the caves in the evening. One day as we parted at a fork in the paths on the way back to our caves after the meal, he started talking about peaks of inspiration and valleys of despair in practice. I think most of us westerners were concerned with success and achievement and expected our minds to be always clear, brilliant and inspired, and felt it was something wrong and terrible if we weren’t always happy and making measurable progress in our meditation—in other words, we were racing right past the real point of practice, while Ajahn Chah and Ajahn Sumedho kept pointing out the impermanence of absolutely everything.

He also said something I didn’t catch on to for a long time, that wisdom is like space. “We notice objects, but we never notice the space around objects,” he said, without further elaboration.

He started guiding my meditation, having me pay attention to the way the senses work, to get a feel for what my body was. He would tell me to do things like grasping parts of my body with my hands when I woke up. It did have a peculiar grounding effect to do that. Then he went on to one of his great loves of the time, the bua tou or koan method as explained in Charles Luk’s book, Chan and Zen Teachings, using doubt to open up the mind. He certainly wasn’t promoting a lifetime of anapanasati, which he compared to learning to play scales on the piano. (One monk remarked a few years later that samadhi came easily for Ajahn Sumedho, much more so than for the rest of us. That might be why he didn’t place great emphasis on meditations that focused on a single point.)

The koan stuff was effective, perhaps too much so. I started to feel like I was descending into the depths of myself way too fast; everything was hitting the fan and it seemed to be more than I could handle or even force myself to try handling. One night after an evening meeting, I asked if I could speak with him. We went to the dyeing shed and sat in meditation together for a while and then I told him I was having a really hard time and felt it was something wrong and terrible if we weren’t always happy and making measurable progress in our meditation—in other words, we were racing right past the real point of practice, while Ajahn Chah and Ajahn Sumedho kept pointing out the impermanence of absolutely everything.

He had already told several of us how he had struggled in his early days, how he had reached his own depths and finally let go. Now he was telling me that sometimes there was nothing to do but grit your teeth and bear it, and that when it changed, which it always did, you were left with a deep understanding of impermanence that could see you through anything. Finally he said, “You wouldn’t believe what it’s like,” when you do let go.

Because he had met with strong difficulty in his practice and had come through it, he was someone we could relate to and someone we could look to as an inspiring model of what could be. And I think it gave him real empathy—indeed, he always said that compassion comes about from first seeing suffering in yourself and then realizing that others suffer just the same. Still, I was too freaked out. There wasn’t really any haven anywhere, but I thought I might be safer at Wat Pah Pong (I wasn’t) and then in Bangkok. Before leaving for Bangkok, when talking with Ajahn Chah, he simply said, “Sumedho says, ‘Varapaño thinks too much.’”

At Tam Saeng Pet I thought the bottom had fallen out, but during my Vassa at Wat Boworn, it fell out further. I realized that the only hope was to go back to Ajahn Chah after the rains retreat and take whatever medicine he was dispensing. I scraped my way through the three-month period and corresponded with Ajahn Sumedho and the others, who were spending Vassa at the dreaded Tam Saeng Pet.

An aside on impermanence: one part of the forest routine that depressed me most, made me feel all alone with a vast and endless task before me and no pleasure to look forward to, was sweeping the grounds of the monastery. Once when talking about taking the daily life as practice, Ajahn Sumedho urged putting energy and mindfulness into everything we did. “When you sweep the leaves,” he began to say, and repeated the party line. During my exile in Bangkok, I used to recall the misery of sweeping and immediately Ajahn Sumedho would pop into my head, saying, “When you sweep the leaves . . .” But it turned out that sweeping with the long handled brooms became an exercise in mindfulness (and good physical exercise as well) that I started to enjoy and even looked forward to, especially as I felt myself working in concert with a few dozen monks and novices around me at Wat Pah Pong. When I returned to Tam Saeng Pet as a layman in 1981 and years after, it was almost pure pleasure staying there and meditating in the caves.

Doug Burns, now back in lay life, dropped by once in a while. When we were discussing Wat Pah Pong and the cast of characters, he told me, “Santi (Jack Kornfield) says Sumedho is a saint.” I mentioned that in one of my letters to Ajahn Sumedho, telling him that if ever I had met anyone I wanted to be like, it was him (Ajahn Chah’s example seemed too far out of reach).

The whole crew pitched in and wrote a letter back, each person offering words of encouragement. It was quite moving. Ajahn Sumedho, of course, was the least sentimental. He told me to forget about trying to be like anyone else, not to get caught up in the dramas going on in my mind. Whenever thoughts of fear or worry, hopes and ideals, came up, I should simply say, “Horseshit!” and keep on saying that until it all subsided.
**Lunar Observance Days**

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1. Visākha Puja
2. Āsālha Puja + Vassa begins next day
3. Pavāranā Day
4. Community work day
5. Bhikkhu & samanera ordination at Abhayagiri.
7. Monthly gathering at Berkeley Buddhist Monastery.
8. Monthly gathering at Yoga Mendocino.
11. Festival of the Buddha with Ajahn Amaro and Gloria Tarantiya Ambrosia.
12. Monthly gathering at Yoga Mendocino.
13. Bañārśa Puja + Vassa begins next day
14. Visākha Puja + Vassa begins next day
15. Visākha Puja
16. Bañārśa Puja + Vassa begins next day
17. Monthly gathering at Yoga Mendocino.
18. Monthly gathering at Berkeley Buddhist Monastery.
19. Monthly gathering at Yoga Mendocino.
22. Monthly gathering at Berkeley Buddhist Monastery.
23. Monthly gathering at Yoga Mendocino.
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29. Monthly gathering at Yoga Mendocino.
30. Monthly gathering at Yoga Mendocino.
31. Monthly gathering at Yoga Mendocino.

**Directions to Abhayagiri**

1. Take WEST ROAD east from HWY 101.
2. Go straight over NORTH STATE ST. and SCHOOL WAY.
3. Follow WEST ROAD 3 miles until you reach a T-Junction.
4. Turn left at the T-Junction onto TOMO ROAD. Continue for 4 miles until you reach a turn-out with 20 mailboxes. The monastery entrance is on the right.

**Contact Information**

- **UNITED STATES**
  - **Bare Center for Buddhist Studies (BCBS)** 149 Lucknow Rd., Bremerton, MA 10035 Tel. (970) 335 2347 Fax. (970) 335 2798
  - **Berkeley Buddhist Monastery Institute for World Religions** 2345 McKelvey Ave., Berkeley, CA 94703 Tel. (510) 448 3440 Fax. (510) 448 4511
  - **Berkeley Zen Center** 3220 Addison St., Berkeley, CA 94701 Tel. (510) 447 1911 Fax. (510) 447 1911
  - **Chaplin Hill Dhamma** Contact: Julie Schlein 1529 Russell St. Tel. (415) 300 300 Fax. (415) 300 300
  - **Great Vow Zen Monastery** PO Box 360 Chakrava, OR 97016 Tel. (503) 728 0654 Fax. (503) 728 0654
  - **Insight Meditation Society (IMS)** 320 Flaxer St., Bremerton, MA 10035 Tel. (970) 335 4718 www.ims.org

- **AUSTRALIA**
  - **Bodhiyana Monastery** 216 Kingsbury Drive, Sarponine, WA 6225 Tel. +61 (0) 8 9529 2420 Fax. +61 (0) 8 9529 3400 www.bodhiyana.org
  - **Vimutsi Vihara** 300 St Francis Drive Blvd. Woodlands, CA Tel. (45) 488 064 Fax. (45) 488 0652 www.vimutsi.org

- **UNITED KINGDOM**
  - **Anavatārjivāni Monastery** Great Glen, Heriot-Hampstead, Heriot-Hampstead, E10 3BZ. Tel. +44 (0) 144 284 245 Fax. +44 (0) 144 284 245 www.anavatārjivāni.org
  - **Amper Warin, Wat Pah Nanachat** 7900 Woodside Blvd. Woodside, WA 98062 Tel. (45) 488 064 Fax. (45) 488 0652 www.yogamendocino.org
  - **Bodhiyana Monastery** 216 Kingsbury Drive, Sarponine, WA 6225 Tel. +61 (0) 8 9529 2420 Fax. +61 (0) 8 9529 3400 www.bodhiyana.org

- **NEW ZEALAND**
  - **Bodhiyana Monastery** 780 Woods Point Road, East Warburton, Victoria 3799 Tel. +61 (0) 3 916 599 Fax. +61 (0) 3 999 5999
  - **Vimutsi Vihara** PO Box 7 Bombay, 2343 Tel. +61 (0) 3 916 5999 Fax. +61 (0) 3 999 5999 www.vimutsi.org

- **THAILAND**
  - **Wat Phak Nanachat** Baloong Wai, Amper Wai, Ubon 34103

For a more comprehensive directory of branch monasteries please visit www.forestssangha.org
Māra: A Brief History and Vocabulary
By Mettika
We have heard about Māra, the Evil One from the story of the Buddha's courageous battle with his armies, minions, and daughters on the evening of his enlightenment under the Bodhi tree. As soon as Siddhattha started meditating, he was confronted with the figure of Māra, the Lord of Darkness. Māra tried to tempt Siddhattha into despair and in giving up his quest for enlightenment. However, the future Buddha called upon the Earth Goddess to be witness to his quest.

Māra's armies are: desire/lust, dislike for the higher life, hunger/thirst, craving, sloth and torpor, fear/cowardice, doubt, hypocrisy/obduracy, gain/praise/fame/honor/false glory, exalting self/despising others. Māra's daughters represent: lust, greed, desire, pride and ignorance. Māra's hordes represent the sum total of our deepest fears.

Māra can be viewed as the embodiment of unskillfulness and the death of the spiritual life in all of us. The nuns at the time of the Buddha grappled with Māra. He would sneak into their hearts and thoughts, desiring to arouse fear, trepidation, and terror. They, Uppalavanna, Cāla, Somā, Alavika, Gotami, Vījāya, Upapacala, Sisupacala, Sela, Vajira, to name but a few of the nuns, caught Māra immediately and answered him with brilliant replies whereby Māra sneaks away, caught in the act, foiled again. HISSSSSSS.

Beginning in the fall of 1997 Fearless Mountain Newsletter featured a four-part series by Ajahn Punnadhammo entitled “Letters from Māra.” I found my interest and imagination piqued about this character named Māra. If you have a chance to read these letters, do so. They are most humorous and elucidating.

Several years ago, on Visakhā Pūjā, Ajahn Amaro gave a brilliant Dhamma talk. He assumed the voice of Māra, as George Saunders, a British character actor who often played the role of an oily cad. In this voice Māra confronts the Buddha and asks him who he thinks he is that he should be enlightened as he is a loser who abandoned his wife, son, and palace responsibilities. He couldn’t even make it as an ascetic. He had to start eating again.

Māra shows up in all our lives whispering such things as: “You could have done better, why don’t you have that piece of pie, you deserve it, I need a new I-Pod, you’re not smart enough, I see it, I want it, I like it, I get it. If only I had a boy/girlfriend then everything would be alright, why me? I don’t like it and it shouldn’t be this way. I have really ugly thighs.”

For the past many years, I too have started hearing Māra’s voice. Humor and skirmishes have begun with this dark trickster. On the last evening of a past Thanksgiving Retreat with Ajahn Amaro, I composed a song dedicated to Māra based on the tune, “I’m Just a Gal Who Can’t Say No.” One line read “I’m in your terrible grip. I always say ‘come on let’s go’ just when I need to do zip.” Another time, I wrote an article entitled “Hearing Māra on the Loop Trail” which addressed my fears of getting lost, getting stuck, encountering a mountain lion, falling off the mountain and missing the meal.

The latest battle with the Evil One was just a few months ago. I had a bone marrow biopsy and was waiting for the results which took two weeks. There were four possibilities: nothing, something to be checked yearly, a quick exit from planet earth, or an extremely rare blood disease called Waldenstrom’s Macroglobulinemia—which I later found out was the diagnosis. During the next two weeks, Māra’s voice was a deep diabolic laugh and then the voice said, “Mettika, you’re going to die.” Sometimes I was able to feel the fear in the belly which created awareness and then was able to see Māra and watch him slunk away. Sometimes I felt the pure dread of impending death. Māra was happy with that response.

So, Dhamma friends and wayfarers, be on the lookout for Māra in his many forms. The worst form of all is not seeing or hearing Māra’s whisperings and becoming entangled, shackled, trapped, upset, blind, deaf, heedless, and unprepared. We now have the opportunity to catch Māra’s armies, minions, and daughters. Stay tuned and feel free to write to Māra’s Desk if you too have had encounters. Drop me a line.

Cindy Mettika Hoffman is an upāsikā who has long been a part of the Abhayagiri community.

Please write to Māra’s Desk at cindybo@mcn.org

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I see samatha to be a rock and not to roll. And vipassanā is pure rock and roll.
these worldly dhammas, these things which are upsetting to
the mind or bringing the mind away from a point of peaceful
balance. This takes wisdom all the time. And yet there is this
constant emphasis on “just sit and be still and meditate.” Make
the mind calm and peaceful, allow it to be peaceful. If we don’t
stir it up, then peace arises all by itself.

One of the great insights for me in the early days of medita-
tion practice was, “Well, this peace of mind which I’m seeking is
very much intertwined with everything I’ve ever done and said.”
So then I saw the connection between what I was doing, my
behavior, everything I said, even everything I thought and my
state of mind when I was sitting in meditation. Again it comes
back to that basic law of kamma. Everything we do, moment-by-
moment, there’s this opportunity to direct it to a certain future
course. And that very much depends on what we want from our
life. So over and over I try to ask, “What is it that I most deeply
aspire to?” I believe the highest happiness is peace. That does
seem like something worth aspiring to. So I keep coming back
to this “peace, peace,” and then looking at these behaviors: what
I’m doing, my actions, are these coming from a peaceful inten-
tion? When I’m speaking, reflecting before and afterwards, if I
wasn’t mindful at the time then I try to reflect afterwards, “Was
this coming from peace? From the inclination towards peace, or
not?” When it wasn’t coming from a sense of leaning, inquiring
toward peace, then the effect usually wouldn’t be very good, very
beneficial either for myself or for others. It wasn’t leading to an
increased peace in the world. As we know, the Buddha didn’t
just teach one technique, such as following the breath. He taught
a whole range of different ways to approach training the mind
based on personal inclination or where a person was off balance,
based on where the strengths of their defilements were, based on
a particular period in their lives. So whether we do ānāpānasati
or loving-kindness or going through the components of the body
or reflecting on the qualities of the Buddha and so on, all of
them incorporate this balance of wisdom (paññā) and samādhi.
Still flowing water. If the methods are going to be successful
they have to be used in a way which is going to bring the mind
back to a point of being centered and peaceful. Peaceful with
clarity. Not a dull, dumb peace. Not the kind of meditation
where we sit down and say, “Boy, that’s really peaceful. Wow,
I’m feeling so peaceful . . .” And then forty-five minutes later the
bell rings and “Wow! That must have been really deep samādhi.
That time passed so quickly and I feel really refreshed. I must be
getting close!” No, it’s a type of peace that’s got this astute clarity
happening, moment-by-moment.

From a talk given during Abhayagiri’s tenth anniversary.
Ajahn Chandako is the abbot of Vimutti Vihāra, a new branch
monastery in New Zealand. Transcription by Minty Ryan of the
City of Ten Thousand Buddhas.

(Continued from page 7)

I finally did make it back, on the day of Kathina. It was
already a big relief to be there. Ajahn Chah seemed greatly
amused to see me, saying, “Varapaṇño’s come back! I thought he
was afraid of sticky rice (a good part of my difficulty had been
inability to digest the food, especially the glutinous rice that is
the staple of the diet in the northeast)!”

After Kathina, Ajahn Sumedho and the others were soon
off to other monasteries and Ajahn Chah himself was often away,
going to Kathina ceremonies at the various branch monasteries.
I floundered around for a couple of months until Ajahn Chah
probably got the idea that I might be staying this time and took
me under his wing.

I would see Ajahn Sumedho every few months. Sometimes we
would gather at his kuti, sometimes talk on pindapat or in the sālā
after chanting, sometimes at a fork in the path when returning to our
kutis. His words were always to the point and memorable. Tall
and upright, full of vigor and without hesitancy, he felt like a tower of
strength. And he never seemed to put his own needs or desires first;
many years later, I realized that I had never seen him do anything
selfish. Yet he wasn’t trying to project any certain persona and often
spiced up his advice with stories of his own foibles and difficulties.

He freely poked fun at the way he tended to get ahead of
himself. When he was first ordained, he thought, “I would be
happy if I could become just a little bit better—if I could just
quit smoking, that would be something.” But as his practice
progressed, he occasionally started thinking big. Once on a
train to Bangkok he was thinking that he had realized truths
that would help create a utopia and he saw himself as possibly
Spiritual Adviser to the United Nations. His heart was full of
love for all beings. But as soon as he arrived in the bustling city,
he immediately became angry and irritated.

Another time, he was living in a cave, enjoying blissful
meditation. He decided that his profound insights should be
preserved, so he started writing poetry. “After a while, it began
to feel like the whining of mice and I wondered if it would ever
stop,” he said of his scrivening.

He was especially tuned in to doubt. He saw and heard
farang after farang come and air out all sorts of doubts, about
themselves, about the teachings, about the practice, the teacher,
the way of life. He had a take-no-prisoners attitude and was
always urging us to burn our bridges. At the same time, he
recognized that doubts did occur and couldn’t simply be sup-
pressed, so he recommended looking directly at each doubt as
just another mental occurrence, even to use doubt, such as in the
hua tou method of asking, “Who is the one that is thinking?”

Months and years went by. My parents came to visit during
Having been asked to write a few words about my experience as an anagarika, I am reminded of last November, when Ajahn Thaniya gifted Abhayagiri with her kind presence. During the visit, I asked her for advice concerning the difficulties that occur in the first year of monastic training. In response, she said that the anagarika year is comparable to the Tibetan practice of 100,000 full-body prostrations. As an anagarika, I needed to learn to surrender with generosity and internally bow to any difficult experiences.

One major part of the anagarika training is observing the mind in response to the five major duties: cooking, driving, cleaning, digging, and shopping. As a layman, I was willing to do these tasks on my own terms—when I wanted to and in my own way. Key words: When, I, wanted, my and own. But training to be a bhikkhu means eliminating the clinging and craving empowering these words. Not learning this means dukkha, dukkha and more dukkha.

Being the kitchen manager for over a year forced me to come to grips with and go against many of my views and opinions, likes and dislikes. I had to choose my battles wisely and allow most preferences to recede into the background of the mind. Even when I wanted to prepare something besides the monotonous oatmeal or cereal for breakfast, I had to be prepared to bow: “Yes, Ajahn. Just oatmeal or cereal. I’ll put the french toast out for the main meal” (sob, sob, sob). And there was always someone in the kitchen doing something that I didn’t agree with: “I don’t think we need more dessert, what we need are more vegetables and more FRENCH TOAST!” Then there were specifics on which items should or should not be put on the wish list or how the kitchen needed to be cleaned. In the end most of these issues were less important than I made them out to be. For as difficult as it is for me to admit (even now), the food was always good, there was always enough dāna, and the kitchen was almost always spotless, even if my advice was not heeded. So I bowed. And I bowed again.

During the long afternoons, after my duties with the meal were at an end, I often decided to return to my kuti to “meditate” (translation: take a nap). That’s when I would hear, “Anagarika Lee, could you drive me into town and help me purchase some rigging equipment?” Or, “Anagarika Lee, could you sort through this timber pile for any usable lumber? It’s covered in rat feces.” Or, “Anagarika Lee, get ready for a twelve-hour afternoon work period and a midnight brick-laying party.” All the while my mind was saying, “But, what about returning to my kuti? But, what about my practice? But, what about MY NAP?” My response instead was to generously bow and say, “Yes, Ajahn.”

(Continued on bottom of next page)
My consciousness pivots between conventional and ultimate reality. Consequently, incompatibilities related to how personal identity functions within these realities are a source of suffering for me. While conventional reality necessitates constructing multiple identities in order to function within society, these identities interfere with the boundless freedom existing within ultimate reality. I don’t mean to claim that I have fully experienced ultimate reality for that may be a permanent enlightenment, but there are fleeting moments when a chair is no longer a chair and terms like “me” and “I” become confining delusions projected onto a boundless cosmic force.

I have a choice to focus the consciousness on three main things: internal mind chatter, the external world and the Dhamma. The most frequent yet most unstable option is centering on the internal mind chatter, which is not anchored to any external validity and can uncontrollably proliferate emotionally and dominate the consciousness with unwholesome thoughts and feelings. Shifting consciousness away from mind chatter and focusing it on something in the external environment, such as the computer humming sound, is an instant relief and results in a neutral feeling. An instant relief.

Recently, I admitted to Ajahn Amaro that I was often possessed with the need to burst into his office and plead with him to tell me that it gets easier, not to worry, that it would all be okay in a few years, or better yet, a few hours. His response was to repeat a favorite quotation of Ajahn Sumedho’s: “Oh please, tell me that you love me, even if it isn’t true, say it anyway.”

This training—it’s not about me, not about following my desires, my terms, or only working when I’m in the mood to do it. Sure, I can grumble, grumble, grumble all I like but never will I invent a ninth step in the path that outlines complaining out loud is especially dangerous to the consciousness with unwholesome thoughts and feelings. Shifting consciousness away from mind chatter and focusing it on something in the external environment, such as the computer humming sound, is an instant relief and results in a neutral feeling.

Anxiety and depression result from forming identities because they are limiting, predetermined and there is no adventure or freedom in it. Interestingly, constructing identities reinforces the ego and attachments to self, which makes my inevitable death less acceptable since building and decay are opposites. Keeping a daily routine that involves meditation helps me to focus through the Dhamma, tolerate confining identities needed in conventional reality, and experience some fleeting freedom through ultimate reality.

Conventional reality can be unsatisfying because my consciousness is constantly pulled into the mind chatter, in order to create and maintain requisite forms of identity. For example, since my occupation is “writer,” I have to make sure my work emails are well written even when I am rushing or tired. Also, coworkers have asked me how I can be a writer since I type using only two fingers—they think writers should be fast typers. So, I am now learning to type using all my fingers in order to maintain this cumbersome writer identity. Even though I hate grammar jargon, I am forced to learn it so I can satisfy coworkers’ notions that good writers are good grammarians.

Similarly, being a vegetarian involves boring and tedious conversations about why I am a vegetarian and why do I eat eggs if I am a vegetarian, why do I wear leather etc. . . . I am much better off with the discomfort I feel from eating meat than having to justify not eating it! In addition, being asked where I’m from is another identity-building, pigeonholing question that is confining and boring to discuss.

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Lee Mintz will have completed his year of anagarika training in April and is scheduled to take samanera ordination on April 22, 2007.
**Egyptian Journal**

The Group

* Ajahn Pasanno Bhikkhu
  * Scheduled to arrive on the fourth of April.

* Ajahn Amaro Bhikkhu

* Ajahn Sudanto Bhikkhu

* Karunadhammo Bhikkhu

**Monastic Residents**

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**Coptic Monastery of Saint Bishoi**

* Photo: Richard Smith

**Temple of Isis at Philae**

* Photo: Ajahn Amaro

**Dawn on the summit of Mount Sinai**

* Photo: Ajahn Amaro

**Ajahn Amaro meets Charlie Brown the camel**

* Photo: Richard Smith

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April 22, Bhikkhu & Sāmanera Ordination at Abhayagiri.