Pearls of Inner Wisdom

reflections on
Buddhism, Peace,
Life and Meditation

Luang Phaw Dhammajayo
Pearls of Inner Wisdom

reflections on
Buddhism, Peace, Life and Meditation

Luang Phaw Dhammajayo
Contents

Foreword • 4
Acknowledgements • 5
Preface • 6

AIM IN LIFE • 9
THE IMPORTANCE OF DHAMMAKAYA • 19
REASONS TO MEDITATE • 27
MEDITATION TECHNIQUE • 37
MAINTAINING MEDITATION IN EVERYDAY LIFE • 57
ELEMENTS OF BUDDHIST LIFESTYLE • 67

Glossary of terms • 82
Basic Dhammakaya Meditation • 84
About the Author • 91
Contributors • 94
Lists of Meditation Centres Worldwide • 100
Foreword

My dearest wish is to see all of you attain inner happiness. May the path of pursuing perfections be smooth for all of you. No matter what obstacles you may encounter, may you prevail with a heart unperturbed.

Luang Phaw Dhammajayo
Acknowledgements

The publication of this book must recognize the special contributions of Phra Nicholas Thanissaro (translation), Phra Ronnapob Jotilabho (advisor), Wichaya Triwichien and Team (advisor), Prechar Ounrasameevong & Veechin Preedakasamsakdi (photography advisor), Chaichana Kittisopapan & The Print Lodge Pte. Ltd. (graphic design), The Still Photography Department of the Dhammakaya Foundation, Ekachai Moonsri, Somchai Singtong, Penprapa Deja, Suwan Ounrasameevong, Soranan Choochat, Marut Silpasoonthorn and Marc Adamus (stock photography), Phunpimon Phuntamit (administrative assistance) and Pittaya Tisuthiwongse (publication coordinator).
Preface

This is a collection of some of the sayings given by Luang Phaw Dhammajayo (the Most Venerable Dhammajayo Bhikkhu) in the period 1988-2000. It must be said that this book is one of the first examples of his work to appear in English. The book’s content predates his current fame as a daily face on the Buddhist satellite channel, DMC.

The original manuscript was published in Thai under the name Kong Kwan in the year 2000. In this translation, the selected sayings have been grouped under six headings – aim in life, the importance of Dhammakaya, reasons to meditate, meditation technique, maintaining meditation in everyday life and elements of Buddhist lifestyle – and the esoteric sayings have been omitted.

Although Luang Phaw Dhammajayo’s teachings are firmly rooted in Buddhist culture, he makes use of several specialist terms which have been left unexplained in the text but for which readers are referred to a glossary of selected vocabularies to be found at the end of the book.

Most of the teachings were given in the course of meditation instruction and therefore cover topics relating meditation to life. Although relatively rare, the sayings are timeless in the knowhow they offer to the meditator. Thus, this book can be read cover to cover – or if you are feeling down at heart or too lazy to meditate, a page can be read at random to cheer yourself up. Although this book is attractive and collectable, its prose eloquent; it can do little to improve your life unless its content is put into practice.

So – happy reading, earnest practice and may all who have the chance to browse these pages attain inner happiness for themselves with ease!
AIM IN LIFE
1. Our Goal

The most important thing, wherever you are, is not to neglect your meditation practice. Don’t let your purpose in life slip away. We made the decision to follow this path, out of a wish to learn meditation and to attain the inner body of enlightenment. Thus, we should meditate with diligence and fulfil our chosen purpose. Don’t harbour expectations in your mind. It’s enough not to let your practice get worse. But when you see an improvement, know it has been the result of your consistent effort to maintain subtlety of mind all along.

(7 December 1997)
2. Our Only Real Belongings

There are only two things that really belong to us. One is our mind and the other is the point inside us which is home to the mind. Mind consists of the functions of perception, memory, thought and cognition. The home for our mind is at the centre of our body, at a place called the ‘seventh base’, which is the trailhead of the Middle Way inside us. It is this inner path that all the Enlightened Ones have used to reach Nirvana, to attain the source of pure wisdom, and to break free of suffering while gaining knowledge of the reality of life and the world.

(6 February 2000)
3. **Replenishing Purpose**

From the first time I started to study Dhamma, I knew I couldn’t afford to waste a further moment of my life. I wanted to advance my perfections each and every day. I wanted my inner experience in meditation to progress. I reinforced my commitment day by day, leaving me with constant delight and joy inside. Follow my example. Consolidate your purpose in life for yourself and you will find your own spiritual life replenished with determination.

*(8 May 1996)*

4. **The Supreme Goal**

Dhammakaya is the lynchpin of Buddhism... the essence of life. Whosoever attains Dhammakaya thereby attains the ultimate meaning of life.

*(7 August 1988)*
5. **Dying in Vain**

To be born human, but not to use one’s human body meditating to attain the Dhamma, is to be born only to die in vain. *(27 February 2000)*

6. **More than You can Chew**

When it comes to the subject of ‘merit’, there’s no such thing as ‘biting off more than you can chew’. Rather you should consider it as ‘rising to the challenge’ because this is how perfections are pursued. We have to go against the flow, meeting resistance and hardship, to have our resolve tested. Just as the bodhisatta had to part with wealth, blood, and often his life, in order to earn perfections in return. *(5 August 1998)*
7. Merely in Transit

This human existence
is nothing more than a transit lounge
for those endowed with wisdom
to accumulate the additional merits and perfections
they need to attain the path to Nirvana.
(28 August 1988)

8. No Fear in the Face of Death

All the subjects
there are to study in the world
can do nothing to help you
when you find yourself
on your deathbed.
The things which can help you then
are the merits and perfections
you have accumulated
dedicatedly and without conditions
throughout your life.
Even if you were to pass on
at this very moment,
death would have no fear for you
because you have the confidence
that a new body awaits your spirit,
which is lovelier than before
and a better place to be reborn.
(7 December 1997)
9. Never Enough Merit

Even at the age of fifty-two,
I feel I have hardly scraped the surface
of the pursuit of Perfections.
The merits I have accumulated so far
seem insignificant,
as it’s not enough
to lead us to the Utmost Dhamma.
So we have little choice but to
accumulate further merit.
(8 May 1996)

10. As if Today were your Last . . .

Put your time to good use
because only the present belongs to us.
Tomorrow is never for sure.
Therefore make sure today
is the day you do your best –
whether you be a monk, a novice,
a layman or laywoman,
do your duties to perfection –
imagining how you’d prepare yourself in body and mind
if you knew today had to be the last day of your life,
to ensure yourself
a good afterlife destination.
In such a way you’ll avoid recklessness in life
while inspiring yourself
to accomplish the maximum of good.
(14 October 1997)
THE IMPORTANCE OF DHAMMAKAYA
11. The Core of Buddhism

Dhammakaya...
is the core of Buddhism,
it being vital we study it
to the point
we can attain it for ourselves.
It was there at the beginning of Buddhism,
something which has been revived . . .
rather than some modern invention.
The knowledge of it was lost over the ages
because its study and practice fell into neglect.
But its truth remains the truth.
Its reality is something we can still verify
by our own striving in the here and now.
(7 August 1988)

12. Awaiting Discovery

We have become used
to hearing the word ‘Dhammakaya’,
but will continue to have no idea
what Dhammakaya is really like
until we attain it for ourselves.
It is thus our mission
to go beyond hearsay
and prove its existence
to our own satisfaction,
which corresponds
to the nature of the Lord Buddha’s teachings,
that is ‘paccattam’ to be known
only subjectively by the wise.
(October 1988)
13. Claiming our Birthright

All of you are endowed with great merit to be blessed with the know-how that can allow you to attain the Triple Gem inside. The body of enlightenment is the heart of Buddhism but is to be found inside each one of us. Having taken human birth, if we live out our lives without ever having known or attained the Dhammakaya, we will have wasted our birthright. But having realised our great merit in having the path to Dhammakaya and Nirvana laid out before us, it is up to us to make the time to give ourselves the chance to meditate enough so that attainment can be fully ours.

(1 November 1996)

14. Knowledge with a Difference

The knowledge coming from the Dhammakaya is crucial for all to know, because:
the more we know, the purer, the brighter, the more joyful we get, the more fun, pleasure, the stronger the morale we get.
It is not like mundane knowledge where the more we know, the more doubtful, obscure, and burdened we feel.

(14 October 1989)
15. The Essence of Life

Our body is constantly being eaten away by the influences of suffering [dukkha], impermanence [anicca] and not-self [anatta]. Thus we cannot afford to waste a single moment, but must apply this deteriorating body to the search for Dhammakaya, the essence of life. Dhammakaya has the opposite qualities to our physical body as it is of the nature of being truly permanent [nicca], the origin of happiness [sukha], and true-self [atta], which is free from the control of Mara, the evil one.

(13 February 2000)
REASONS TO MEDITATE
16. **Essential**

Meditation practice is essential to life. It is what life is all about. It will lead us to reach life’s ultimate goal, namely Nirvana.

*(6 August 2000)*

17. **Earnest Striving**

Often, when something good is close at hand we don’t make much effort to benefit from it. We procrastinate and waste our time on less useful things instead. This is why we need to observe ourselves to make sure our minds are truly progressing on the path towards Nirvana. Are we really striving for Nirvana in earnest? Once we lose touch with our goal, our efforts will become erratic. The quality of our inner experience will tell us if we are really cultivating our minds at the centre of the body.

*(26 October 1996)*
18. If We are True

The path and fruit of Nirvana is already within us. Method, example and guide are readily at hand. It is not for lack of these things that we have not achieved success in meditation, but rather our lack of earnest, perseverance, and commitment to the practice. If we are true to our practice true results must come to us.

(29 January 1988)

19. Transforming

The still mind is the only thing which can transform delusion into knowing, the fool into the wise.

(3 August 1993)
REASONS TO MEDITATE
20. **Given the Choice**

If I had my time over again,  
I would dedicate  
the healthy years  
from my youth onwards  
entirely to meditation,  
to master and research  
Dhammakaya meditation,  
for which there still remains  
so many things  
unknown to us.  
(3 November 1996)

21. **Your Unique Chance**

Even the world’s rich and powerful  
lack true happiness  
and penetrative insight  
into the reality  
of life and the world.  
Having practised thus far,  
if you are constantly diligent  
in study and self-training,  
you have the unique chance  
to miraculously gain  
that which even  
the influential lack.  
(21 July 1996)
22. **Happiness Supreme**

The bliss of enlightenment –
the joy arising
when one’s mind
comes to a standstill –
excels all other kinds of happiness.
(6 August 2000)

23. **Bliss**

True happiness lies
at the centre of our body,
at the seventh base of the Dhammakaya.
From here gushes forth
all our happiness
because this is its source.
Anyone who wishes
to attain bliss in this life,
needs to cultivate stillness of mind
every day.
Practising consistently,
our concentration will improve
little by little,
until eventually we’ll touch upon
the bliss inside,
making all our efforts worthwhile.
(28 August 1988)
24. Change your Mind

The only definitive way to overcome aggression, selfishness and conflict, wrong view and stubbornness, is to uproot the very thoughts of all these things from the mind by meditating until we can attain Dhammakaya within ourselves. 

(18 June 2000)
25. **The Brink of Success**

Every time we sit cross-legged with our attention firm and our mind still at the centre of the body, although our mind may sometimes suffer sleepiness or wandering, we are already on the brink of 1,000,000% success in attaining enlightenment.

*(8 July 1990)*

26. **All the Time**

Practise meditation every day. Practise consistently. Don’t let a single day go by without meditation because even one missed day will undermine your attainment.

*(18 January 1998)*

27. **Consistency**

Consistency is the key to attainment in meditation.

*(3 November 1996)*
28. Letting Go & Opening Up

Let go for good of all the things that are the foes to progress in your meditation. However, open up to the things that enhance your meditation and study of the Wisdom of Dhammakaya increasingly and without end.

(9 July 1998)

29. Purity

Each time we adopt the half-lotus position – sitting upright, mindfulness firm, with our mind at a standstill at the centre of our body – it is then that our mind starts on its journey towards purity. Purity accumulates for as long as the mind stops thinking. No amount of wishing can make us pure in body, speech and mind. Purity happens only when the mind comes to a standstill at the seventh base.

(May 1996)
30. **Only a Question of Technique**

All of us have more than enough merit to attain Dhammakaya and the Wisdom of Dhammakaya here and now, without having to wait for the next lifetime. With this confidence in the abundance of our merit, all that remains for us to do is to practise in earnest. Don’t allow your mind to be distracted. Just meditate according to the proper methodology, and there is no reason why anyone can fail to attain.

*(27 February 2000)*

31. **Free of Worry**

For the mind to be able to reach the Utmost Dhamma, it must first be free of worry, with no remaining attachment for things, creatures or people, a mind that is constantly cool and calm, forever clean, pure and radiant, irrespective of whether we’re standing, walking, sitting or lying down. This is the mind bound for the Utmost Dhamma.

*(8 May 1996)*
32. The Ideal State of Mind

Any time we feel replete
like we need nothing more from the world
than a meditation mat to sit on,
a sitting space no larger than a metre square,
a sleeping space just twice that size,

enough to eat (irrespective of the flavour),
and where nothing elates
or disappoints us any more,

where annoying matters fail to irritate,
and no-one could provoke us even if they tried,
this is when our mind remains at a standstill
and is refreshed the whole time.

This is the ideal state of mind –
a state destined for the Utmost Dhamma.
(8 May 1996)

33. Eight Little Words

There are eight little words
that no-one can afford to forget
no matter how often you hear them.
They are sacred words
that will lead you to fulfilment.
“Stopping the mind is the secret of success”,
are the priceless legacy
of the Great Abbot of Wat Paknam.
Cherish these words
at the middle of your mind –
practise and train yourself
to achieve their objective.
(26 September 1996)
34. **Secret of Success**

Dhamma is profound but easy to attain if you use the proper way to adjust the mind. If you try to make it difficult... of course it will be difficult. If you try to keep it simple... it will be simple.

The proper way is to do nothing, simply keep our mind at a standstill at the centre of the Buddha image inside⁹ lightly, in stillness and equanimity. Our mind will be drawn inward to become one with Him. Simply keep the mind at a standstill, lightly, in stillness and equanimity because stopping is the secret of success.  
(21 July 1996)

35. **Harvesting Happiness**

Every session of meditation should add to our happiness, encouraging us to meditate further next time round.  
(8 May 1996)
36. Portent of Success

In order to attain Dhammakaya, we must place our mind on the right path, which is at the centre of the body, using the right method. When the mind is placed with the optimum of effort, the Sphere of the Initial Path will appear to let us know we are at the trailhead of the path to attain Dhammakaya. Thus, being aligned, the correct method and optimum effort, predict that before long, we will be attaining Dhammakaya.

(23 October 1991)

37. Relaxed and At Ease

Meditation practice for the attainment of Dhammakaya must be done when you are at ease and relaxed.

(23 July 1994)
38. Recipe for Success

Simply observe whatever arises at the centre of the body relaxedly and without any mental commentary. It’s all you need to do – nothing more because this is the recipe for success that will allow you to attain Dhammakaya.

(3 August 1993)

39. The Measure

The extent to which we can keep our mind at the centre of the body is the measure of how much we truly love the Dhamma and how much we desire to attain it. If we let our mind be distracted, it shows that our commitment to the Dhamma has been compromised, compromising also our potential for results in meditation.

(14 March 1999)
Our meditation practice differs from day to day. Some days we feel like repeating the mantra to ourselves. Others not. Some days we feel more comfortable visualizing a mental object. Others not. We have to listen to our inner feeling, meditating in the way that comes naturally on each particular day. Attaining Dhammakaya can be simple if we realise the nature of the mind, which is to favour ease and patience rather than force or struggling against what comes naturally. We have to go along with the nature of the mind – that’s the simplest principle of practice. 

(October 1988)
41. Expectation Free

When practising meditation, don’t harbour expectations or worries about whether your inner experience is moving forwards, backwards, or the same as before. Speculation is of no use. Simply bring your mind to a standstill and remain joyfully with the moment. Don’t go thinking “with my mind as still as this, I ought to be getting some new experiences”. Accept it if there is no change, and if there is a change then accept that too. Don’t let anything rob your mind of its neutrality. These are groundworks to the study of the Wisdom of Dhammakaya.
(8 May 1996)

42. Ease is the Way

Tension during meditation tells you that you are using too much force, that you have deviated from the proper method. If you were on the right track, the meditation would bring only joy and ease. Never forget that for the entirety of the Middle Way within you, beginning, middle and end, ‘ease’ needs to mark every step of the way.
(23 May 1996)
43. Perpetually at the Centre

I try to help everyone to attain the inner body of enlightenment. But you need to keep your side of the bargain by gently maintaining your attention at the centre of the body the whole time. Even outside the formal meditation sessions, you should still habituate your mind to the centre of the body. In this way, during the formal meditation sessions, you will reach concentration quickly and waste no time adjusting your mind, because a properly located mind has already become your habit.

(14 March 1999)

44. Our Inner Work

Meditation is our most important inner work – a task that takes no physical effort – which can be done in tandem with other ‘outer’ activities. It should be no harder to do our inner and outer work simultaneously, than remembering to breathe while having a meal!

(8 July 1990)
MAINTAINING MEDITATION
IN EVERYDAY LIFE
45. No Excuse for Excuses!

No matter if you’re weary, ill, or snowed under with work, nothing should stand in the way of meditating as much as you can. Don’t let life events become obstacles or excuses that stand in the way of your meditation practice.

(8 July 1990)

46. Putting Two and Two Together

Never despair when the going gets tough nor give in to boredom on the path of pursuing perfection. If you are weary, then rest. Once recovered, continue from where you left off. Nonetheless, don’t let physical tasks rob you of your subtlety of mind. Keep up regular meditation. In this way, Pursuit of Perfection can go hand-in-hand with our meditation progress.

(11 August 1998)
47. *Life . . . to the Power of Two*

In the material world we have to speed up for our body to reach our destination more quickly. But in the spiritual world within, our destination can only be reached if the mind is brought to a complete stop. To achieve both destinations, the mind has to stop while our body keeps moving. In practice we can achieve this by making sure wherever we go, we are always able to see a bright Dhammakaya within. It must remain clear all the time, whether thinking, speaking, working, talking, writing or whatever the task. This is called ‘putting two and two together’. In fact it is life to the power of two!

*(23 May, 1996)*
48. **Around the Clock**

Meditation is so important to us that we need to maintain it all the time and cannot afford to go even a single day without it. In this respect we can consolidate our commitment by taking the Great Abbot of Wat Paknam – his life’s example, goal and ideals – as our inspiration, because throughout his life, against all odds, he never let himself backslide in his practice.

*(25 November 1996)*

49. **Dhammakaya by Association**

Birds of a feather flock together. If you want to attain Dhammakaya, you have to associate with those who can help you to do this. Such association is the portent that your merit\(^1\)\(^2\) is sufficient, soon to lead you to attain Dhammakaya for yourself.

*(2 April 1988)*
50. **As if Your Life Depended on it**

Treat the centre of body with full importance. Neglect it no more than you would neglect to breathe.

*(27 February 2000)*

51. **The Mind Habitually Still**

Khun Yay Ajahn\(^{13}\) was a person whose mind was habitually at a standstill. That’s why she could excel in meditation – to the point that the Great Abbot of Wat Paknam praised her as being ‘second to none’.

*(8 November 1996)*
52. The Joyous Mind at Work

Maintain joy in your mind the whole of the time irrespective of the circumstances. Be careful not to let negativity bruise your mind and you can have job satisfaction wherever you work. Even though sometimes you’ll get orders that aren’t fair, don’t forget that none of us, not even our boss, has reached an end of defilements, and no-one has the wisdom to know absolutely everything that’s going on in the workplace. So don’t waste your time getting annoyed about it or allowing it to rob you of your joyous morale.

(7 December 1997)
53. In the Buddha’s Footsteps

Purify yourself
in body, speech, and mind
according to the Buddha’s teachings.
Follow His example in all things –
whatever He did, whatever He was.
Just as He was able
to break free from the defilements,
so too can we be free.
Thus, heed all the practices He taught,
because practising them
will lead us to Nirvana.

(27 February 2000)

54. Chanting

Chanting in homage
to the Triple Gem
helps hone our mind
towards a state of stillness
which brings meditation attainment
more easily within our grasp.

(8 October 1995)
55. **Choice of Words**

Words that hinder others’ stillness and peacefulness of mind should never pass our lips. Much less comments that discourage others from practising meditation. Let us speak instead of things that encourage others’ peace and stability of mind, forging morale to do good deeds and meditation without end. If we restrict ourselves to such words, love, respect, credibility, trust and joy will come our way. Moreover, our own attainment in meditation will become easier as a result.

*(23 July 1996)*
56. Unfaltering

For the moment, most of us have no idea how much merits we have. But when we attain the Dhammakaya, we will know it for ourselves. Therefore from this moment on, pursue perfection to the fullest. Don’t give in to irritation, sulking, despair or boredom. Take Khun Yay Ajahn as your model. She pursued perfection without faltering, to the point her health gave way – But she had already achieved victory in her life seeing her body as nothing more than sugar cane, from which all the sweetness had been squeezed - her body as a husk to be cast aside for its final elemental breakdown into solid, liquid, air and heat. So take Khun Yay Ajahn as your example. Follow in her footsteps and the success she gained will be yours.

(4 February 2000)
57. **Things Worth Saying**

The nature of the arahants is to speak only the truth – which is of true benefit. Anything which is not true or which is of no benefit, they keep to themselves.

(3 November 1996)

58. **Exercise**

Exercise . . . refreshes the body extending its life. Being too lazy to exercise is as good as destroying your health.

(9 July 1998)

59. **Be Thankful**

If someone has the compassion to advise us or point out our faults, the least we can do is to thank them for their concern.

(14 October 1989)
60. Dedication Conquers All

No matter what good deeds we do, there will always be obstacles – it’s always an uphill struggle. But consider this, no matter how high the hill it’s always beneath our feet! If you want to know how high your feet can get then keep on walking to the peak and you’ll know that no matter the height we can always go higher. Obstacles are there to be overcome. Even the highest mountains can be crossed on feet a fraction of the size - so believe me when I say nothing can beat earnest dedication to a task. (23 May 1996)

61. Merit Without End

Try accomplishing even a small good deed with the utmost of dedication, to the point you’d put your life on the line. You’ll keep on benefiting from the fruits of such a deed endlessly even if you are on your deathbed. (7 December 1997)
62. First Step on the Journey

Before setting out on a long journey, invite all the Buddhas to protect you and everyone with you, and to allow you to be received hospitably no matter where you may go, as if others were to take you for an auspicious one coming to bring them good fortune, or as a Universal Monarch would welcome the crystal treasure coming to him spontaneously through the air.

(25 November 1996)
63. Perfection of Generosity

The Great Abbot of Wat Paknam often used to say that you can pursue any of the perfections you like but you should never miss out on the perfection of generosity, because generosity makes sure that we will be provided for in the future, especially in lifetimes to come. Making progress towards the Utmost Dhamma is like a long journey we must make. We won’t reach there accidentally or any time soon; we can only get there on the strength of our perfections. And we can’t get there in a single life, rather it is the work of many lifetimes. However if we have stored up sufficient provisions for ourselves through our practice of generosity, we will be able to pursue the other necessary perfections in convenience and will reach our destination in safety. (30 August 1998)
64. **Maha Dhammakaya Cetiya**

The inauguration of the Maha Dhammakaya Cetiya\textsuperscript{14} is going to be a great merit because it will allow us to get the upper hand in the struggle against Mara. It will allow us to attain the treasure of the Universal Monarch for ourselves, assuring providence on the basis of which we can pursue the remaining perfections to completion, so we can break free of the Mara once and for all.

*(13 February 2000)*

65. **Heart of a Universal Monarch**

For anyone to avail themselves to the inexhaustible treasures of a Universal Monarch\textsuperscript{15}, they first need to have the unlimited heart befitting of a Universal Monarch, because his is a heart that harbours no stinginess, no regret about wealth disbursed, no fear of wasted funds, no worry that his wealth will run out, nor uncertainty that there’ll be enough left to get by. His is a far-sighted heart of wisdom that sees ahead to the benefits in lifetimes to come.

*(13 February 2000)*
1. The Perfections [paramita] are virtues such as generosity, self-discipline, renunciation, wisdom, patience, perseverance, sincerity, resolution, loving-kindness and equanimity. Pursuit of Perfections is a lifestyle of dedicatedly cultivating such virtues.

2. Having a clear and wholesome Purpose in Life is very important to meditators. Apart from having the Pursuit of Perfection as our aim in life (see above), we aim to be self-sufficient materially by earning an honest living and meditating until we can attain the inner Body of Enlightenment or ‘Dhammakaya’.

3. Translated according to context as ‘the teachings of the Buddha’, ‘inner knowledge’, and ‘pure knowledge’.

4. The scriptural term for the ‘inner Body of Enlightenment’.

5. The Buddha in his previous lifetimes of accumulating perfections.
6. The Wisdom of Dhammakaya [vijja dhammakaya] is the insightful knowledge of the reality of life and the world that can be attained through deep meditation.

7. Collective state of enlightenment whereby not just oneself but all beings are freed of the cycle of existence [samsara] and karmic retribution.

8. The Great Master Phramongkolthepmuni (Sodh Candasaro) 1885-1959, the discoverer of Dhammakaya Meditation.

9. In this case a Buddha image is imagined at the centre of the body.

10. Focusing one’s mind gently at the centre of the body, two finger’s width above navel level.

11. Pathama Magga: equivalent to the first absorption [jhana].

12. The positive spiritual energy in your mind stored up by good deeds such as generosity, self-discipline and meditation that helps to bring fulfillment of our wishes in life.


14. The main pagoda at Wat Phra Dhammakaya in Pathum Thani Province, Thailand.

15. A ruler with so much merit that he can reign over the four cosmic continents merely by his virtue (rather than force) and who is possessed of the seven treasures of the Universal Monarch: the wheel treasure, the horse treasure, the elephant treasure, the minister treasure, the treasurer treasure, the lady treasure and the crystal (ball) treasure.
Basic Dhammakaya Meditation

Start by adjusting your sitting position. If you sit on the floor, sit cross-legged, right leg over the left leg, right hand over the left hand, palms up, your right index finger gently touching your left thumb. Place both hands on your lap comfortably, your head and back erect. If you feel uncomfortable in this position, you may sit on a chair or sofa. Adjust your position until you feel completely comfortable, so that the blood will circulate freely, and you breathe naturally.

Gently close your eyes, comfortably, as if you were going to sleep. Do not squeeze your eyelids. Do not force them shut. Close them gently rather than tightly. Sit with a smile on your face. Next, take a deep breath. Inhale and exhale a few times. Breathe in deeply until you feel the air passing through your lungs and reaching the middle of your abdomen, and slowly breathe out, through your nostrils. When you breathe in, imagine that each cell in your body is fully taking in
The Seven Bases Leading to Peace of Mind

Base (1) Nostril
- Left nostril for women
- Right nostril for men

Base (2) Bridge of nose
- Left for women
- Right for men

Base (3) Middle part of head

Base (4) Roof of mouth

Base (5) Throat

Base (6) Navel

Base (7) Centre of gravity

Two fingers' width above navel
the feeling of happiness and joyfulfulness, and when you breathe out, breathe out all your worries and negative feelings. Take a moment to let go of all responsibilities that relate to work, loved ones, family, studies, or anything else.

Let everything go. Let your mind be joyful, relaxed and free from all worry. Then breathe normally. Relax every muscle in your body. Start to relax from the top of your head, down to your forehead. Relax the muscles in your face, your eyelids, your neck, and the muscles in your shoulders, your arms, down to the tips of your fingers. Relax the muscles of your back, your chest, your legs, down to the tips of your toes. Let every part of your body relax. Don’t let any part of your body contract, tighten or become tense.

Continue to relax until you feel that every part of your body and each cell in your body are completely relaxed. You are now in a state of complete relaxation, so that you can feel an emptiness, transparency, and lightness. Now, allow your mind to become joyful, cheerful, clear, pure and bright. Release, and let go. Empty your mind.

Make your mind clear, pure and free from all thoughts. Imagine you are sitting alone in a vast, open space, full of freedom and peacefulness as if you never had any attachment in life, never had any problem, and had never known anyone before. Then imagine that your body has no organ. Suppose it is a tube, a hole, a hollow, like an inflated balloon, or like a crystal or diamond cylinder, bright and clear. Let it be an open space, empty, hollow inside. You may feel your body get lighter and lighter, as if it is weightless; gradually melting away and becoming one with the atmosphere around you.

Let yourself enjoy this feeling of peacefulness. Now, bring your mind to focus to the centre of the body, in the middle of your abdomen, two fingers’ width above the navel. If you are a new practitioner, do not worry too much about the exact point of the centre of the body.
Simply maintain your mind, softly, and gently, in the middle of your abdomen. The way that you focus your mind at the centre of the body, is by comparing it to the lightness, and gentleness of a bird’s feather, that is floating down from the sky and touching the calm surface of some water.

Conjure up the soft feeling of the touch of a bird’s feather when it reaches the surface of the water. Focus your mind at the centre of the body with the same feeling. Maintain the feeling of relaxation of your body and mind continuously, while you focus your mind at the centre of the body in the middle of your abdomen. After you’ve found the starting point to focus your mind, softly imagine the meditation object within you, so that the mind can have something on which to focus, and so that your mind will not wander. You can imagine a diamond, a flawless diamond, of any size you like. Let it be as round as a clear, pure, crystal ball and bright as the midday sun, cool and soothing as the moonlight on a full moon night.

To imagine this object, you need to know the method. Slowly imagine the object, with ease. Relax. Keep it as simple as thinking of a football, a tennis ball, a ping pong ball, or anything that is familiar. Do not force your mind to think of the object to the point that it makes you feel tense. Do not use too much effort. Or else, you will stare at it; that is the wrong method. Gently imagine the object, and relax. It does not matter if it is not clear. Be satisfied with it however clear it is. And maintain your mind calmly, let it stop and be still. Think of that diamond continuously, which is as round as a clear, pure, crystal ball. Do not let your mind wander. If you do think of something else, maintain your mind by reciting the mantra.

Recite the mantra in your mind softly, as if the soft sound were coming from the centre of the clear crystal ball, in the middle of your abdomen. Recite the mantra, “Samma Arahang, Samma Arahang, Samma Arahang”, which means: ‘purifying the mind’— to help
The Seven Bases Leading to Peace of Mind

Base (1) Nostril
  - Left nostril for women
  - Right nostril for men

Base (2) Bridge of nose
  - Left for women
  - Right for men

Base (3) Middle part of head
Base (4) Roof of mouth
Base (5) Throat
Base (6) Navel
Base (7) Centre of gravity

Two fingers' width above navel
free you from the suffering of life, or you can use any words, such as “clear and bright”. Recite the mantra continuously, while at the same time thinking of the bright crystal ball, gently and comfortably. Focus your mind and be still at the centre of pure brightness. Maintain your mind by imagining a bright object, and at the same time recite the mantra continuously, softly, comfortably, until your mind is still.

Once your mind is completely still, it will drop the words, “Samma Arahang” or “clear and bright” by itself, as if you are forgetting to recite this mantra, or feel that you don’t want to recite the mantra anymore; or just want to be still, and the mind is not wandering or thinking about anything, and there is only the picture of bright crystal ball appearing clearly at the centre of the body. If you feel like this, you do not have to go back to reciting the mantra again. Let your awareness maintain the vision of a bright crystal ball, gently and comfortably. This is all you need to do from this point onward, with a still mind, softly, gently, constantly, continuously — you don’t have to do anything more than this.

If you have any experience from within, which is different from your meditation object, do not be excited. Let your mind remain neutral, as if you had a lot of previous experience in life; observe the experiences that occur with calm mind, relax. Do not question, how this is happening. Just observe, only observing, otherwise your mind will move away from the centre of the body, and your inner experience will disappear. Observe it with a calm mind, be neutral, soon your mind will be completely focused, pure, still, feeling nothingness. This moment is very important, so do not neglect it. Pay attention; because the experience from within will progress. You need to do nothing more than remaining in this state. Your role at this time is to be an observer. Just keep observing and relax. Do not think of anything. Do all of this, only this and nothing more.
If you do this correctly, easily, comfortably, then your mind will become still easily, effortlessly. If you were an analyst, you would analyze, comment, on your inner experiences, your mind would not be calm and your good experience would slip away. So, just adhere only to these instructions. Eventually, your mind will be refined, and completely absorbed at the centre of the body, and the mind will lead within, entering into clarity, purity, brightness, true happiness and true inner knowledge — which is the wisdom from within, that lies deeper and deeper. And you will attain that which is in you, that is universal, the same for everyone in this world.
About the Author:
Luang Phaw Dhammajayo
Luang Phay Dhammajayo is the abbot of Wat Phra Dhammakaya and the president of the Dhammakaya Foundation in Thailand. He was born Chaiboon Suthipol on 22 April 1944 in Singburi province, Central Thailand. During his adolescence, he became an ardent student of the meditation centre of Wat Paknam Bhasicharoen where he first met his mentor and spiritual guardian, the Master Nun Chand Khonnokyoong (Khun Yay Ajahn), who was one of the most respected Buddhist meditation teachers at that time.

After graduating from Kasetsart University in Bangkok, he was ordained as Venerable Dhammajayo at Wat Paknam Bhasicharoen on 27 August 1969 - his new monastic name meaning ‘the victory through the Dhamma’. Throughout his monkhood, Venerable Dhammajayo has become a teacher in the Dhammakaya Meditation and, together with the Master Nun and his fellow disciples, founded a new meditation centre in Pathum Thani province which has grown to become ‘Wat Phra Dhammakaya’ at the present days. Luang Phay Dhammajayo has selflessly dedicated his life to propagate Buddhism and meditation practice. He is now a vital force in the inspiration of meditation teaching and ethics training to students, teachers, personnel of both public and private sector, and the general people in Thailand and abroad through more than 70 branches worldwide.

Besides, his ‘Inner Dreams Kindergarten Programme’, which promotes peace and harmony among humankind regardless of race, gender and religion, is broadcast daily through the Dhamma Media Channel (DMC), a global satellite network. His success in the past years has been recognized by a continuous stream of honours including an Honourary Doctorate in Buddhist studies from Mahachulalongkornrajavidyalaya University (1994), the World No Tobacco Day Award from the WHO (2004), the Mahatma Gandhi Medal for Peace and International Understanding (2005), the World Buddhist Sangha Youth Universal Peace Award (2006), the Atish Dipankar Peace Gold Award from Bangladesh Buddha Kristi Prachar Sangha (2007) and the Telly Awards (2007).
Contributors

\[ sabbadanam dh\text{ham}\text{madanam jinati } \]
the gift of Dhamma excels all gifts
Dhammapada verse 354

The publication of this book has been made possible only by starting capital received from benefactors. The publisher thus wishes to take this opportunity to rejoice in the merit of all the contributors listed below, with the wish that the merit accruing when this publication is read, might lead all who have had some part in the production of this book swiftly towards the attainment of Inner Peace.

Honorary Contributors

Phrapalad Sudham Sudhammo
Phra Hanchai Asabhakanto
Sureenat Cheuaratnapong
Somluck Clement
Sumit - Siriporn - Pornsith Danvanij
Anchalee Injarusorn
Jiarawattaka Family
Hyde-Nantana Lamart-Slatter
Perth Meditation Center Australia
Kanchana - Pongdej Prachatamrong & Family
Manus-Jaruwan Praserthdam
Paul-Linda Pridanonda
Narit-Sunant-Thanida Siridhab
The Sangha Group of Wat Bhavana Hong Kong
Mia Rabaut
Nuthawan Visesluk
Orewa Meditation Centre, New Zealand
Sydney Meditation Centre, Australia
Abhichart Saengtongkul - Wanna Warintupong & Family
Wat Bhavana Seattle, USA
Suwit-Sasina-Porpeang Wimuttanont
& World Class Life Group
Sponsoring Contributors

Phra Chayong Atthajayo
Phra Thawee Sukito
Phra Dhammadayada Class of 1998
Chanjarus Boonsakolcharoen
Chissanupong Panlumkittiwong
Chittaya-Kitluxkul Family
Charinrat P.Miller
DIMC Taipei & Wat Thai Taoyuan
Panoat-Tanita Chuchaisiri
Pranee Glover & Family
Piyarat Hongsiri
Phasuk Intathiruth
Kheng Kim Bie
Thipawan Kijrakul
Jullawan Family
Siriporn Kanjanareka
Jao Ying Tuo Ngog - Jao Chai Pla Too & Family
Jirasupakorn Family
Kluver Family
Sakol Vacharasriroj
Suphasit, Manothip, Nattharnpat Chakravarltham
Thavisak-Saengphet Kounsombath
Pol. Col. Noppaijit - Montha Piriayothin
Vichuda - Yumi Matsumoto
Natporn Saengtong
Radklao Kerdchokanan
Nippich Warunwacharin
Kwanruk Pangpairee
Panto Family
Methee Paoboonme
Montree, Chuenjit, Methee Pitakthiratham
Jintana Rungjaeng
Narin-Ounjit Rutirasiri
Sawangdee Family
Parichart Somparn & Family
Juangchan Srijamnong
Nirun-Supamas Tantawiwat
Wane-Suthi-Kimberly Tham
Chote - Chutipa Udomsapyakul
Sirivooharn Voocharnsaovapark
Wat Thai Nagano (Japan)
Supporting Contributors

Phra Dhammadya Class of 2000 (first celebration of Maha Dhammakaya Cetiya)
Phramaha Chaifah Dhānñakulo & Mahadana Paramita Fund
Phra Phakanan Khemanando - Sri-Aran Family
Phra Woot Suuuddhiko
Phramaha Virat Manikanto
Phra Prajya Sotthijanaño
Phra Kusol Subhanetto
Phra Cheep Tapasilo
Phra Carl Laddhaguno
Phra Taweesak Thanarah
Phra Pongsak Thaniyoo
Phra Burin Thitakusalo
Phra Suchin Suchino
Phra Kajornsaek Puññakaro
Phra Sittihichok Siddhibhaggo
Phra Thanakorn Subharojano
Phra Pongpit Bhuripaño
Phra Phramuan Kulamedhoo
Phra Sirawit Puññasirisiriko
Phra Pitakpong Vamsapalo
Gesorn Akiba
Wanpen Amphaisampantakul
Parichart-Peter Andreas
Penpak Anukul & Family
Chokchai Aswarojnakulchai
Kamlarat Asvachaitrakool
Pichit Aviruttapanich
Sangthip Bumrungcheep
Laong-Amara Banjongsiri
Phagna Phui-Nang Phagna Phengy Bilavarn
Thanathip Boonmachothikul
Chutinun-Wannee Boonnumsuk
Somjai Boontee
Saikam Borihan & Family
Suman T. Briggs
Saroj Bunprasopchok
Nongyao Buppavase
Prawit Chairoj
Family Chalermratanakomol
Khay-Souksy Chanthaphasouk
Thanakrich-Nuttakarn Charnpreechakul
Chetcharn Charoenvejipipat
Jongrak Cheukaeaw
Anna Russell Chinn & Family
Suwitchai-Boonthip Chompupongkasem
Family Chotiwaniwch
Nattasurang Choukae
Chuphun-Coldrick Family
Nuy-Montskan Panwiriyarat ‘Class Prefect’
Patchara Supaphong Crystal Star Co.Ltd.
Poornsi Daengthongdee & Family
DMC Osaka
DMC Tokyo - Piyawon & Jenjira
Lapkeo-Douangcivanh Douanghrachanh
Duangboon Boston Group
Fakmanee Family-Duangkaew Residence
Phramaha Wicha Adhivijjo
Phra Somboon Puññakaro
Phra Surat Aggaratano
Phra Thanaka Sudhhaso
Phra Narong Gunesako
Phra Sanchaya Nakajayo
Phra Jessada Kittithano
Phra Boonchoo Arijadhammo
Phra Nopporn Puññajayo
Phra Worapoj Vorakunno
Phra Wichit Siripunno
Phra Pethey Srey Lookphratham
Phra Pepper Thanacaro
Phra Ekamol Puññajayo
Phra Jirapat Silabhaddo
Bhikkhu Gp. (Roon 20)
Thep-Meawtiang Anmatkasem
Rungthiva Anavacchaphong
Kanha Anop-Petch
Somkhit-Vijitra-Janisata Aramreangkul
Yaowarat Aschaïya-Trakoon
Pattama Atnaseo
Karnjana-Supreecha Bumrungcheep
Abhicha Bamrungsaik
Kindalasit-Magnonsit Bilavarn
Damrongsil Bodhisung
Vanida Boonmag - Alex Gardiner
Janyarut Boonsakolcharoen
Phatrin Boonyarat
Wiangkaew-Sujinda Boriharw
Pleung Buatai & Family
Lamai-Uma Buppavase
Pranee Chaimonkol
Wanaporn Chalakokchana
Suphalak Viradecha Chanon Limnukul
Souriya-Corine Chanthaphasouk
Yuttana Charnpreechakul
Family Chartwiratham
Lakana Cheunngooluem
Janet-Annie Chinaphun
Nim-Poj Chopchol Family
Panida Chotiyaivejwat & Family
Wei Tao Chuang
Piyaporn Chuwit
Dream Kindergarten
D UK For Daddy
DIMC Kuala Lumpur
DIMC Penang
Faengrikam Family
Sathip & Family
Ruj-Malinee Ekawipat
Kiatkong Thoranin
David Ruetai Edward Frost
Charlie Gallagher
Saengsureevachara-Hanchaiwat Family
Vandanee Harmvinyu & Family
Peangjai Hom Santia
Kong Imebsuk
Jakkarin Imersuk
Pin-Pradap-Jittima Indakosri & Family
Pthara Inlarb
Intrarasri Family
Suraphol Iddhimedheewut
Sirinan Jantarasaeng M.D.
Seangmanee Ithiviragorn
Manop Jaengkamkham
Chaya-Sawart-Chalain-Achanuy Jaidee
Chusak-Thitirat Jantayanon & Family
Putthachart Jeerajutha
Surachai-Chanchanee-Thamarit Jitpeankah
Yupaphun-Dara-Ketvadee Jutathong
Jarin Kampholpanicchwong
Sauvanee Kanchananathanorn
Uraiwan Keukulwongchai & Family
Udom-Pratungsri-Rawis Khanchalee
Waraporn Khemthong
Lt. Leun-Somjit Klawanree
Major Subin-Natawan Kleawgrom
Boonllop Klunchoo
Sornchai-Nonggyo-Jenjira Kongkaew
Saranjit Kraireuk
Krisanna & Manfred Kremer
Krittaya Kritanorot
Kunpholjakrapat Fund
Anusorn-Lagnalikit Rotsukon Marayat
Viroj-Nongnuch-Marisa Lee
Porssin-Viriyaporn Baker Lhadee
Orapan Thaopanya Liang
Supatra Lin & Family
Siwaporn-Niklas Lonnerfors
Thanyada Maharatawong
Bahrain Maneeka Jrawan Team
Oman Maneekajrawan Team
UAE Maneekajrawan Team
Raveevan Manprasartkul & Family
Term-Sirarat-Kanitha-Jirawan Mart-Thai
Michael-Uraiwan Stringfellow
Phoxay Keohavong & Sylvie Yang
Mongkolsetthi Credit Union Co-op Soc.
Oapin C. Munizich
Natchat Namjaidee
Naowarangsngy Family
Donny J. Naowarangsngy JR.
Samreung Naratrikul & Family
Uraiwan Niammalee
Family Nimityongsakol
Worakamol Nipasapon
Sukanya & Family Fujikawa
Pattra Ou Petch-Gary Williams
Supachai Harneusupai
Bradley-Boutsady Holter
Marc Hubbard
Tony Imebsuk
Varangkana Imsakol & Family
Anchalee Injarusorn & Family
Ek Keohavong-Khanthaly Intavong
Melody Isaccof
Supin P. Kiewsuntia
Suthep Janthip
Sayan Khongmeung
 Ladawan Janpya & Family
Reunome-Napawan Jaisuk
Tom & Andrea Kho Cha-on
Jennifer Kitil Jenarewong
Narumol Junlapiitwong & Family
Kaewduangthamm Group
Tanatat Kamsrian
Aree Kaoten
Nancy Khambongxay
Wannnee Khemapatan
Tammie Kho Cha-on
Padung Lai-aksaorn
Sudarat-Thanathipat Klinhomruean
Sompob Kongcharoen
Amporn-Tawee-Pam Kotchavong
Sirirath-Pichet Krajangwong & Family
Chaipat Kruahong & Family
Boonreun Grydaratikorn
Vichitra Kupongsakorn
Laosirimongkol Family
Leungjam Family
Vincent Liang
Loharachun Family
Burana-Term Mahatanakul
Sachon-Anukul Lovichakorntikul
Siree Maturatorn
Elsbeth & Joy Maurer
Saudi Arabia Maneekajrawan Team
Cham-Sutasinee Maneenob
Vanida na Nagara
Angkana Worapankit - Mantana Fan
Mdm. Sa-aad Krairuk
Poya Day Miracle Group
Porjai Montree & Friends
Penpak-Nataporn Nantatikul
Somsri Thamma- arpha Namthip Morris
Donny H. Naowarangsngy
Manothay M. Naowarangsngy
Raviwan Nathomthong
Anuchit-Prapaisri-Suchin Nilnoisri
Voranun Ninwong
Rewat-Noi Nisagornwuitpong
Jamnean Leungsongchai
Manassee Mapairojltipporn
Klaitim Family
Nopadol Noparit
Jim-Khim Weir
Jaturong Suksa mang
Master Nun Chand Khonnokyoong by Tisuthiwongse Family
Noparit Family
Panadda Nualsrichong
Phetpriyawanh Obxuey
Orewa Meditation Centre
Uthai Ounjitti & Family
Patrawadee Padungpat & Family
Pang-nga Kalyanamittra Group
Somjit-Nurut Panichamnuay
Waraporn Parker
Chonpat Patcharabhokin
Penang Meditation Centre
Huikun-Somsak Petchsaengthip
Busabha-Pundarik Peungsomboonying
Somma-Suannee Phaphongsavath
Samart Phochacharn
Phuket Kalyanamitta Centre
Taksin-Suthida-Jakrapat-Winjutha Pibool
Rutchaneeeporn Pichawattana
Yotwadee-Piyathida Pinchaipat
Nareelak Pitakdammongwong M.D.
Banarat Phlbsuwek
Naccha-Virachai Pleanmolee
Bounthom-Bounthem Pradaxay
Siriphen Pramaoonsap
Thongsook Pramaoonsap
Prasak-Vijitra Rajapat
Prakorn-Prapaporn Rattanatamrong
Pril-Boonreong-Praneet Reongmalai
Col. Prem Roosawad
Pimopun Rompho
Thanakorn-Maleerat Ruangrojchai
Orapan Saephu
Daeng Saetang
Rujira-Prakob Sairat
Chooseng Sakritsil & Family
Rapipan Samartanan & Family
Asst.Prof.Dr.Napon-Kannikakarn Samma
Arunya Sanamboon
Darat Sang-aroon
Natdej Santatpanich
Thakoon Sarankanok
Family Sasanabundith
Family Sawong
Suay Seripuggana
Prasert Siddhipholnichakul
Banaporn Silarom
Kittisak Silarom
Thitaporn Silarom
Suwat-Areerat-Wansuk Sirikururat
Sanit-Walee Sirikwanchari
Virachart Siriwardanapart
Malee-Robert Snowden
Sayan Sookcharoen
Khamlang Soubine Souvannasone
Sirlak Siriburadej
Nalinpat Srirutapanaporn
Patcharee Siritattanapirom
Family Srisawang
Chuwong Srisongkham
Pranee Srisuwan & Family
Lists of Meditation Centres Worldwide

Wat Phra Dhammakaya
23/2 Mu 7, Khlong Sam, Khlong Luang
Pathum Thani 12120, Thailand
Tel. +(66-2) 831-1000
+(66-2) 524-0257 to 63
Fax. +(66-2) 524-0270 to 1
Email: info@dhammakaya.or.th
www.dhammakaya.or.th
www.meditationthai.org
www.dmc.tv/en
Asia

**BRUNEI**

*Co-ordination Office*
Contact: Ruangrassame Chareonying  
Tel. +673 8-867-029  
Email: JY_dhamma@yahoo.com  
Thailand Co-ordinator contact: Ms. Rawiwon Mechang  
Tel. (66) 5-071-0190

**CHINA**

*Sichuan*

*Sichuan Meditation Center*
Tel. +(86) 28-8541-8878  
+(86) 28-8129-2072  
Mobile. +(86) 136-8900-7101  
Email: nui072@hotmail.com  
pp072@yahoo.com

**HONG KONG**

*The Dhammakaya International Society of Hong Kong Ltd.*
385-391, 2/F, Henning House, Hennessy Rd., Wanchai, Hong Kong  
Tel. +(852) 2762-7942  
+(852) 2794-7485  
Fax. +(852) 2573-2800  
E-mail: dmchk@netvigator.com

**JAPAN**

*Ibaraki*

*Wat Bhavana Ibaraki*
2816-2 Oaza Arakawahongo, Ami-Machi, Inashiki-gun, Ibaraki-ken, Japan 300-1152  
Tel. +(81) 2-9846-6110  
Mobile +(81) 080-5489-5669  
+(81) 080-5489-6659  
Email: Ibaraki_oterat@msn.com

*Kanagawa*

*Wat Bhavana Kanagawa*
3-5-12 Ryosei, Ayase-Shi, Kanagawa-Ken, 252-1126, Japan  
Tel. +(81) 4-6770-3264  
Mobile. +(81) 90-5099-4527  
Email: puwanat072@hotmail.com
Nagano
Wat Thai Nagano
733-3 Mihari, Tomi-Shi, Nagano-Ken, 389-0501, Japan
Tel. +(81) 2-6864-7516
+(81) 2-6864-7720
Fax. +(81) 2-6862-2505
Mobile. +(81) 90-9390-6055
Email: yanakuno@yahoo.com

Osaka
Wat Bhavana Osaka
Dhammakaya International Meditation Center of Osaka (DIMC of Osaka)
4-6-27 Ohmiya, Asahi-ku, Osaka, 535-0002, Japan
Tel. +(81) 6-6956-1400
Fax. +(81) 6-6956-1401
Email: dimcosaka@hotmail.com

Tochigi
Wat Bhavana Tochigi
1068 Oya-Machi, Utsunomiya-shi, Tochigi-ken, Japan 321-0345
Tel. +(81) 2-8652-8701 to 2
+(81) 2-8652-8703
Email: krubajane39@hotmail.com

Tokyo
Dhammakaya International Meditation Center of Tokyo
3-78-5 Arakawa, Arakawa-ku, Tokyo, 116-0002, Japan
Tel. +(81) 3-5604-3021
Fax. +(81) 3-5604-3022
Email: chalapinyo@yahoo.com

MALAYSIA
Kuala Lumpur
Dhammakaya Meditation Center of Kuala Lumpur
4-2 Jalan, Puteri 5/1, Bandar Puteri, 47100, Selangor, D.E., Malaysia
Tel. +(60) 3-5882-5887
Mobile. +(60) 17-331-1599
Email: chutintharo072@hotmail.com
Penang

Dhammakaya Meditation Center of Penang
66, Lengkon Kenari1, Sungai Ara, 11900 Penang, Malaysia
Tel. +(60) 4-644-1854
Fax. +(60) 19-457-4270 to 1
Email: dmcpen@hotmail.com

SINGAPORE

Kalyanamitta Centre (Singapore)
30 Mohamed Sultan Road
#03-03 Lam Ann Building, Singapore 238974
Tel. +(65) 6836-1620
Email: dimcsg@dhammakaya.or.th
dimcsg@singnet.com.sg

SOUTH KOREA

Wat Tae Jong Sa
M 29-4, Dongsam-2 dong, Youndo-Gu,
Busan City, Republic of Korea
Tel.+(82) 51-405-2626
Mobile. +(82) 10-8681-5976

TAIWAN R.O.C.

Taipei

Dhammakaya International Meditation Center of Taipei
3F No.9 Lane 16, Sec.2 Sihchuan Rd.,
Banciao city, Taipei country 220
Tel. +(886) 2-8966-1000
Fax. +(886) 2-8967-2800
http://dhammakaya.tc

Taizhong

Dhammakaya International Meditation Center of Taizhong
1-2F, No. 25, Lane 14, Minquan Rd., Zhong Dis,
Taizhong City
Tel. +(886) 4-2223-7663

Taoyuan

Dhammakaya International Meditation Center of Taoyuan
No. 232, Ching-Tian Street, Taoyuan City 330
Tel. +(886) 3-377-1261
Mobile. +(886) 9-2252-1072
Email: watthaitaoyuan@hotmail.com
BAHRAIN

DMC Centre, Bahrain
1310 Road No. 5641, Block No.0356, Manama City, Bahrain
Contact: Mr. Thanachai & Mrs. Peanjai Thongthae
Tel. +(973) 3960-7936
Email: s4p04u@hotmail.com

IRAN

Co-ordination Office
Contact: Ms. Aroona Puenebue
Tel. +(98) 21-2260-2105
Email: marissa_ange@yahoo.com

OMAN

Co-ordination Office
Contact: Ms. Rathanavadee Boonprasert
Tel. +(968) 9901-4584

QATAR

Co-ordination Office
Contact: Ms. Naviya Tonboonnithi
Tel. +(974) 572-7178
Email: naviyatonboonnithi@yahoo.com

SAUDI ARABIA

Co-ordination Office
Contact: Mr. Udom Chimnuan
Tel. +(968) 50-899-1912
Email: saudom_80@yahoo.com

DUBAI

Co-ordination Office
P.O.Box 33084, Dubai, UAE.
Contact: Ms. Sangmanee Tel. +(971) 50-770-4508
Mr. Methin Tel. +(971) 50-754-0825
Ms. Dussadee Tel. +(971) 50-228-5077

The Middle East

Thailand Co-ordinator
Contact: Ms. Rawiwon Mechang Tel. +(66)-5-071-0190
Email: rawi0072@yahoo.com
**Africa**

**SOUTH AFRICA**

**Cape Town**

*Cape Town Meditation Centre (CMC)*

4B Homlforth Road, Sea Point, Cape Town, South Africa, 8005

Tel. +(27) 21-439-1896

Mobile. +(27) 72-323-0060

+(27) 79-379-0245

**Johannesburg**

*Johannesburg Meditation Centre*

30 Scheepers Street, North Riding, Randburg, Johannesburg, South Africa 2169

Tel : +(27) 11-704-3360

Mobile: +(27) 72-363-1226

+(27) 78-464-8871

Email: info@watthaiafrica.org

---

**Europe**

**BELGIUM**

**Antwerp**

*Dhammakaya International Meditation Centre (Belgium)*

Sint-Jobsteenweg 84, 2970 ‘S-Gravenwezel, Antwerp, Belgium

Tel. +(32) 3.326.45.77,

+(32) 3.289.51.81

Mobile. +(32) 494.32.60.02

Email: ppujakaro@hotmail.com

**DENMARK**

**Copenhagen**

*Wat Buddha Denmark*

Gl.Landevej 12,7130 Juelsminde, Denmark

Tel. +(45) 46.59.00.72

Mobile. +(45) 20.70.74.59

Email: dimc_dk@yahoo.com
FRANCE

Bordeaux

Wat Boudha Bordeaux
47, Cours du General de Gaulle, 33170 Gradignan, France
Tel. +(33) 5.40.00.93.70
Mobile. +(33) 6.20.23.53.08
Email: wat_bdx@hotmail.com

Paris

Wat Boudha Paris
10, Avenue de Paris, 77164 Ferrieres en Brie, France
Tel. +(33) 1.64.77.28.37
Fax. +(33) 6.88.25.82.06
Email: vichak@yahoo.com

Strasbourg

Dhammakaya Centre International de la Meditation
21, Boulevard de Nancy, 67000 Strasbourg, France
Tel. +(33) 3.88.32.69.15
Fax. +(33) 3.88.22.99.19
Email: dimcfr@yahoo.com

GERMANY

Koenigsbrunn

Dhammakaya International Meditation Zentrum (DIMZ)
Heinkel Str. 1, 86343 Koenigsbrunn, Germany
Tel. +(49) 8231.957.4530
Fax. +(49) 8231.957.4532
Mobile. +(49) 162.421.0410
Email: ppadec@hotmail.com

Frankfurt

Wat Buddha Frankfurt (Meditation Verein Frankfurt Me.V)
Odenwald Str.22, 65479, Ruanheim, Germany
Tel. +(49) 614.2833.0888
Fax. +(49) 614.2833.0890
Email: lpjon2499@hotmail.com

Stuttgart

Wat Buddha Stuttgart
Im Meissel Str.6, 71111, Waldenbuch, Germany
Tel. +(49) 715.753.8187
Fax. +(49) 715.753.7677
Mobile. +(49) 16.0179.3782
Email: wat_stuttgart@hotmail.com
Bodensee
Wat Buddha Bodensee
Lindauer Str. 76, 88085 Langenargen, Germany
Tel. +(49) 754.393.7777
Email: Wat_Bodensee@hotmail.com

ITALY
Milan
Wat Buddha Milano
Via Dello Scoiattolo 7  21052
Busto Arsizio (VA) Italy
Tel. +(39) 33.138.6721
+(39) 33.131.8738
+(39) 329.917.8629
Email: fortunebigbank@msn.com,
janda.a@hotmail.it

NORWAY
Midnattsol
Wat Buddha Midnattsol (Det Norske Dhammakaya Samfunn)
Hvittingfossveien 343, 3080 Holmestrand Norway
Tel. +(47) 33.61.01.43
Mobile. +(47) 997.23.075
Fax. +(47) 33.09.66.09
Email: dhammakaya-norway@hotmail.com
http://www.dhammakaya.no

SWEDEN
Hisings Backa
Wat Buddha Gothenburg
Ostra Arodsgatan 17B, 422 43, Hisings Backa, Sweden
Tel. +(46) 767.620.52.501
Mobile. +(46) 737.562.722
Fax. +(46) 8668-8973

SWITZERLAND
Geneva
Wat Buddha Geneva, Switzerland
Avenue d’aire 93 G, 1203 Geneva, Switzerland
(c/o Wee Khee Wee )
Tel. +(41) 796.049.704
Mobile. +(33) 06.15.41.70.14
THE UNITED KINGDOM

Bristol
Wat Buddha Bristol
7 Grange Close, Bradley Stoke,
Bristol, BS32 OAH, United Kingdom
Tel. +(44) 1454-617434
Email: virandharo@hotmail.com

London
Wat Phra Dhammakaya London
(Dhammakaya International Society of United Kingdom)
2 Brushfield Way, Knaphill, Woking, GU21 2TG, UK
Tel. +(44) 1483-475757
+(44) 1483-480001
Fax. +(44) 1483-476161
Email: disuk@hotmail.co.uk

Manchester
Wat Charoenbhavana Manchester
Gardner House, Cheltenham Street, Salford,
Manchester M6 6WY, United Kingdom
Tel. +(44) 161-736–-1633
+(44) 798-882-3616
Fax. +(44) 161-736–-5747
Email: watmanchester@hotmail.com

North America

THE UNITED STATES OF AMERICA

California
Dhammakaya International Meditation Center (USA)
801 E. Foothill Blvd., Azusa, CA 91702 USA
Tel. +(1)-626-334-2160
Fax. +(1)-626-334-0702
Email: dimcazusa@yahoo.com
http://www.dimc.net

Florida
Florida Meditation Center
1303 N. Gordon St., Plant City, FL 33563 USA
Tel. +(1)-813-719–-8000
+(1)-813-719-8005
Fax. +(1)-813-719–-8007
Email: pamotito@msn.com
Georgia
Georgia Meditation Center Inc.
4522 Tilly Mill Road, Atlanta, GA 30360 USA
Tel. +(1)-770-452-1111
    +(1)-770-643-1233
Mobile. +(1)-404-514-7721
    +(1)-404-862-7559
Fax. (1)-770-452-3424
Email: somboonusa@yahoo.com

Hawaii
Hawaii Meditation Center
54-111 Maakua Rd., Hauula, HI 97617 USA
Tel. +(1)-808-497-4072
Email: saiwa072@hotmail.com

Illinois
Meditation Center of Chicago (M.C.C.)
6224 W.Gunnison St., Chicago, IL 60630 USA
Tel. +(1)-773-763-8763
Fax. +(1)-773-763-7897
Email: Mcc_072@yahoo.com

Minnesota
Minnesota Meditation Center
242 Northdale Blvd NW, Coon Rapids, MN 55448 USA
Tel. +(1)-763-862-6122
Fax. +(1)-763-862-6123
Email: MMC_072@yahoo.com
psuriya@hotmail.com

New Jersey
Dhammakaya International Meditation Center of New Jersey
257 Midway Ave., Fanwood, NJ 07023 USA
Tel. +(1)-908-322-4187
    +(1)-908-322-4032
Fax. +(1)-908-322-1397
Email: dimc_nj@yahoo.com

Oregon
Oregon Meditation Center
13208 SE. Stark Street., Portland, OR 97233 USA
Tel. +(1)-503-252-3637
Mobile.+(1)-503-799-8547
Email: omc072@yahoo.com
http://www.dimcor.org
Texas

Meditation Center of Texas
1011 Thannisch Dr., Arlington, TX 76011 USA
Tel. +(1)-817-275-7700
Email: meditation.ct.tx@gmail.com

Washington

Seattle Meditation Center
852 N.E. 83rd Street Seattle, WA 98115 USA
Tel. +(1)-206-522-1514
Fax. +(1)-206-985-2920
Email: pmsamma@hotmail.com

Virginia

Meditation Center of D.C.
3325 Franconia Rd., Alexandria, VA 22310 USA
Tel. +(1)-703-329-0350
Fax.+(1)-703-329-0062
Email: mdc072@yahoo.com

CANADA

Ottawa

Co-ordination Office
354 Breckenridge Cres.Ottawa, Ontario K2W1J4, Canada
Contact: Pattrawan Sukantha
Tel. 613-254-9809
613-261-4341
Email: jayy.dee@hotmail.com

Montreal

Co-ordination Office
3431 Jeanne-Manae Suite#8,Quebec H2x2J7, Canada Contact:
Gritsana Suijinanomont
Tel. 514-845-5002
514-726-1639
Email: gritsana@netzero.net

Toronto

Contact: Pipat Sripimonphan
Tel. 647-886-0347
Email: psripimonphan@yahoo.com
Oceania

AUSTRALIA

Sydney Retreat

Wat Phra Dhammakaya, Sydney
Lot 3, Inspiration Place, Berrilee, NSW 2159
Tel. +(61) 2-9655-1128
Fax. +(61) 2-9655-1129
Mobile. +(61) 4-1162-8677
Email: Satit@dhammakaya.org.au

Sydney Office

Sydney Meditation Centre, (Sydney office)
117 Homebush Rd. Strathfield NSW 2135, Australia
Tel. +(61) 2-9742-3031
Fax. +(61) 2-9742-3431
Mobile. +(61) 4-1145-3946
http://www.dhammakaya.org.au
http://www.dmctv.net.au

Brisbane

Brisbane Meditation Centre
73 Lodge Rd., Wooloowin, Brisbane, QLD 4030, Australia
Tel. +(61) 7-3857-3431
Mobile. +(61) 4-3105-7215
Email: kentibkaeo@yahoo.com

Melbourne

Dhammakaya Meditation Centre of Melbourne
84 Oakwood Rd., St. Albans VIC 3021, Australia
Tel. +(61) 3-9266-0181
Mobile. +(61) 4-0100-8799
Email: ronrawee@yahoo.com.au

Perth

Dhammakaya Meditation Centre of Perth
174 Moolanda Boulevard, Kingsley, WA, 6026, Australia
Tel. +(61) 8-9409-8614
Fax. +(61) 8-9408-1007
Mobile. +(61) 4-302-07877
Email: phra_tawee@yahoo.com.au
Northern Beach
Northern Beach Meditation Centre
4 Hurdis Avenue, Frenchs Forest, Sydney, Australia
Tel. +(61) 294511-722

NEW ZEALAND
Orewa
Orewa Meditation Centre
43 Albatross Road, Red Beach, HBC, Auckland, New Zealand, 1461
Tel. +(64) 9-427-4263
Fax. +(64) 9-427-4264
Mobile. +(64) 21-153-8592
Email: orewameditation@yahoo.com.au

Dunedin
Dunedin Meditation Centre (DDMC)
10 Barnes Drive, Caversham, Dunedin , New Zealand, 9001
Tel. +(64) 3-487-6772
Fax. +(64) 3-487-6775
Email: thep072@yahoo.com

SOLOMON ISLANDS
Co-ordination Office
KITANO WKK JV P.O.BOX 1108 Honiara Solomon Islands
Contact : Mr. Sangwian Khanchaiyaphum
Tel. +(677) 24808
Fax. +(677) 25460
Email: peleyo3@hotmail.com
reflections on
Buddhism, Peace,
Life and Meditation

Pearls of Inner Wisdom

Luang Phaw Dhammajayo