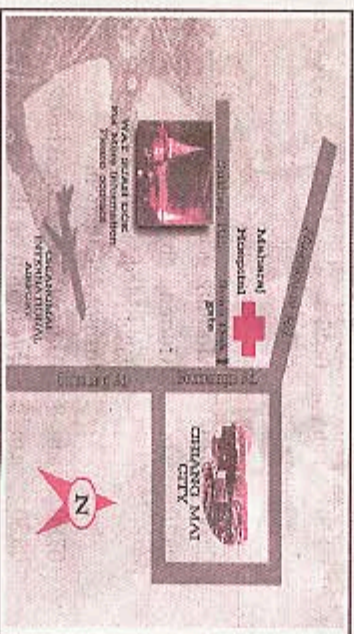


### Map to Wat Suan Dok

**Wat Suan Dok**, is located near Doi Suthep, the "must" visiting place for visitors. Heading west to Doi Suthep, it's on the left-hand side on Suthep road. And the Monk Chat Office is located beyond the monastery compound.



Remark : Please wear polite dress  
(Covered Shoulders, no short pants or Skirts)

# MONK CHAT



**Have you ever seen Buddhist Monks and thought to talk with them...?**

We, MCU Buddhist University welcome you all to visit our warm programme "Monk Chat". You would get to know about monks' lives, Thai culture, Buddhism as a whole, or just about the weather. We also provide you with Meditation Retreat Programme in which you are welcomed to participate.



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Mahachulalongkornrajavidyalaya University  
(MCU, Buddhist University)

Chiang Mai Campus, Wat Suan Dok,  
Suthep Road, Muang, Chiang Mai, Thailand

**MONK CHAT**  
**AND**  
**EXPERIENCING**  
**Thai Buddhist Culture and**  
**Meditation Training Programme**



## "Monkchat"

Monday, Wednesday, Friday  
From 5. 00 p.m. – 7. 00 p.m.

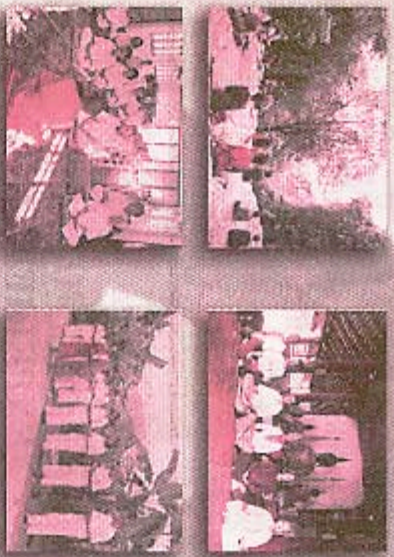
## "Meditation Retreat"

Sunday and Monday  
From Sunday 2.00 p.m. – Monday 1.00 p.m.

# Meditation or

## Mental Development

is a personal experience



The world today is chaotic, unable to escape long lived evils, jealousy, betrayal, exploitation, cheating, quarrels, and war. Nature did not create these things; human beings did. Buddhism has tried to establish principles and practices, which will allow peace to prevail in the world. That is people are to do good, refrain from evil, and purify the mind according to the Buddha.

Meditation is a way to purify the mind in order to relieve one from suffering and support one to be firm, and fill one with tranquility.

- Walking meditation trains one to persevere, strive and succeed.
- Chanting creates energy and concentration.
- Offering alms provides clean mind.

**These activities can be found in...**

“ Experiencing Thai Buddhist Culture and Meditation Training Programme ”

# Meditation



## Mental development

### Two kinds of Meditation

#### 1. Concentration Meditation (Samatha Kammathana)

Which is the way to make the mind peaceful or tranquil so as to make it stable, clean, and suitable for work performance.

#### 2. Insight Meditation (Vipassana Kammathana)

Which is the way of developing transcendent insight which penetrates into the truth of life or the three characteristics of existence; impermanence, suffering and non-self.

General benefits, according to the Buddha gained from Meditation practice that come as a result, namely:

- It helps you to calm the mind and get happiness,
- It supports you to face all problems and difficulties with confidence,
- It improves your ability of working and learning,
- It protects you from all evils,
- It creates various mental qualities; happiness, humbleness and kindness,
- It trains your breaths in a good way,
- It is the way to attain Enlightenment (Nibbana).

*The practiced mind brings happiness*

# Meditation Retreat

(Free Course)

Every Sunday & Monday

### 1st Day: Sunday

02.15	p.m.	Assemble at Wat Suan Dok
02.30	p.m.	Introduction to Buddhism.
		-What do Buddhists worship ?
		-What do Buddhists believe ?
		-How do Buddhists practise ?
04.00	p.m.	Departure for the Training Center.
05.00	p.m.	Free time /Tea and Snacks.
06.00	p.m.	Evening chanting and meditation.
09.00	p.m.	Bedtime.

### 2nd Day: Monday

05.00	am.	Morning gong.
05.30	am.	Morning chanting, Yoga Meditation,
		Insight Meditation.
07.00	am.	Alms offering / Breakfast.
08.30	am.	Discussion on the general ideas of Buddhism
09.30	am.	Meditation
10.30	am.	Learn and enjoy Thai cooking
11.30	am.	Offer food to monks and lunch
13.00	p.m.	Return to Wat Suan Dok.

*There is no happiness that is greater than peace*