

Te Moata Retreat Centre, Tairua

# Straight from the Heart

## Meditation Retreat

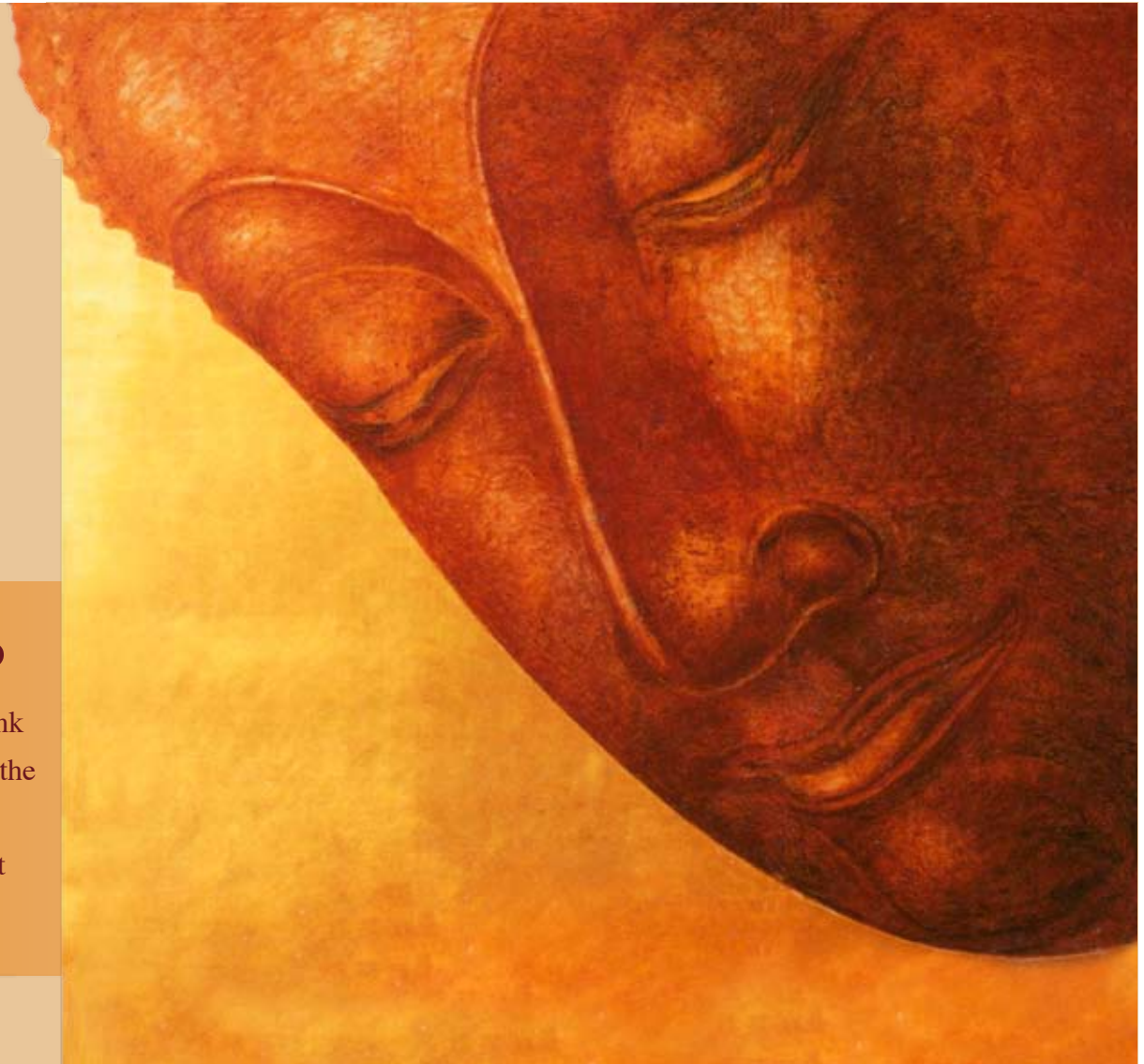
November 22-30



with Ajahn Chandako

Ajahn Chandako is a Theravadan monk who has been ordained since 1990 in the lineage of Venerable Ajahn Chah. He is currently abbot of Vimutti Buddhist Monastery in Bombay, New Zealand.

*For registration information see [www.temoata.org](http://www.temoata.org)*



**S**TRAIGHT FROM THE HEART is the way the Thai Forest Sages taught. Learning from nature with an unremitting sincerity to know, see and be truth, these Buddhist meditation masters established their minds in deep samadhi and penetrating wisdom. Ajahn Chandako carries on these traditional teachings with a touch of the warrior, lots of stories and a good laugh. This retreat will offer instruction in a wide array of meditation techniques and skillful means. Creative exploration within a range of well-grounded methods is encouraged to discover what works for purifying the heart. Each day will include guided meditations, personal interviews, question and answer sessions and a Dhamma talk. This is a rare opportunity to discover who you're not. Suitable for intrepid beginners, old hands and sotapana wannabes.