

Wat Buddha Dhamma  
Buddhist Retreat Centre and Hermitage  
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## Straight from the Heart

Ten Day Retreat with Ajahn Chandako  
Saturday, 15 March 2008 to Monday, 24 March 2008

**S**TRAIT 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 (not wallabies).

### DURATION

Saturday, 15 March 2008 (from 6pm) to Monday, 24 March, mid-afternoon.

### REGISTRATION

Register for the retreat by calling the office, Monday through Saturday, 9am to 12 noon.

OR download the Registration Form at [www.wbd.org.au](http://www.wbd.org.au). You can complete the process on-line.

### COST

Retreat fees (payable by cash, cheque or credit card) cover accommodation and food only; the Dhamma (teaching) is freely give and donations are encouraged.

### RETREAT CENTRE

To learn more about Wat Buddha Dhamma, please call, visit our website ([www.wbd.org.au](http://www.wbd.org.au)) or email [office@wbd.org.au](mailto:office@wbd.org.au).

*NB: A retreat may be cancelled if minimum attendance is not met and individuals may not be able to register if the retreat is over-subscribed. Please register early to reserve your place.*

**ABOUT THE TEACHER:** Ajahn Chandako is a Theravadan monk who has been ordained since 1990 in the lineage of Venerable Ajahn Chah. For the first five years of his ordination, Ajahn Chandako was based at Wat Pah Nanachat. He then began wandering, spending years seeking out Forest Masters and training under their guidance. Along the way he translated into English many of the teachers he received in Thai. More recently he has taught in Australia, Europe, the United States and New Zealand. Ajahn is currently the abbot of Vimuttā Buddhist Monastery, 40km south of Auckland.