



2006 • 2549

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The quotes on each page are English renderings of teachings of Venerable Ajahn Chah,  
taken from the books *Everything is Teaching Us*, *Bodhinyana* and *A Taste of Freedom*  
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their assistance with this production.

## LUNAR OBSERVANCE DAYS

These are days devoted to quiet reflection at the monastery.  
Visitors may come and take the Precepts for the day and join in all  
or part of the extended evening meditation.

The dates for the lunar observances are determined by a traditional method of calculation,  
and are not always the same dates as the precise astronomical occurrences.

## THE MAJOR FULL-MOON DAYS OF 2006 / 2549 - 50

*Magha Puja* Feb 13 ('Sangha Day')

Commemorates the spontaneous gathering of 1250 arahants, to whom the Buddha  
gave the exhortation on the basis of the discipline (*Ovada Patimokkha*).

*Vesakha Puja (Wesak)* May 12 ('Buddha Day')

Commemorates the birth, enlightenment and passing away of the Buddha.

*Asalha Puja* July 10 ('Dhamma Day')

Commemorates the Buddha's first discourse, given to the five samanas  
in the Deer Park at Sarnath, near Varanasi. The traditional  
Rainy-Season Retreat (*Vassa*) begins on the next day.

*Pavarana Day* October 7

This marks the end of the three-month *Vassa*-retreat. In the following month,  
lay people may offer the Kathina-robe as part of a general alms-giving ceremony.

## WEB ADDRESSES FOR THIS FOREST SANGHA COMMUNITY

**[www.forestsangha.org](http://www.forestsangha.org)**  
**[www.dhammatalks.org.uk](http://www.dhammatalks.org.uk)**

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*If one sees Nature, one sees Dhamma;  
if one sees Dhamma, one sees Nature.  
Seeing Nature, one knows the Dhamma.*

*Venerable Ajahn Chah*

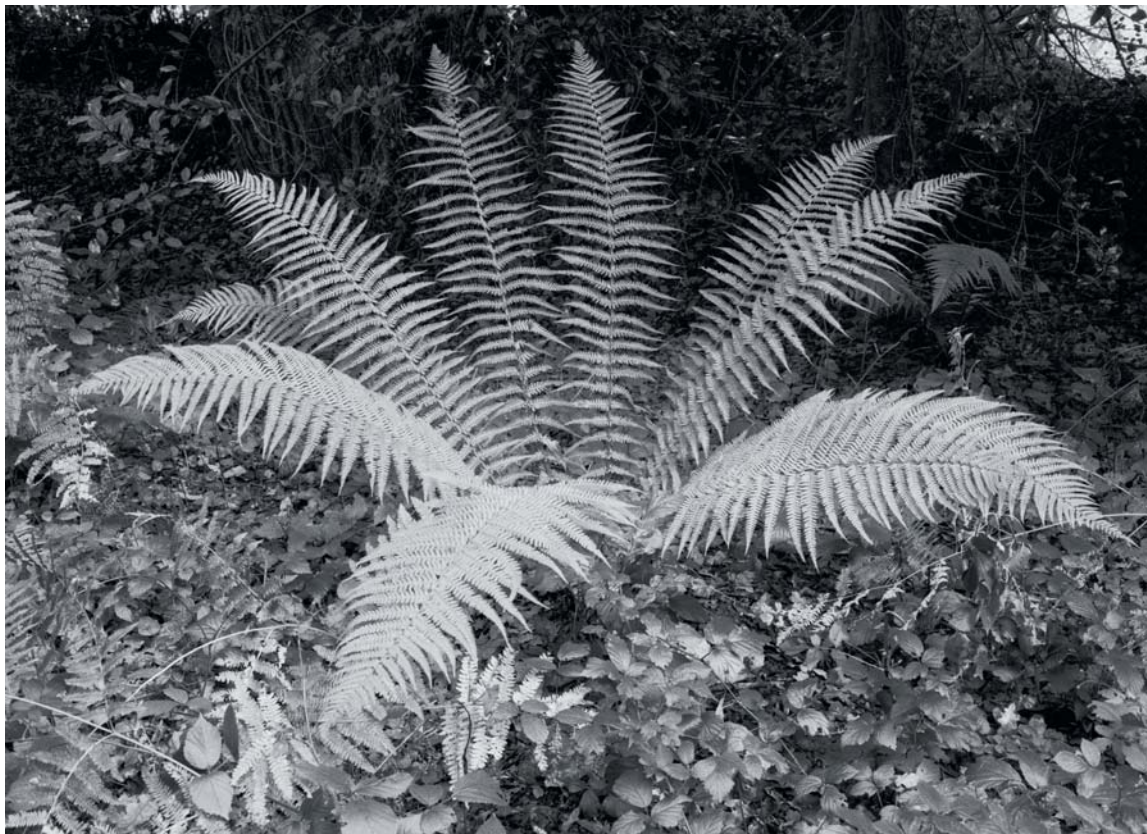
2006

January

2549

	Sun 1	Tue 17	
	Mon 2	Wed 18	
	Tue 3	Thu 19	
	Wed 4	Fri 20	
	Thu 5	Sat 21	
	Fri 6	Sun 22	☾
☾	Sat 7	Mon 23	
	Sun 8	Tue 24	
	Mon 9	Wed 25	
	Tue 10	Thu 26	
	Wed 11	Fri 27	
	Thu 12	Sat 28	
	Fri 13	Sun 29	●
○	Sat 14	Mon 30	
	Sun 15	Tue 31	
	Mon 16		

*Ven. Ajahn Chah Memorial Day*



Consciousness is one,  
but when it functions at different places we give it different names.  
At the eye, ear, nose, tongue, body or mind it is just one awareness,  
which is this very mind.

Venerable Ajahn Chah

2006

February

2549

	Wed 1	Wed 15	
	Thu 2	Thu 16	
	Fri 3	Fri 17	
	Sat 4	Sat 18	
	Sun 5	Sun 19	
☾	Mon 6	Mon 20	
	Tue 7	Tue 21	☾
	Wed 8	Wed 22	
	Thu 9	Thu 23	
	Fri 10	Fri 24	
	Sat 11	Sat 25	
	Sun 12	Sun 26	
○	Magha Puja Mon 13	Mon 27	●
	Tue 14	Tue 28	



*If water settles and becomes still, we can see all sorts of things reflected in it.  
Likewise, when the mind is settled, wisdom is resplendent.  
The illuminating light of wisdom surpasses all other light.*

*Venerable Ajahn Chah*

2006

March

2549

	Wed 1	Fri 17	
	Thu 2	Sat 18	
	Fri 3	Sun 19	
	Sat 4	Mon 20	
	Sun 5	Tue 21	
	Mon 6	Wed 22	☾
☾	Tue 7	Thu 23	
	Wed 8	Fri 24	
	Thu 9	Sat 25	
	Fri 10	Sun 26	
	Sat 11	Mon 27	
	Sun 12	Tue 28	
	Mon 13	Wed 29	●
○	Tue 14	Thu 30	
	Wed 15	Fri 31	
	Thu 16		





*Let things be according to their nature. If there is no movement in the mind, we abide in equanimity,  
and if something comes up, we ask ourselves: Does this cause suffering?*

*Am I holding with attachment? Is there anything here?*

*If we practice and get to this point, I think all of us will realize genuine peace.*

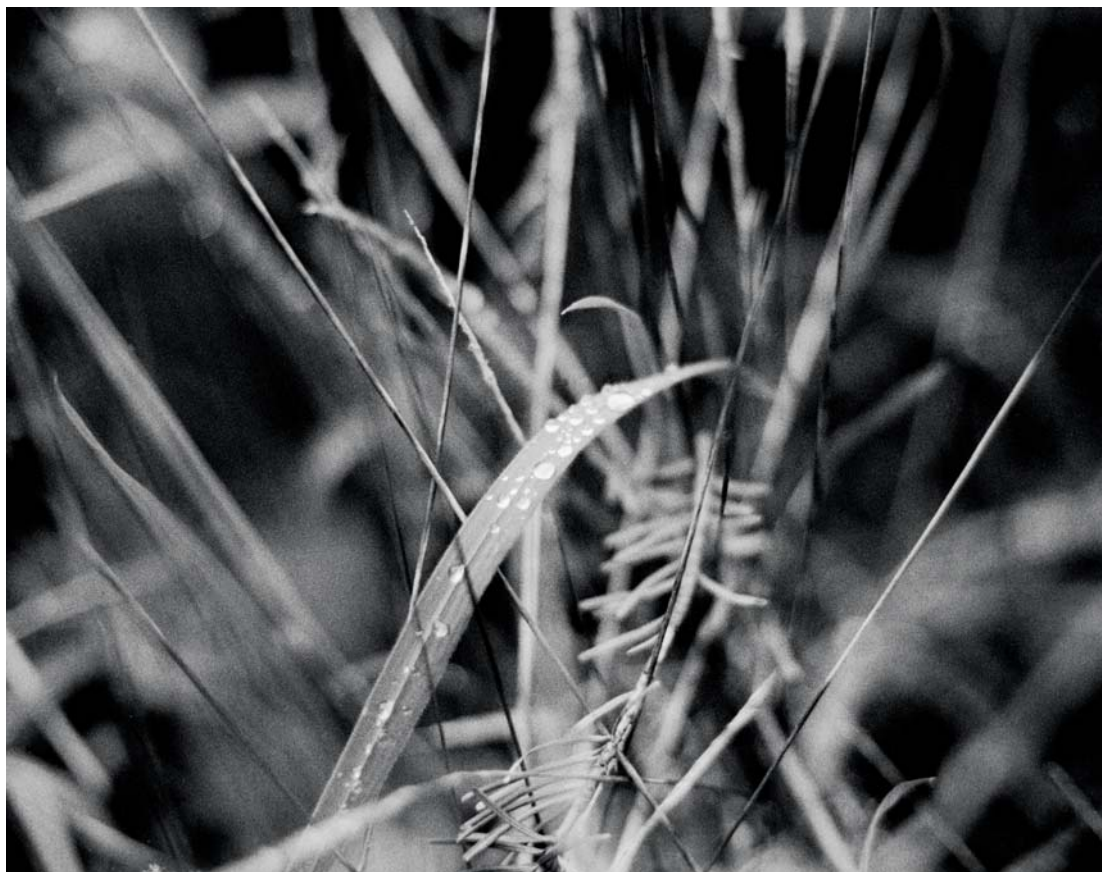
*Venerable Ajahn Chah*

2006

April

2549

	Sat 1	Sun 16	
	Sun 2	Mon 17	
	Mon 3	Tue 18	
	Tue 4	Wed 19	
	Wed 5	Thu 20	
☾	Thu 6	Fri 21	☾
	Fri 7	Sat 22	
	Sat 8	Sun 23	
	Sun 9	Mon 24	
	Mon 10	Tue 25	
	Tue 11	Wed 26	
	Wed 12	Thu 27	●
○	Thu 13	Fri 28	
	Fri 14	Sat 29	
	Sat 15	Sun 30	



*Our way of practice is to examine things closely and to see them clearly.  
 We are persistent, yet not rushed; nor do we delay.  
 It is a matter of gradually feeling our way and integrating our practice.*

*Venerable Ajahn Chah*

2006

May

2549

	Mon 1	Wed 17	
	Tue 2	Thu 18	
	Wed 3	Fri 19	
	Thu 4	Sat 20	☾
☾	Fri 5	Sun 21	
	Sat 6	Mon 22	
	Sun 7	Tue 23	
	Mon 8	Wed 24	
	Tue 9	Thu 25	
	Wed 10	Fri 26	
	Thu 11	Sat 27	●
○	<small>Vesakha Puja</small> Fri 12	Sun 28	
	Sat 13	Mon 29	
	Sun 14	Tue 30	
	Mon 15	Wed 31	
	Tue 16		



*If we accelerate our efforts, and practice in an even, continuous way,  
mindfulness will be like a stream of water. Whatever posture we are in,  
awareness will be constant.*

*Venerable Ajahn Chah*

2006

June

2549

	Thu 1	Fri 16	
	Fri 2	Sat 17	
	Sat 3	Sun 18	
☾	Sun 4	Mon 19	☾
	Mon 5	Tue 20	
	Tue 6	Wed 21	
	Wed 7	Thu 22	
	Thu 8	Fri 23	
	Fri 9	Sat 24	
	Sat 10	Sun 25	●
○	Sun 11	Mon 26	
	Mon 12	Tue 27	
	Tue 13	Wed 28	
	Wed 14	Thu 29	
	Thu 15	Fri 30	





*If we establish the Buddha within our mind then we see everything as identical to ourselves.  
 We see the animals, trees, mountains and vines as no different from ourselves.  
 One who understands this is content wherever they are.  
 They listen to the Buddha's teaching at all times.*

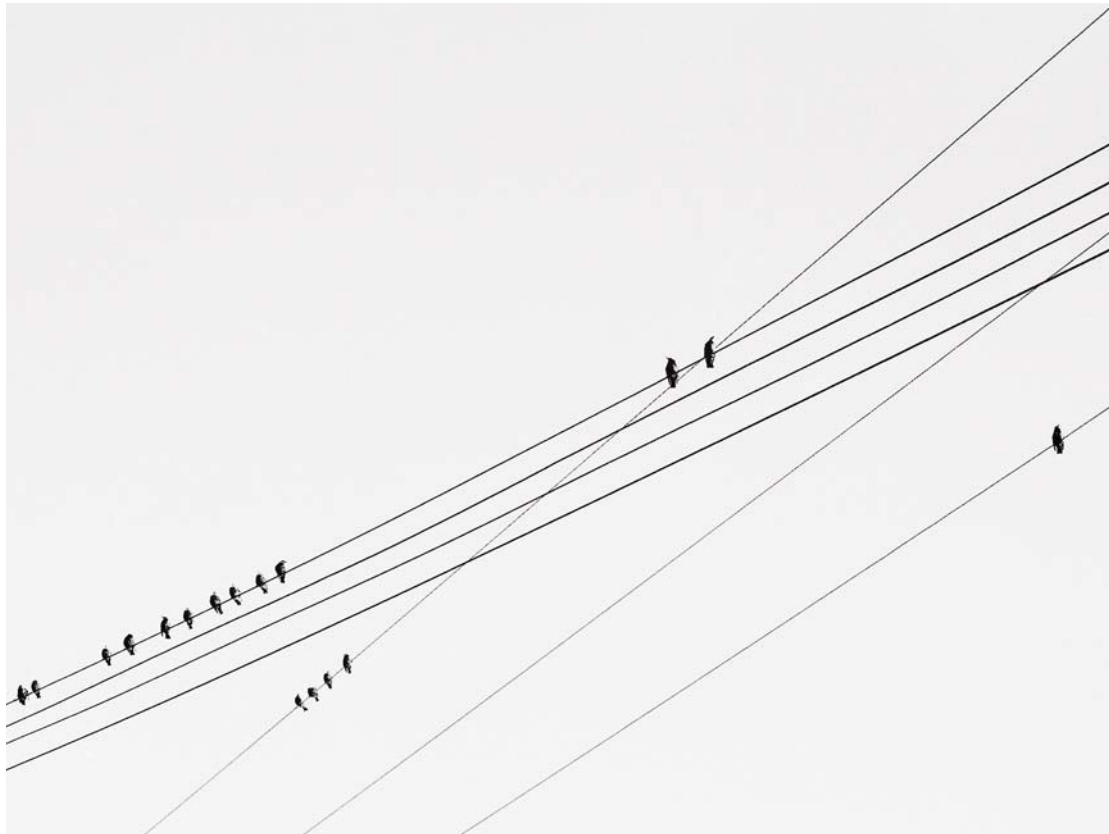
*Venerable Ajahn Chah*

2006

July

2549

	Sat 1	Mon 17	
	Sun 2	Tue 18	☾
☾	Mon 3	Wed 19	
	Tue 4	Thu 20	
	Wed 5	Fri 21	
	Thu 6	Sat 22	
	Fri 7	Sun 23	
	Sat 8	Mon 24	
	Sun 9	Tue 25	●
○	<small>Asalha Puja</small> Mon 10	Wed 26	
	<small>Vassa begins</small> Tue 11	Thu 27	
	Wed 12	Fri 28	
	Thu 13	Sat 29	
	Fri 14	Sun 30	
	Sat 15	Mon 31	
	Sun 16		



*Do not be in a hurry or try to push your practice.  
 If you become peaceful, then accept it; if you don't become peaceful,  
 then accept that also. This is the nature of the mind.  
 We must find our own practice and persevere.*

*Venerable Ajahn Chah*

2006

August

2549

	Tue 1	Thu 17	☾
☾	Wed 2	Fri 18	
	Thu 3	Sat 19	
	Fri 4	Sun 20	
	Sat 5	Mon 21	
	Sun 6	Tue 22	
	Mon 7	Wed 23	●
	Tue 8	Thu 24	
○	Wed 9	Fri 25	
	Thu 10	Sat 26	
	Fri 11	Sun 27	
	Sat 12	Mon 28	
	Sun 13	Tue 29	
	Mon 14	Wed 30	
	Tue 15	Thu 31	☾
	Wed 16		



*Be confident in the practice, confident enough to continue  
until you are fed up with both your likes and dislikes.  
You will then see according to the truth.*

*Venerable Ajahn Chah*

2006

September

2549

	Fri 1	Sat 16	
	Sat 2	Sun 17	
	Sun 3	Mon 18	
	Mon 4	Tue 19	
	Tue 5	Wed 20	
	Wed 6	Thu 21	
○	Thu 7	Fri 22	●
	Fri 8	Sat 23	
	Sat 9	Sun 24	
	Sun 10	Mon 25	
	Mon 11	Tue 26	
	Tue 12	Wed 27	
	Wed 13	Thu 28	
	Thu 14	Fri 29	
◐	Fri 15	Sat 30	◑





*Peace comes from a one-pointed mind.  
This one-pointedness, however, can be troublesome, since we don't want  
other mental states to disturb us. If we reflect on these states,  
however, when they arise, this reflection becomes the one-pointed mind.*

*Venerable Ajahn Chah*

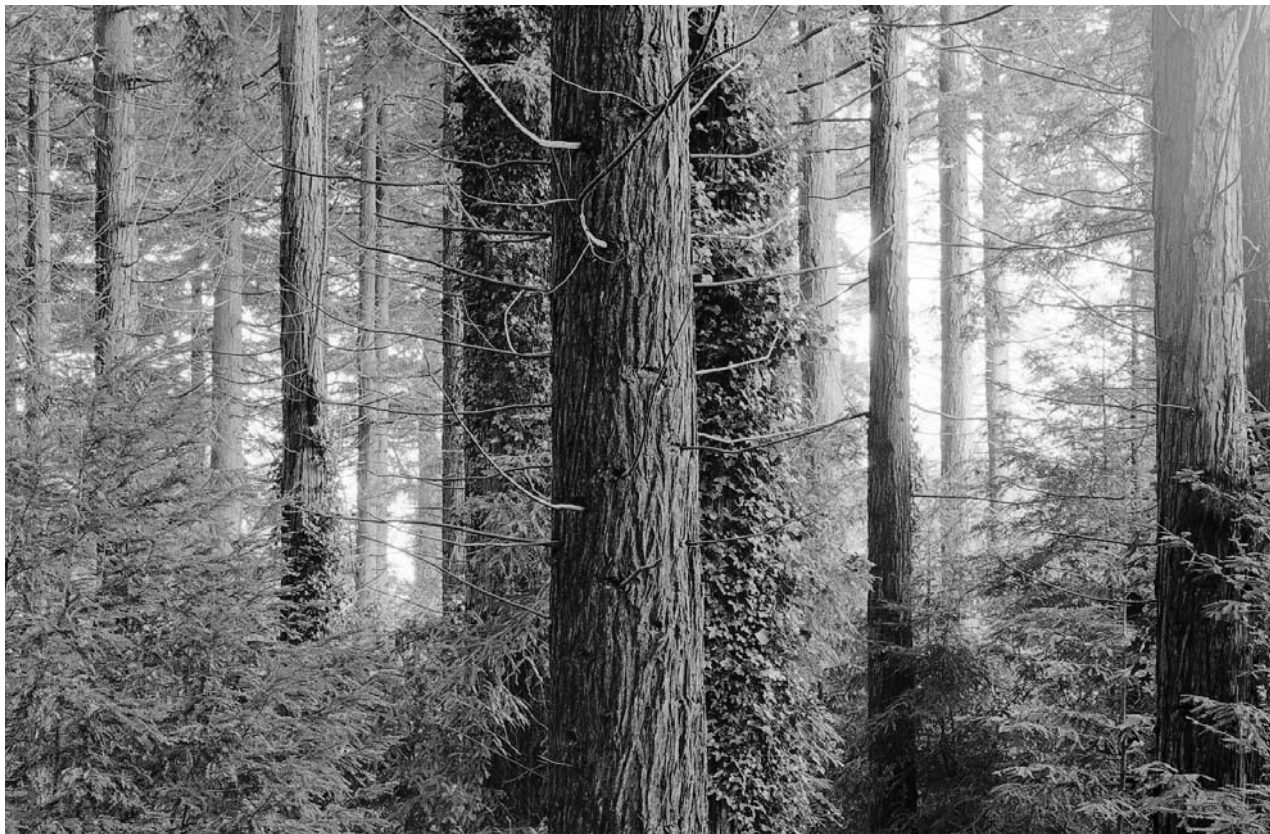
2006

October

2549

	Sun 1	Tue 17
	Mon 2	Wed 18
	Tue 3	Thu 19
	Wed 4	Fri 20
	Thu 5	Sat 21
	Fri 6	Sun 22
○	<i>Pavarana Day (Vassa ends)</i> Sat 7	Mon 23
	Sun 8	Tue 24
	Mon 9	Wed 25
	Tue 10	Thu 26
	Wed 11	Fri 27
	Thu 12	Sat 28
	Fri 13	Sun 29
	Sat 14	Mon 30
◐	Sun 15	Tue 31
	Mon 16	





*If there is no problem, there is nothing to solve.  
 When there is a problem that's when we must act, right then!  
 There's no need to search for anything special, just live normally.  
 But know where your mind is.*

*Venerable Ajahn Chah*

2006

November

2549 - 2550

	Wed 1	Thu 16
	Thu 2	Fri 17
	Fri 3	Sat 18
	Sat 4	Sun 19
○	<i>Anapanasati Day</i> Sun 5	Mon 20 ●
	Mon 6	Tue 21
	Tue 7	Wed 22
	Wed 8	Thu 23
	Thu 9	Fri 24
	Fri 10	Sat 25
	Sat 11	Sun 26
	Sun 12	Mon 27
◐	Mon 13	Tue 28 ◐
	Tue 14	Wed 29
	Wed 15	Thu 30



*All of Dhamma practice comes to completion where nothing remains.  
It is the place of surrender, of emptiness, of laying down the burden.  
This is the end.*

*Venerable Ajahn Chah*

2006

December

2550

	Fri 1	Sun 17	
	Sat 2	Mon 18	
	Sun 3	Tue 19	●
	Mon 4	Wed 20	
○	Tue 5	Thu 21	
	Wed 6	Fri 22	
	Thu 7	Sat 23	
	Fri 8	Sun 24	
	Sat 9	Mon 25	
	Sun 10	Tue 26	
	Mon 11	Wed 27	◐
	Tue 12	Thu 28	
◐	Wed 13	Fri 29	
	Thu 14	Sat 30	
	Fri 15	Sun 31	
	Sat 16		

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# ASSOCIATED MONASTERIES AND CENTRES

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Below are addresses of monasteries founded by Western disciples of Ajahn Chah, and associated centres.  
The portal page for this community worldwide is: **[www.forestsangha.org](http://www.forestsangha.org)**

## UNITED KINGDOM:

### **Amaravati Buddhist Monastery**

Great Gaddesden, Hemel Hempstead,  
Hertfordshire HP1 3BZ.  
Tel. Office: +44 (0)144 284 2455  
Fax. +44 (0)144 284 3721  
Retreat Centre: +44 (0)144 284 3239  
[www.amaravati.org](http://www.amaravati.org)

### **Aruna Ratanagiri**

Harnham Buddhist Monastery,  
Harnham, Belsay, Northumberland NE20 0HF.  
Tel. +44 (0)1661 881 612  
Fax. +44 (0)1661 881 019  
[www.ratanagiri.org.uk](http://www.ratanagiri.org.uk)

### **Cittaviveka**

Chithurst Buddhist Monastery  
Chithurst, Petersfield,  
Hampshire GU31 5EU.  
Tel. +44 (0)1730 814 986  
Fax. +44 (0)1730 817 334

### **Hartridge Buddhist Monastery**

Odle Cottage,  
Upottery, Honiton  
Devon EX14 9QE.  
Tel. +44 (0)1404 89 1251  
Fax. +44 (0)1404 89 0023

## SWITZERLAND:

### **Kloster Dhammapala**

Am Waldrand,  
CH-3718 Kandersteg.  
Tel. +41 (0)33 675 21 00  
Fax. +41 (0)33 675 22 41  
[www.dhammapala.ch](http://www.dhammapala.ch)

## ITALY:

### **Santacittarama**

Localita "Le Brulla",  
02030 Frasso Sabino (Rieti).  
Tel. +39 07 6587 2186  
Fax. +39 06 233 238 629  
[www.santacittarama.org](http://www.santacittarama.org)

## AUSTRALIA:

### **Bodhinyana Monastery**

216 Kingsbury Drive,  
Serpentine, WA 6125.  
Tel. +61 (0)8 9525 2420  
Fax. +61 (0)8 9525 3420  
[www.bswa.org](http://www.bswa.org).

### **Bodhivana Monastery**

780 Woods Point Road,  
East Warburton,  
Victoria 3799.  
Tel. +61 (0)3 5966 5999  
Fax. +61 (0)3 5966 5998

## NEW ZEALAND:

### **Auckland Buddhist Vihara**

29 Harris Road,  
Mt. Wellington, Auckland.  
Tel. +64 (0)9 5795 443

### **Bodhinyanarama Monastery**

17 Rakau Grove, Stokes Valley,  
Wellington.  
Tel. +64 (0)4 5637 193  
Fax. +64 (0)4 5635 125  
[www.bodhinyanarama.net.nz](http://www.bodhinyanarama.net.nz)

## NORTH AMERICA:

### **Abhayagiri Buddhist Monastery**

16201 Tomki Road, Redwood Valley,  
CA 95470.  
Tel. +1 (707) 485 1630  
Fax. +1 (707) 485 7948  
[www.abhayagiri.org](http://www.abhayagiri.org)

## THAILAND:

### **Wat Pah Nanachat**

Bahn Bung Wai,  
Amper Warin,  
Ubon 34310.