



2007 • 2550

*The publication of this calendar is dedicated to  
The Late Venerable Ajahn Chah  
on the 15th anniversary of his passing away  
and to His Majesty King Bhumibol Adulyadej  
of Thailand, on the occasion of his 80th birthday.*

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The quotes offered are translations of teachings by the late Venerable Ajahn Chah.  
They have been taken from the following books: *Everything is Teaching Us*,  
*Key to Liberation*, *Food for the Heart*, *A Taste of Freedom*, *Living Dhamma*.

### LUNAR OBSERVANCE DAYS    ● ◐ ◑ ○

These days are 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 calendar are determined by traditional methods of calculation,  
and are not always the same as the precise astronomical occurrences.

### THE MAJOR FULL-MOON DAYS OF 2007 – 2550/51

*Magha Puja*   March 03   ('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 31   ('Buddha Day')  
Commemorates the birth, enlightenment and passing away of the Buddha.

*Asalha Puja*   July 29   ('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.

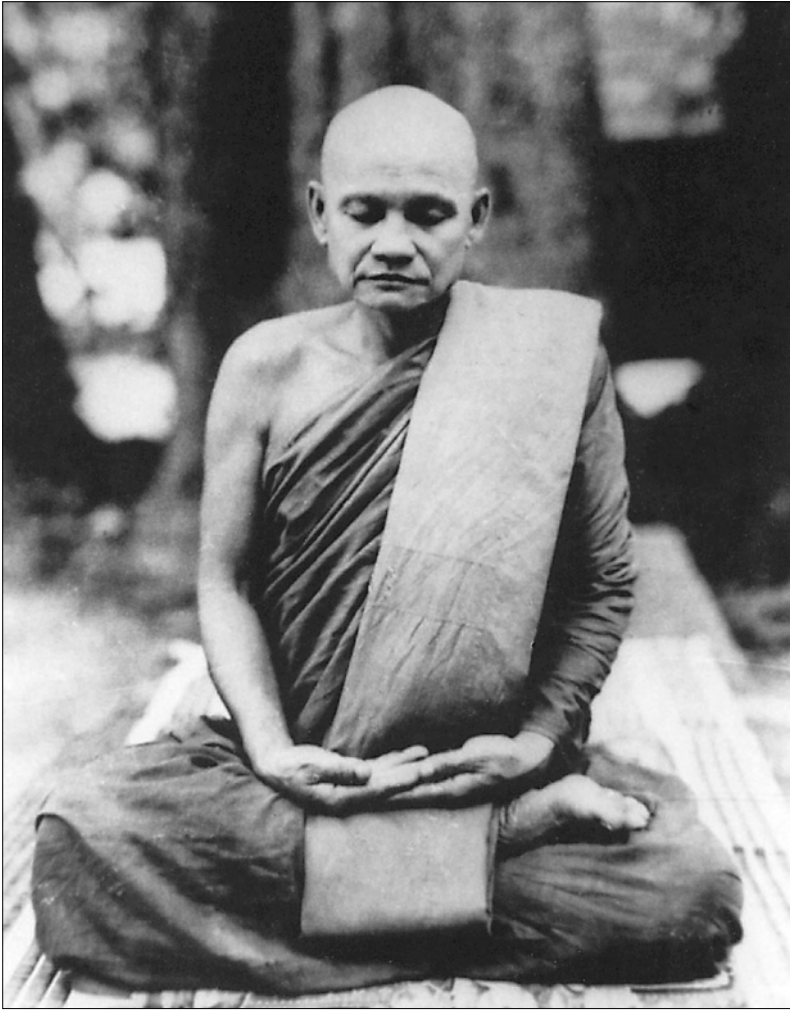
*Pavarana Day*   October 26  
This marks the end of the three-month *Vassa*-retreat. In the following month,  
lay people may offer the Kathina-robe as part of a general alms-giving ceremony.

### WEB ADDRESSES FOR THIS FOREST SANGHA COMMUNITY

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

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“In the beginning we hurry to go forward,  
 or we hurry to go back, or hurry to stop.  
 We practise like that until we start to see  
 that going forward is not it, going back is not it,  
 and stopping is not it either! It’s finished.  
 If we practice consistently and consider things thoroughly,  
 we will eventually reach this point.”

## January 2007 / 2550

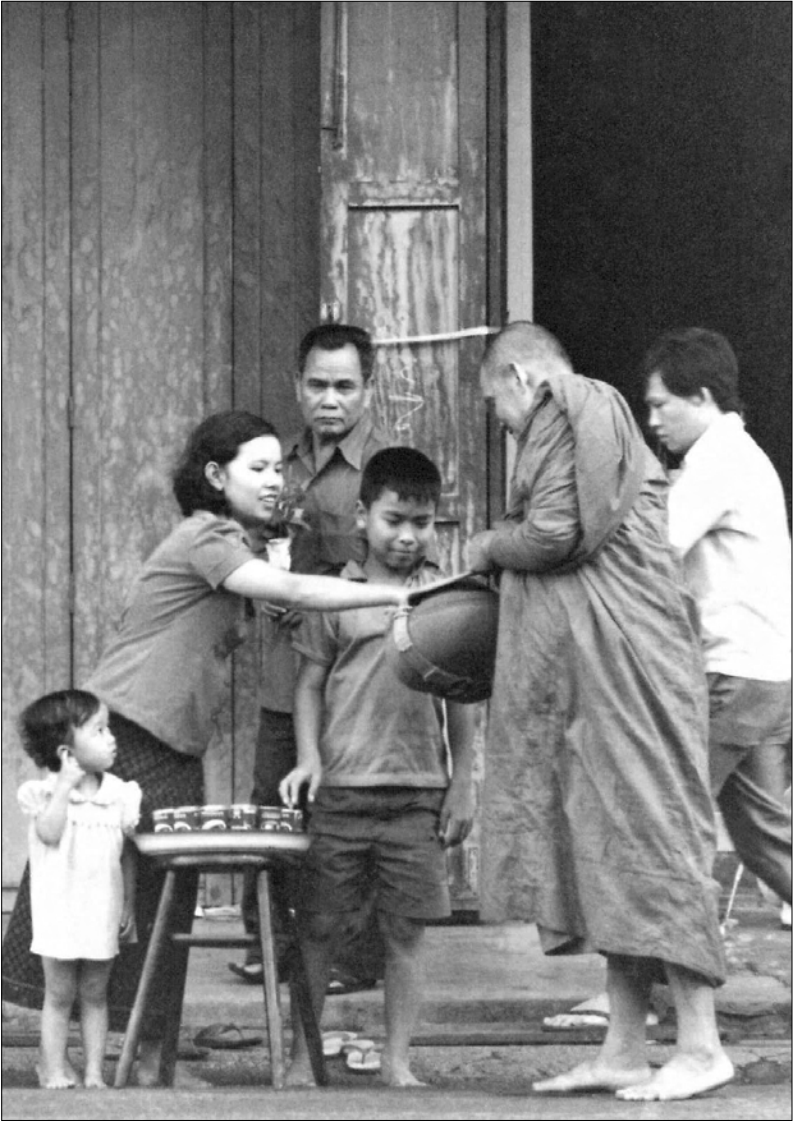
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1	2	○	4	5	6	7	8	9	10	●	12	13	14	15	16 <sup>*</sup>	17	●	19	20	21	22	23	24	25	●	27	28	29	30	31



“Where many people live together, like in a monastery,  
 we can still practise comfortably if our views are in harmony.  
 When we humble ourselves and let go of our attachments  
 to views and opinions, even if there are many of us  
 we come together in the Buddha, Dhamma, and Sangha.  
 It’s like a millipede: it has so many legs you might think it would have  
 difficulty walking but it doesn’t; it has its own order and rhythm.”

# February 2007 / 2550

T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W							
1	○	3	4	5	6	7	8	9	●	11	12	13	14	15	●	17	18	19	20	21	22	23	●	25	26	27	28



“Making offerings, listening to teachings, practising meditation,  
whatever we do we should do for the purpose of cultivating wisdom.  
And cultivating wisdom is for the purpose of liberation.  
When we are free then we won't suffer, whatever situation we are in.”

March 2007 / 2550

T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	*	4	5	6	7	8	9	10	☾	12	13	14	15	16	17	☾	19	20	21	22	23	24	25	☾	27	28	29	30	31



“Even if it takes hundreds or thousands of lifetimes  
to get enlightened, so what? However many lifetimes it takes  
we just keep practising with a heart at ease, comfortable with our pace.  
Once your mind has entered the stream, there’s nothing to fear.”

April 2007 / 2550

S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M
1	○	3	4	5	6	7	8	9	●	11	12	13	14	15	●	17	18	19	20	21	22	23	●	25	26	27	28	29	30

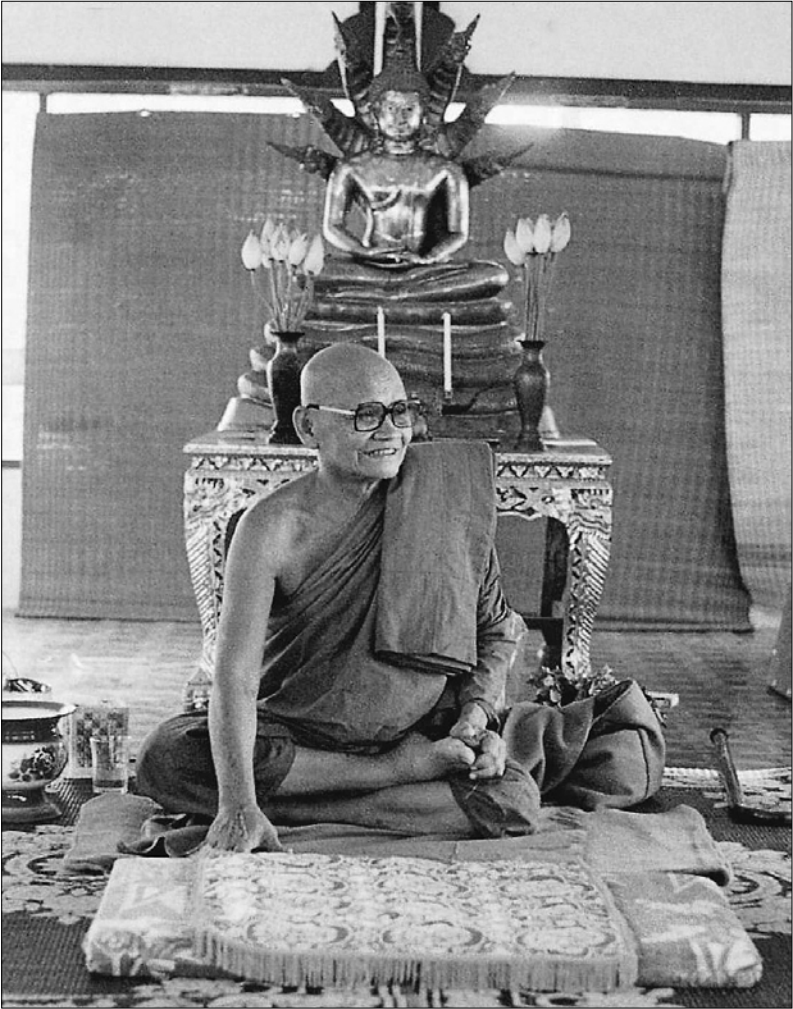




“My way of training people involves some suffering,  
because suffering is the Buddha’s path to enlightenment.  
He wanted us to see suffering, its cause, its end,  
and the path leading to that end.  
This is the way taken by all the Awakened Ones.  
If you don’t go this way there is no way out.”

May 2007 / 2550

T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T
○	2	3	4	5	6	7	8	●	10	11	12	13	14	15	●	17	18	19	20	21	22	23	●	25	26	27	28	29	30	⊛



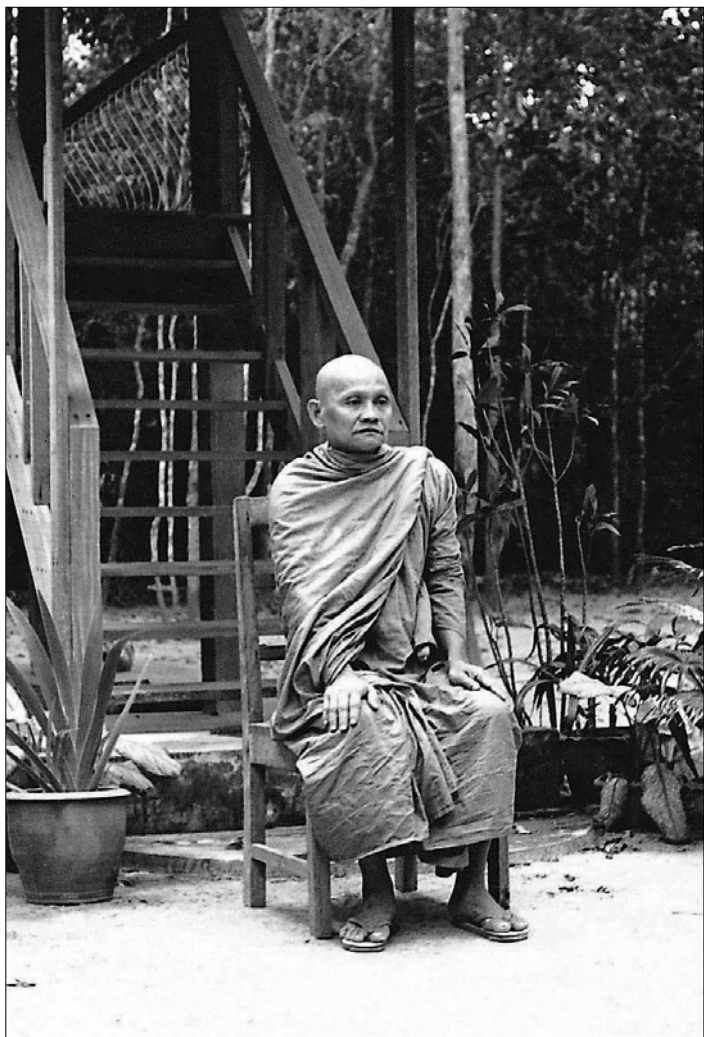
“The ways of this world are merely conventions of our own making.  
Having established them we get lost in them and refuse to let go –  
clinging to our personal views and opinions.

This is *samsara*, endlessly flowing on without completion.  
But if we truly know conventional reality, we will also know liberation.  
Here we find completion.”

June 2007 / 2550

F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
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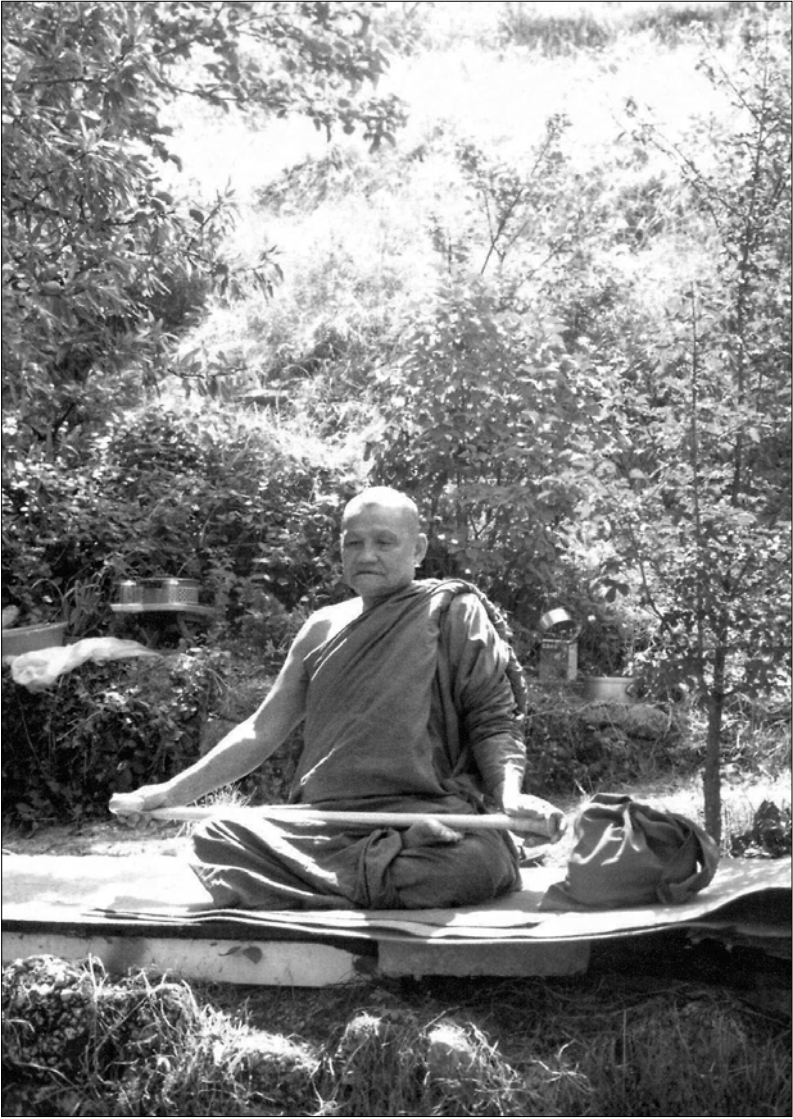




“In my own search I tried nearly every possible means of contemplation.  
I sacrificed my life for the Dhamma, because I had faith  
in the reality of enlightenment and the path leading to it.  
These things do actually exist, just like the Buddha said they did.  
But to realise them takes courage; it means pushing yourself to the limit....  
The Buddha taught to die before you die. Then you can be at ease.”

July 2007 / 2550

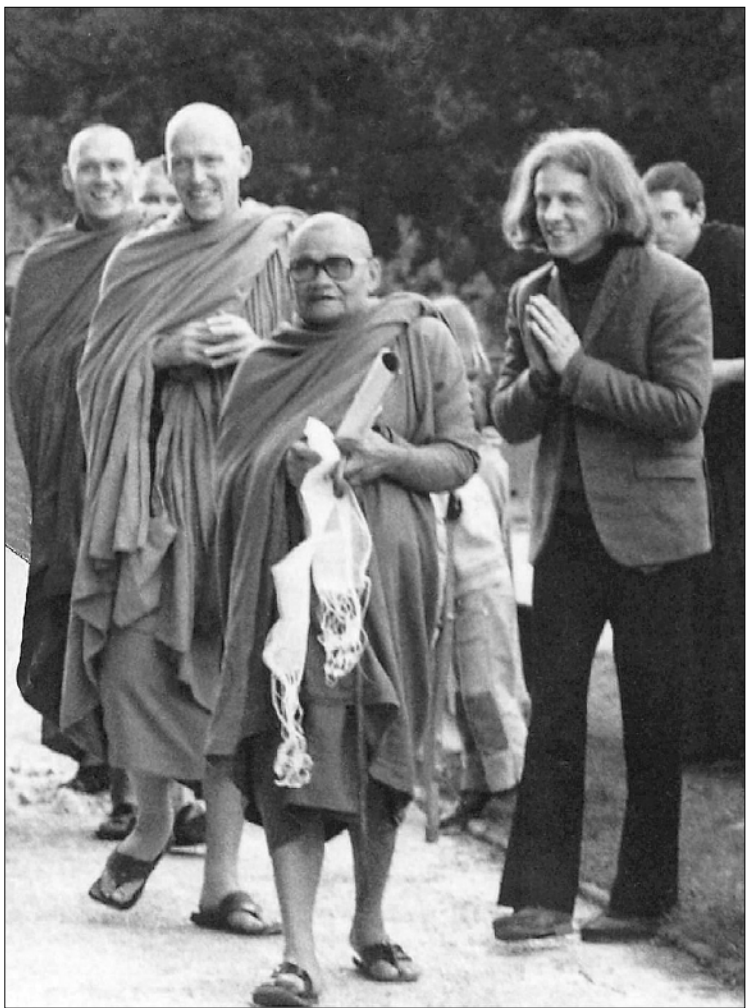
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“In our practice we maintain a heart that is imbued with goodwill, with generosity, kindness and helpfulness. When these qualities are properly maintained they become the foundation for a pure mind.”

August 2007 / 2550

W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F
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“If you know you can trust yourself you will feel relaxed and unmoved by praise and blame. Regardless of what others say, you are content.

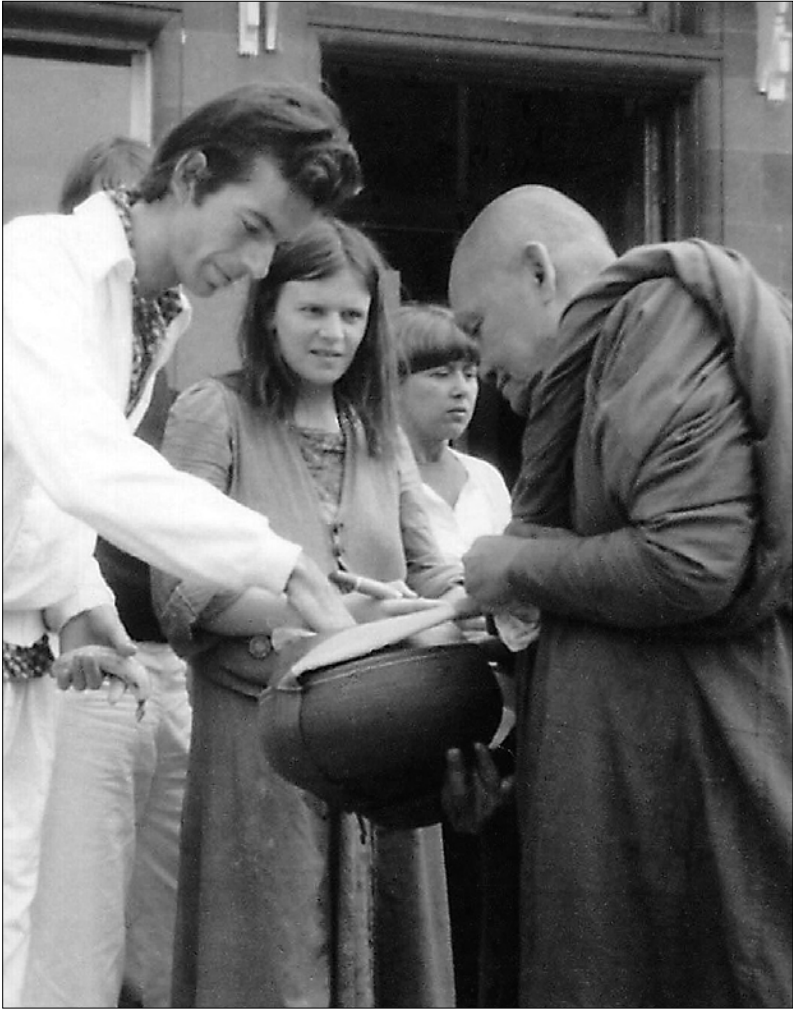
Those who do not have a firm foundation in practice can easily be sucked in and their perceptions are warped as a result.

When you understand this matter you will be truly untroubled.

Nothing that happens is wrong. Everything is Dhamma.”

# September 2007 / 2550

S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S							
1	2	3	4	<div></div>	6	7	8	9	10	<div></div>	12	13	14	15	16	17	18	<div></div>	20	21	22	23	24	25	<div></div>	27	28	29	30

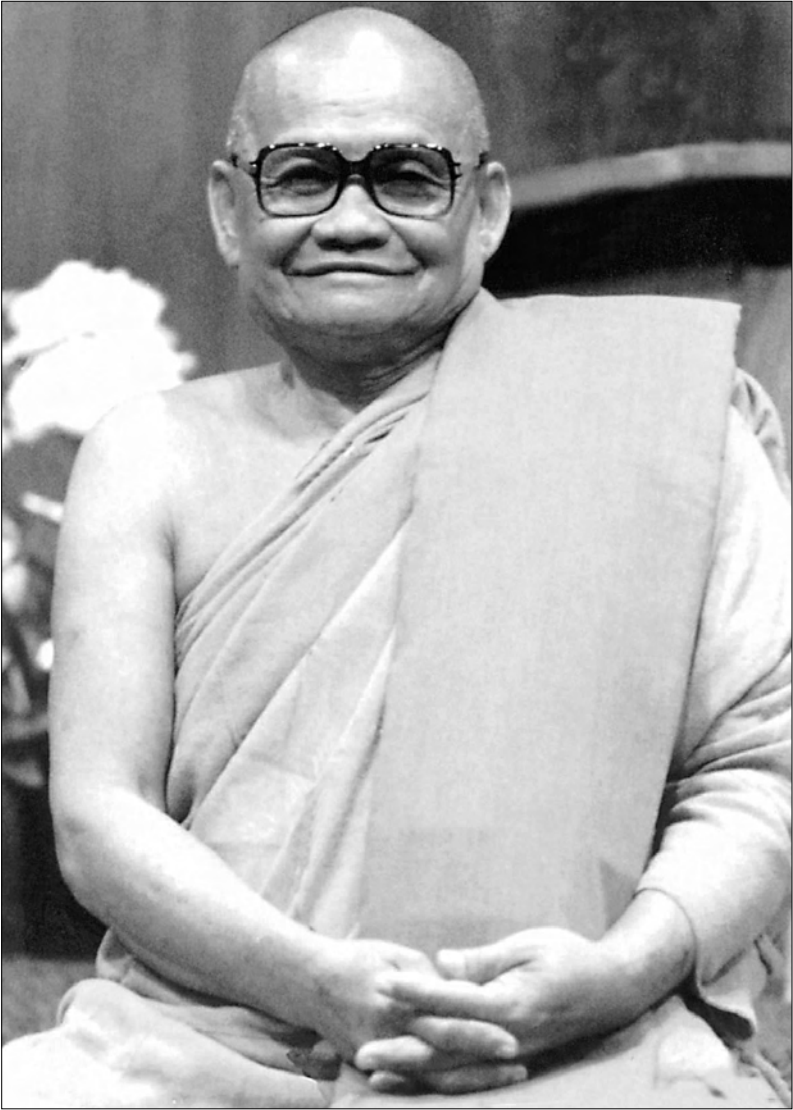


“When we give, what is it that we are giving away?  
The practice of generosity is for letting go of selfishness and deluded self-views.  
If we are lost in selfishness it shows we don’t genuinely  
care for ourselves, don’t know how to really love ourselves.  
But with this practice of giving such attitudes are cleansed,  
leaving a heart of compassion towards all beings without exception.”

October 2007 / 2550

M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W
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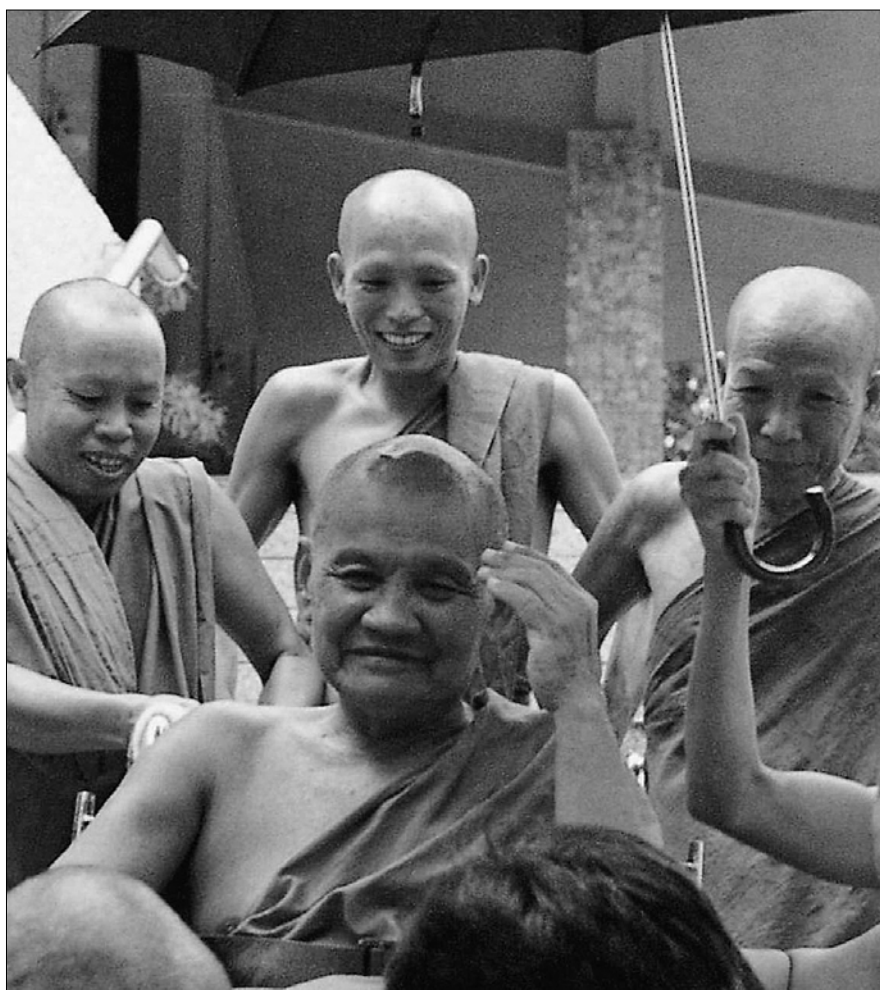


“The Buddha leads us to the beginning of the Path.  
He only points the way. In my case he only taught me this much,  
leaving the rest to me. This is how I teach you;  
I can bring you to the beginning of the path;  
now it’s up to you.”

November 2007 / 2550 – 2551

T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30





“Staying or going is not what matters.  
 What matters is the mind.  
 So all of you, please work together,  
 cooperate and live in harmony.  
 Let this be your legacy.”

December 2007 / 2551

S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

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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)

## THAILAND:

### **Wat Pah Nanachat**

Bahn Bung Wai,  
Amper Warin,  
Ubon 34310.

## 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,  
Lower Hutt 5019.

Tel. +64 (0)4 5637 193

[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)

## 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)