

**LUANGTA MAHA BUA
NANASAMPAÑO**

A ROUTE TO DHAMMA

“ We might struggle in developing our mind and making it peaceful. Bear in mind that we persist and achieve countless tasks that caused us frustration. Why can't we tolerate with this task of training our mind, which is meant for the sake of ourselves. ”

FIVE PRECEPTS

1. Do not destroy living beings
2. Do not steal
3. Do not do sexual misconduct
4. Do not make false speech
5. Do not take intoxicating drinks

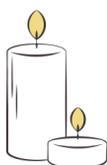
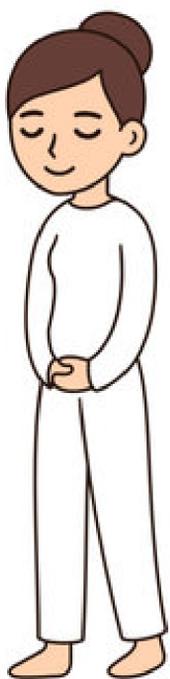
MEDITATION

1. Sit in the cross-legged position. Place your right leg over your left leg and your right hand over your left hand. Place both hands on your lap.
2. Maintain upright posture but let all your body parts relax
3. Recite the words - Buddha, Dhamma, Sangha - as a reminder of the Triple Gem.
4. Choose a single word for recitation continuously with mindfulness, such as "Buddho, Buddho, Buddho..." Do not let your mind wander to other thoughts.



WALKING MEDITATION

1. Prepare the walking path of which length would be about 25-30 steps and direction would be the East to the West.
2. The path must be clear and free of obstacles.
3. Put your palm together in a "Wai" gesture with the eyes shut for a while to contemplate the qualities of the Buddha, the Dhamma and the Sangha
4. Bring your hands and head down. Focus your eyes on the ground. Don't look around.
5. Start walking, focusing your mind on the word "Buddho" for every step you make. Walk slowly from one end of the path to the other, turning and walking back in the same manner.



**โครงการอบรมเชิงปฏิบัติการธรรมะภาค
ภาษาอังกฤษตามรอยเส้นทางธรรม
หลวงตามัว ญาณสัมปันโน**