

A Collection of Teachings

Legacy of Our Teachers 4.1



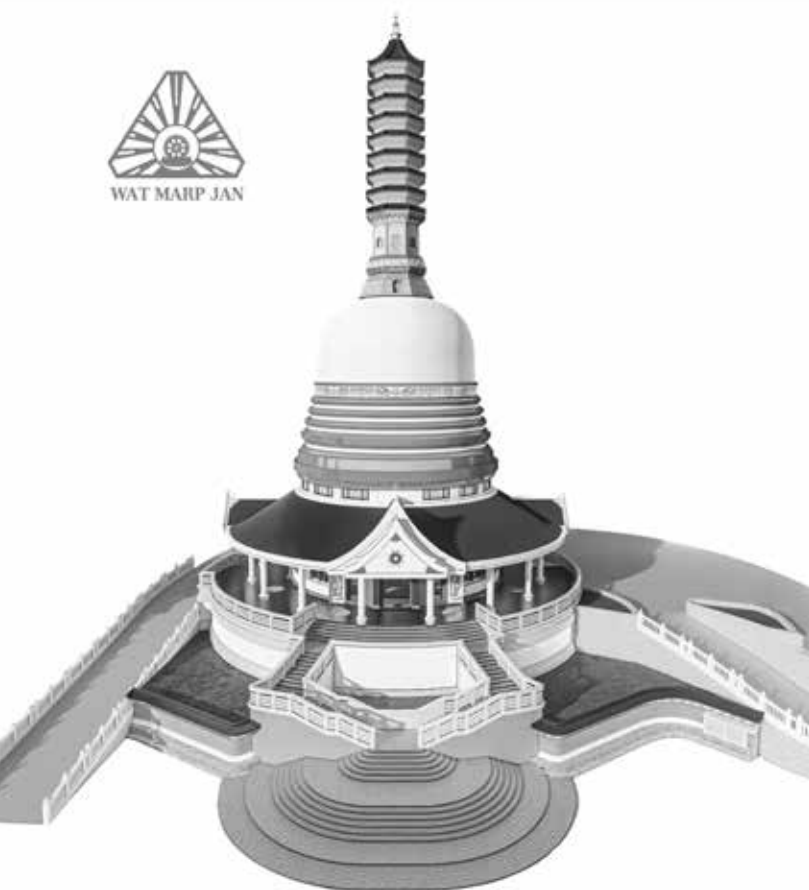
WAT MARP JAN



English Translations of Dhamma Talks
by Ajahn Chah Subhaddo, Ajahn Anan Akiñcano
and Chanting by the Wat Marp Jan Sangha

A Collection of Teachings

Legacy of Our Teachers 4.1



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Legacy of Our Teachers 4.1

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Homage to the Blessed, Noble,
And Perfectly Enlightened One.

Homage to the Blessed, Noble,
And Perfectly Enlightened One.

Homage to the Blessed, Noble,
And Perfectly Enlightened One.

May all the goodness of the Triple Gem
– the Buddha, the Dhamma, the Sangha –
and all of the Bodhisattvas help those who
listen, understand, and practice the teaching
in order to find refuge for their hearts.

May all goodness arising as a result humbly
be dedicated to the foremost Bodhisattvas
– Avalokiteshvara and Maitreya – because
all goodness arising from the practice
can only come forth due to the power of
the Buddha, the Dhamma, the Sangha,
all Bodhisattvas, and our teachers,
from Ajahn Mun to Ajahn Chah.

Remembering this, I pay homage to
the Buddha. May his kindness allow all those
who listen to this Dhamma
to understand clearly.

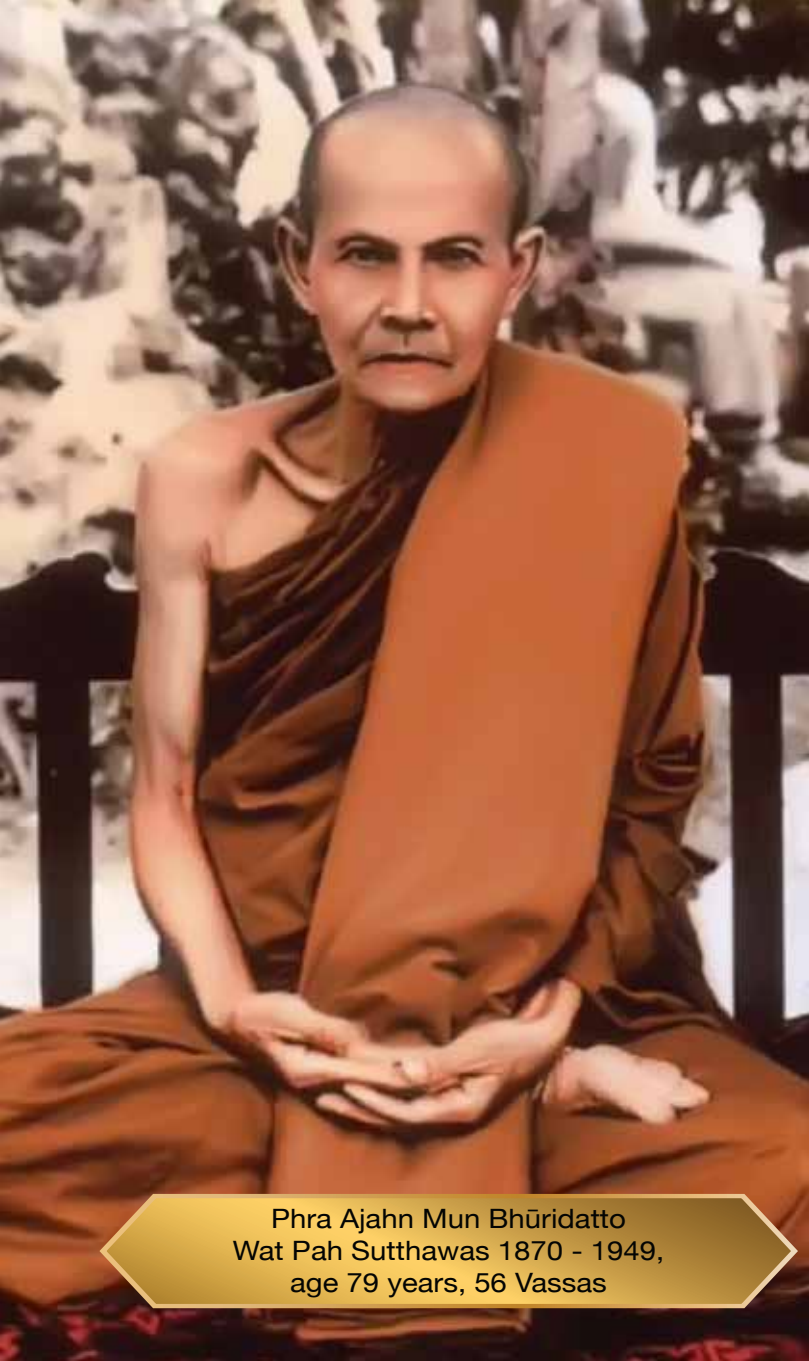
~Ajahn Anan Akiñcano



Buddha Sheltered by Naga
Inside the Uposatha Hall at Wat Marp Jan



The Great Bodhisattva Avalokiteshvara
Inside the Bodhisattva Mahavihara



Phra Ajahn Mun Bhūridatto
Wat Pah Sutthawas 1870 - 1949,
age 79 years, 56 Vassas



Phra Ajahn Mahā Bua Ñāṇasampanno
Wat Pah Baan Taad 1913 - 2011,
age 97 years, 77 Vassas



Phra Bodhiñāṇa Thera (Ajahn Chah Subhaddo)
Wat Nong Pah Pong 1918 - 1992,
age 73 years, 52 Vassas





Venerable Ajahn Anan Akiñcano
Wat Marp Jan Monastery



When you listen to the Dhamma, listen on the topic of creating goodness. Of abandoning evil, doing good, making merit, and wholesome karma.

Be steadfast in generosity, virtue, and the development of the mind (meditation).

If we bring up mindful awareness in the act of listening to this Dhamma however, and our minds become peaceful... then receiving the Dhamma is bound to give rise to a lot of benefit.

Even if we don't know what the Dhamma talk is about, but we simply receive the flow of the Dhamma, then our minds will become more still while we listen to it. This right here, already is the practice. Even though we might not understand the Dhamma that we are listening to, we still understand the practice.



Ways to Bring Our Minds to Peace
1st October 2022
Ajahn Anan Akiñcano



The Dhamma Teachings of Ajahn Anan Akiñcano

A comprehensive collection of Tan Ajahn Anan Akiñcano's Dhamma teachings, given both within Thailand and overseas. They are presented in various categories: monthly Dharma discourses, older sets of talks, audio books, chants, along with other interesting categories.



K - 00 Introduction to the Legacy
of Our Teachers Project [Track 2529]

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Album / Playlist

The Dhamma Teachings of Ajahn Anan Akiñcano

A comprehensive collection of Tan Ajahn Anan Akiñcano's Dhamma teachings, given both within Thailand and overseas. They are presented in various categories: monthly Dharma discourses, older sets of talks, audio books, chants, along with other interesting categories.



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257	Firm Intent	30/05/22	19:50
258	The World & Beyond	31/05/22	23:12



**K-18****JUNE 2022**

- | | | | |
|------------|------------------------------------|----------|--------------|
| 259 | Leaving the Shore of Birth & Death | 01/06/22 | 17:47 |
| 260 | Vipassana with Sound | 03/06/22 | 17:42 |
| 261 | Virtue for Liberation | 04/06/22 | 24:59 |
| 262 | The X-Ray Vision of Vipassana | 11/06/22 | 18:32 |
| 263 | We're Never as Skilled as Ageing | 22/06/22 | 10:58 |
| 264 | Going to Die & Meeting the Buddha | 25/06/22 | 25:43 |
| 265 | Where is True Happiness? | 27/06/22 | 20:33 |
| 266 | The Arising of Insight | 28/06/22 | 13:48 |
| 267 | Mindfulness of the Body | 30/06/22 | 14:39 |



K-19



JULY 2022

268	Kondañña Knows!	05/07/22	18:21
269	The Way to Awakening	06/07/22	37:22
270	Why Haven't We Seen the Dhamma?	07/07/22	18:26
271	The True Dhamma Comes from the Heart	09/07/22	24:10
272	Experiencing the Noble Truths	10/07/22	21:03
273	Nothing to Be	11/07/22	24:11
274	Entering the Rains 2022	14/07/22	17:35
275	Touching Emptiness	15/07/22	20:36
276	Wisdom Emerging from Peace	16/07/22	13:27
277	Mindfulness of Breathing for Peace & Insight	17/07/22	14:57
278	The Four Protections	18/07/22	18:30
279	Never Give Up and You Will Succeed	20/07/22	16:03
280	Seeing the Buddha, Dhamma & Sangha as One	21/07/22	19:14
281	Mindfulness Throughout the Day	23/07/22	24:08
282	Where Am I ?	24/07/22	22:26
283	Skeletons Can Walk	26/07/22	17:39
284	EN-The Emptiness of the Elements	27/07/22	25:03
285	EN-Do Whatever Works	28/07/22	16:25



K-20

AUGUST 2022

286	Suffering & Its Cessation	07/08/22	18:41
287	Idappaccayata - Specific Conditionality	09/08/22	14:26
288	Reprogramming the Mind	10/08/22	19:52
289	The Five Spiritual Powers	11/08/22	21:34
290	Gratitude for Those of Goodness	14/08/22	19:07
291	True Liberty of Heart	15/08/22	18:40
292	To Benefit Oneself and Others	16/08/22	12:44
293	A Heart Filled With Dhamma	17/08/22	13:30
294	How to Enter the Stream	18/08/22	10:30
295	Q&A - Is Mindfulness the Only Way?	20/08/22	13:04
296	Q&A - To Watch Thoughts or to Stop Thoughts?	21/08/22	17:14
297	No Mahayana, No Theravada	22/08/22	12:53
298	Freeing Ourselves From Mara's Snare	24/08/22	16:01
299	EN-Stop Wasting Time	27/08/22	19:48
300	EN-Q&A - Samadhi & Self-Hate	28/08/22	15:00
301	EN-How to Stop Suffering Over Past Mistakes	31/08/22	21:20

K-21



SEPTEMBER 2022

302	Don't Get Lost in Lights or Visions	01/09/22	10:55
303	We Are Born From Our Kamma	03/09/22	18:51
304	Know Your Own Body	04/09/22	17:36
305	Going Forth	05/09/22	15:28
306	Not Too Tense & Not Too Slack	06/09/22	17:10
307	Our Support for This World & the Next	07/09/22	25:45
308	EN-Just One Month Left	10/09/22	19:40
309	EN-Cultivating Mindfulness & Equanimity	11/09/22	17:02
310	EN-This Body is a Robot	12/09/22	17:21
311	EN-A Mind Freed From All Danger	14/09/22	27:24
312	EN-Our Lives Are So Short	15/09/22	12:51





L-01

VIRTUAL RETREAT with Luang Por Anan 6 - 13 MAR 2021

313	The Bases for Mindfulness (Morning)	06/03/21	18:37
314	This Body Is Not Beautiful (Afternoon)	06/03/21	24:47
315	Watching Over the Mind (Night)	06/03/21	22:09
316	Q&A - Equanimity & Christian Meditation (Night)	06/03/21	17:38
317	Taking Nibbana as the Purpose of Our Lives (Morning)	07/03/21	37:26
318	Knowing Feelings as Merely Feelings (Afternoon)	07/03/21	29:29
319	Q&A - Ways to Avoid Rebirth in Lower Realms (Night)	07/03/21	11:15
320	All Things Are Stably Unstable (Morning)	08/03/21	19:19
321	It's Natural for Lust and Anger to Arise (Afternoon)	08/03/21	38:04
322	Q&A - Sati, Sampajañña and Pañña (Night)	08/03/21	15:57
323	Through Haunted Graves and Tigers' Jaws (Morning)	09/03/21	39:21
324	Reducing Desire for Food (Afternoon)	09/03/21	24:38
325	Q&A - Gaps Between Thoughts (Night)	09/03/21	14:49

326	Separating the Mind from Its Objects (Morning)	10/03/21	29:06
327	Peacefulness and Collectedness (Night)	10/03/21	15:23
328	Q&A - Visions in Meditation (Night)	10/03/21	30:15
329	The Buddha Is in Everything (Morning)	11/03/21	36:58
330	Power for Practice (Night)	11/03/21	21:08
331	Q&A - Rousing the Sense of Urgency (Night)	11/03/21	25:10
332	Attachment Is the Cause of Stress (Morning)	12/03/21	37:12
333	House on Fire (Morning)	13/03/21	39:19
334	Evening Dhamma Talk (Night)	13/03/21	9:47

L-02



ONLINE RETREAT with Ajahn Anan 26 MAR - 02 APR 2022

335	Taking the Precepts (Morning)	26/03/22	11:04
336	Online Retreat Opening Ceremony 2022 (Morning)	26/03/22	20:26
337	Make This Life the Best You Can (Night)	26/03/22	21:14

- 338** Q&A - The Clear Pool of Knowing 26/03/22 **16:37**
(Night)
-
- 339** Seeing According to Reality (Morning) 27/03/22 **27:08**
-
- 340** The Path to the End of Suffering 27/03/22 **25:40**
(Night)
-
- 341** Q&A - There's No Other Way (Night) 27/03/22 **26:19**
-
- 342** Why Don't We See the Truth? (Morning) 28/03/22 **40:25**
-
- 343** Q&A -Questions On Eating, 28/03/22 **36:54**
Sleeping & Smoking (Night)
-
- 344** Dhamma for Liberation (Morning) 29/03/22 **46:31**
-
- 345** Q&A - Peace, Asubha 29/03/22 **36:50**
& Ordination (Night)
-
- 346** Putting in Good Causes (Morning) 30/03/22 **31:44**
-
- 347** Q&A - Mindfulness & Rebirth 30/03/22 **24:54**
(Night)
-
- 348** Q&A - Is Being Born as a 31/03/22 **22:20**
Woman Bad Kamma? (Night)
-
- 349** Seeing Dhamma Is Like This 01/04/22 **33:44**
(Morning)
-
- 350** Q&A - Peace for Knowledge (Night) 01/04/22 **32:15**
-
- 351** Q&A - Seeing Dhamma at the 02/04/22 **18:06**
Time of Death (Night)
-
- 352** Closing Ceremony & Teachings 02/04/22 **11:41**
(Night)
-

L-03



IN-PERSON & ONLINE RETREAT with Ajahn Anan 30 JUL - 06 AUG 2022

353	Setting Our Hearts Well (Night)	30/07/22	13:23
354	Dana and Sila Parami (Morning)	31/07/22	21:04
355	Q&A - Boundless Emptiness & Spirits (Night)	31/07/22	26:39
356	The Turning Point of My Life (Morning)	01/08/22	21:37
357	Q&A - You Can See Nibbana (Night)	01/08/22	17:27
358	Relating to Thoughts and Realizing Emptiness (Morning)	02/08/22	21:31
359	Q&A - Dragons & Endurance (Night)	02/08/22	17:04
360	This Path Is for Everyone of All Religions (Morning)	03/08/22	27:57
361	Q&A - Worry and Excitement (Night)	03/08/22	19:28
362	Closing the Door to the Lower Realms (Morning)	04/08/22	18:12
363	Q&A - To Stay or to Leave? (Night)	04/08/22	18:30
364	Two Ways to Walk the Same Path (Morning)	05/08/22	20:40
365	Close to the Buddha (Morning)	06/08/22	18:29
366	Taking Dhamma Practice Back Home (Night)	07/08/22	24:08



M-01

AUDIOBOOKS - Seeking Buddhho

367	Introduction to Seeking Buddhho	1:35
368	Chapter 1 Developing Samadhi	23:49
369	Chapter 2 Samadhi for Liberation	34:50
370	Chapter 3 Seeking Buddhho -Awakened Awareness	54:34
371	Chapter 4 Marananussati -Keeping the End in Mind	46:50



M-02

AUDIOBOOKS - Simple Teachings on Higher Truths

372	Title and Introduction	7:36
373	Happiness—Out of Suffering	8:08
374	Meditation—The Development of the Mind Part One	17:30
375	Meditation—The Development of the Mind Part Two	17:44
376	Mindfulness—The Heart of the Practice	11:08
377	Motivation—Why Practice?	14:20
378	Virtue—Guidelines for Life	11:12

379	Karma—Actions and Their Results	11:01
380	Kindness—Being at Ease	19:34
381	Wisdom—Insight Into Truth	14:54
382	Letting Go—Completing the Path	9:21



M-03

AUDIOBOOKS

- The World and The Heart

383	Title and Preface - The World and the Heart	04:12
384	The World and the Heart	16:51
385	Something that Endures	19:47
386	Beyond Doubt-Beyond Self	9:56
387	Finding the Path	21:04
388	From Wisdom-Freedom	22:15



M-04

AUDIOBOOKS – Sotāpattimaggā

389	Introduction	5:37
390	The Middle Way Part 1	22:04
391	The Middle Way Part 2	35:13
392	The Path of the Sotapanna Part 1	28:09
393	The Path of the Sotapanna Part 2	28:02



M-05

AUDIOBOOKS

- The Teachings of Ajahn Chah

394 Becoming a Samana - The Path to Peace **56:00**

395 A Gift of Dhamma **20:24**

396 Why Are We Here **26:52**

397 Meditation **11:19**

398 Developing Samadhi **20:37**

399 Still-Flowing Water **54:22**

400 In the Shape of a Circle **1:03:27**

401 Our Real Home **39:50**



N-01

The Dhamma of Ven. Ajahn Anan Akiñcano

402 Introduction to Dhamma **31:36**

403 Q&A - Meditation Methods **33:03**

404 Q&A - About the World **26:28**

405 The Practice Is Just Like Food **53:14**

406 Q&A - Relating to Others **28:04**

407 Fighting Off the Hindrances **43:34**

408	Q&A - Karma	33:56
409	Q&A - Defilements Cause Problems	28:55
410	Asubha for Monks	32:04
411	Magha Puja morning	25:43
412	Magha Puja afternoon	27:07
413	Q&A - About Ajahn Anan and Luang Pu Chah	24:01
414	Q&A - Staying in the Present Moment	36:36
415	Q&A - Personal Meditation Questions 1	31:54
416	Q&A - Ghosts	26:30
417	Q&A - Personal Meditation Questions 2	44:21
418	House Blessing-Protect your Heart	6:38
419	Higher Levels of the Practice	53:29
420	Q&A - Personal Meditation Questions 3	46:53
421	Final The Direct Path	41:34
422	Relics-On Respect	8:49
423	Farewell to the Sangha	6:08



N-02

The Unbounded Mind

- | | | |
|------------|------------------------------------|--------------|
| 424 | Introduction by Ajahn Anan | 2:08 |
| 425 | Ajahn Anan's Journey to the Sangha | 30:58 |
| 426 | Foundation of Dhamma | 45:06 |



N-03

Acariyadhamma

- | | | |
|------------|---|--------------|
| 427 | Studying the Science of Buddhism | 55:24 |
| 428 | Giving Up Ditthi Mana | 44:29 |
| 429 | Follow This Simple Practice and
Prove It | 57:17 |
| 430 | The Complete Path of Practice | 19:50 |
| 431 | Reaching the End of Suffering | 14:55 |
| 432 | Guided Meditation | 28:05 |
| 433 | How to Practice Metta | 09:00 |
| 434 | The Role of Buddhism In a Material
Society | 57:30 |
| 435 | Detaching From Conditioned
Phenomena | 41:21 |
| 436 | Q&A - Developing Awakened Qualities | 11:14 |

437	Training Yourself for True Dhamma	20:29
438	Maintaining the Calm Mind	28:50
439	Q&A - Combating Defilements With Dhamma	20:53
440	Steps Towards Emptiness	20:07
441	Q&A - Abandoning Views for Liberation	12:46
442	The Benefits of Dana	27:01
443	Q&A - Patience in Changing the World	43:21
444	Overcoming Critical Thoughts	12:48
445	Q&A - Owners of Our Kamma	7:15
446	How to Develop the Knowing	1:11
447	The Practice Is in the Heart - Not in the Monastery	21:19
448	Respecting Those Above Us 1	17:19
449	Respecting Those Above Us 2	17:19





N-04

Australia 2011

450	Steps to Understanding the Truth	25:50
451	The Struggle of the Buddha	22:34
452	Importance of Our Parents	31:09
453	Taking the Practice Home	19:36
454	The Role of Sankhara	29:04
455	Buddhism in the City	7:04
456	The Final Life	33:20
457	What is Nibbana	18:00
458	Don't Let the World Get You Down	28:32
459	Dying Correctly	1:02:05
460	Keep On in the Practice	42:52
461	Developing the Wisdom to Let Go	45:54
462	Views Towards Buddhist Practice	34:05
463	How Kamma Creates Our Present	38:57
464	Nagas and Dragons	30:05
465	Forgiveness Talk	4:11

N-05



Dhammasakaccha

466	Relics and Their Significance	39:37
467	Vesakha Puja	32:24
468	The Mind of an Arahant	56:04

N-06



Dhamma From Video Media

469	Samadhi Bhavana	25:13
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O-01



VDO FRIDAY DHAMMA 2017

470	The Taste of Nibbana	10/11/17	15:22
471	What it Took to Gain This Dhamma	01/12/17	15:23
472	Venerable Dhammadinna Theri- Foremost in Expounding the Dhamma	08/12/17	10:32
473	Principles of Using Wealth	10/11/17	16:00



O-02

VDO FRIDAY DHAMMA 2018

474	The Value of Our Breath	26/12/18	15:11
475	Letting Go of Attachments	02/02/18	15:09
476	Venerable Sivali- Foremost in Gains	09/02/18	7:05
477	Magha Puja 2018- Teaching the Heart of Buddhism	02/03/18	19:55
478	The Origins of the Mangala Sutta	09/03/18	22:31
479	Repaying the Goodness of Our Parents	30/03/18	16:18
480	The Causes of Prosperity	06/04/18	22:31
481	How Homage Gives Our Lives Goodness	13/04/18	14:49
482	The Places Conducive for Prosperity	20/04/18	14:44
483	The Importance of a Suitable Country	27/04/18	18:20
484	Living Heedfully & Creating Goodness	04/05/18	18:19
485	Catch the Monkey in Your Mind	11/05/18	19:23
486	The Mind With Greed, Hatred & Delusion	18/05/18	17:49
487	Visakha Puja 2018- The Beginning of the Spread of Buddhism	25/05/18	17:13
488	Walking the Eightfold Path & Buying Land	01/06/18	17:42

489	Ajahn Tong Rat's Zen Ways of Teaching	08/06/18	19:43
490	Establishing Ourselves in Goodness	22/06/18	20:32
491	See Name and Form as Not-Self	29/06/18	20:48
492	Vipallasa- Distorted Understanding of the Truth	06/07/18	17:43
493	Having Survived, What Thoughts Do You Have?	20/07/18	10:54
494	Founding the Heart in Mindfulness	03/08/18	13:43
495	What is True Happiness (A Zen Story)	10/08/18	12:18
496	Un-Selfishness (With Interviews)	17/08/18	10:38
497	When We Do Good but Others Say it's Bad (With an Interview)	31/08/18	10:45
498	The True Diamond Is in the Heart (A Zen Story)	07/09/18	10:20
499	A Fruitful Ordination	14/09/18	8:23
500	Anathapindika's Skillful Means to Teach His Children	21/09/18	13:37
501	Being a Good Son	28/09/18	12:17
502	Wanting to Attain Dhamma	05/10/18	10:37
503	The Vegetarian Festival	12/10/18	10:45
504	Harmony	19/10/18	7:59
505	The End of Rains & Kathina Ceremony 2018	23/10/18	11:56
506	Happiness, Wealth & Success	23/11/18	13:55

507	Wit & Wisdom Are More Important	30/11/18	16:45
508	The Power of Truth	07/12/18	16:51
509	The Benefits of Generosity	14/12/18	12:12
510	Value of Being Virtuous	18/12/18	15:13



O-03

VDO FRIDAY DHAMMA 2019

511	Starting the New Year With Right View	04/01/19	11:52
512	Living a Disciplined Life Is One of the Highest Blessings	11/01/19	15:19
513	Remembering Venerable Luang Pu Chah	18/01/19	13:30
514	Generosity, Mindfulness, Concentration & Wisdom	25/01/19	19:04
515	Chinese New Year Dhamma	01/02/19	10:07
516	Giving Up Stubbornness and Conceit	08/02/19	14:45
517	From a Monk of Little Wisdom to the Highest Level Arahant	22/02/19	17:56
518	Don't Pay Any Mind to Miracles	01/03/19	14:11
519	The Bodhi Tree & Faith in the Triple Gem	08/03/19	13:34

520	Starting From the Basics of Meditation	15/03/19	17:43
521	The Benefits of Samadhi	22/03/19	12:46
522	Skillful Means for Harmony (A Zen Story)	29/03/19	10:03
523	Expressing Our Appreciation & Gladness 2022	05/04/19	11:35
524	Mount Me & Mount You	12/04/19	8:40
525	Novice Rahula's Love for Learning	19/04/19	9:58
526	The Qualities That Bring Success	26/04/19	7:32
527	A Dog Saved by Merit	03/05/19	9:49
528	A Gift Purely Given Brings Great Benefit	10/05/19	10:21
529	Visakha Puja & The Four Noble Truths	17/05/19	7:42
530	Those Who Have Dhamma See Everything in Terms of Dhamma	24/05/19	7:44
531	Practice for Yourself (A Zen Story)	31/05/19	7:04
532	Giving Without Expectation of Return	07/06/19	9:19
533	The Origin of the Word 'Sadhu'	21/06/19	11:10
534	All Right, it's Correct (Zen Stories)	28/06/19	09:36
535	Blindly Touching an Elephant	05/07/19	10:27
536	Asalha Puja 2019	12/07/19	10:21
537	Enlightenment Doesn't Discriminate Between Men & Women	19/07/19	13:32
538	The Perfection of Determinations of Truth	26/07/19	15:57

539	An Overflowing Tea Cup	02/08/19	9:30
540	Self-Sacrifice & Harmony	09/08/19	10:12
541	Like A Stick That's Too Short and Too Long	16/08/19	12:45
542	The Secret To Success (A Zen Story)	23/08/19	11:07
543	Short And Long Are Not Equal (A Zen Story)	30/08/19	8:20
544	Where Is Happiness to be Found? (A Zen Story)	19/09/19	9:19
545	Venerable Sona Kolivisa Thera - One With Persistent Effort	13/09/19	9:11
546	Venerable Khema Theri- Foremost in Wisdom	20/09/19	10:55
547	Upasika Khujjutara- Foremost in Extensive Knowledge	27/09/19	12:42
548	Venerable Sariputta- Foremost in Wisdom	04/10/19	11:34
549	The Principle of Harmony	11/10/19	11:14
550	King Asoka the Great & Venerable Upagupta Thera	15/11/19	13:15
551	The Power of Kindness	29/11/19	15:23
552	Paying Respects to a Stupa That Contains the Buddha's Relics	20/12/19	13:16
553	Prepare Your Mind For the New Year 2020	28/12/19	16:51



O-04

VDO FRIDAY DHAMMA 2020

- | | | | |
|------------|---|----------|--------------|
| 554 | Starting the New Year With Goodness 2020 | 03/01/20 | 15:32 |
| 555 | What Kind of People Is it a Blessing to Pay Homage to? | 10/01/20 | 16:44 |
| 556 | Luang Pu Chah Commemoration and Chinese New Year 2020 | 24/01/20 | 16:49 |
| 557 | The Benefits of Chanting | 31/01/20 | 16:56 |
| 558 | Magha Puja 2020 | 07/02/20 | 20:40 |
| 559 | Giving in the Midst of Crisis | 14/02/20 | 15:34 |
| 560 | Venerable Singalamata Theri Foremost in Attaining through Faith | 21/02/20 | 15:45 |
| 561 | A True Rich Person | 28/02/20 | 11:38 |
| 562 | The Blessing of Forbearance & Being Easy to Admonish | 06/03/20 | 18:50 |
| 563 | The More the Crisis, the More the Need for Metta | 13/03/20 | 13:59 |
| 564 | Overlooked Ways of Coping With the Pandemic | 27/03/20 | 13:11 |
| 565 | COVID-19 - What Has the World Learned? | 03/04/20 | 15:14 |
| 566 | Heedlessness Is the Path to Death | 10/04/20 | 18:44 |

567	Death and Separation	17/04/20	17:05
568	COVID-19 Arises From What Karma?	24/04/20	17:40
569	The Awakening of the Buddha	01/05/20	17:40
570	Venerable Ananda Thera and the Passing of Lord Buddha	08/05/20	14:39
571	Life in the New Normal	31/05/20	15:48
572	The Heart of a Leader Is a Heart Filled With Dhamma	12/06/20	17:24
573	How to Worry Less	19/06/20	14:42
574	Living a Happy Life	26/06/20	17:15
575	Through Lord Buddha's Kindness and Compassion	03/07/20	17:20
576	Inspiration to Build Goodness	10/07/20	13:30
577	True Happiness	17/07/20	5:04
578	The Value of Time	24/07/20	14:07
579	Managing Time for Success	31/07/20	15:12
580	Overcoming Guilt	07/08/20	13:40
581	Gratitude Is the Hallmark of Good People	14/08/20	9:27
582	Tossing Off Laziness	21/08/20	19:01
583	Which Friends Can Lead Us to Success in Life?	04/09/20	18:13
584	Why Were We Born?	11/09/20	21:51

585	A True Refuge	18/09/20	4:28
586	Kindness Supports the World (With an Interview)	25/09/20	17:14
587	Harmony Brings Happiness	02/10/20	15:35
588	Nothing in This World Lasts	06/11/20	16:39
589	How to Gain Wisdom From Listening to Dhamma	13/11/20	18:49
590	Wisdom and Instinct	20/11/20	14:28
591	Establishing Right View Is an Important Form of Merit	27/11/20	13:19
592	What Merit Comes From Being Modest and Humble	04/12/20	14:08
593	EN-The Merits From Making the Effort to Help Out	11/12/20	15:34
594	The Merits Gained From Listening to Dhamma and Teaching Dhamma	18/12/20	15:03
595	Living Through Loving-Kindness	25/12/20	15:22





O-05

VDO FRIDAY DHAMMA 2021

596	The Virtue of Compassion	08/01/21	18:25
597	Practising Sympathetic Joy	15/01/21	16:15
598	Training in Equanimity	22/01/21	15:12
599	The Benefits and Importance of Samadhi	29/01/21	14:41
600	Welcoming Chinese New Year 2021	12/02/21	14:52
601	The Teaching of Magha Puja Day 2021	19/02/21	12:17
602	Patient Endurance Burns Up the Defilements	05/03/21	18:58
603	Moving in the Direction of Life's Highest Blessings	12/03/21	16:51
604	The Buddha's Renunciation	19/03/21	15:23
605	The Blessing of Skill in the Arts	26/03/21	19:08
606	Stopping the Mind from Spinning With the World	02/04/21	20:04
607	What Did the Buddha Respect?	09/04/21	14:49
608	Being Fair, Unbiased is the Path to Buddha-Nature	16/04/21	14:56
609	Humility and Modesty - The Virtues of Venerable Maha Kassapa	23/04/21	21:08

610	The Blessing of Discipline - Ven.Upali Foremost in Vinaya	30/04/21	20:14
611	Noble Wealth	07/05/21	14:52
612	The Birth of the Buddha (Dhamma Q&A)	21/05/21	9:40
613	The Great Compassion of the Buddha - (Dhamma Q&A)	04/06/21	12:26
614	The Way Out of Life's Problems	25/06/21	8:10
615	Triple Gem As Our Highest Refuge	09/07/21	10:59
616	Types of Happiness for Laypeople	16/07/21	15:58
617	The Miracle of Dhamma	23/07/21	13:03
618	Selflessness Is the Groundwork for Nibbana	30/07/21	8:44
619	Selflessness and Harmony	06/08/21	14:50
620	Gratitude	13/08/21	12:52
621	Living Freely	20/08/21	16:25
622	Our Responsibility to Our Parents	27/08/21	17:34
623	Overcoming Discouragement & Despair	03/09/21	17:58
624	This Valuable Human Live	10/09/21	15:06
625	Free From Craving, Free From Suffering	17/09/21	18:26
626	Don't Overlook the Results of Making Merit, No Matter How Small	24/09/21	11:48

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|------------|---|----------|--------------|
| 627 | Let Go of Anger, an Obstacle to Nibbana | 01/10/21 | 14:50 |
| <hr/> | | | |
| 628 | Talent or Striving - Which Is More Important? | 08/10/21 | 15:32 |
| <hr/> | | | |
| 629 | True Serenity | 29/10/21 | 15:05 |
| <hr/> | | | |
| 630 | Living Harmoniously | 26/11/21 | 17:15 |
| <hr/> | | | |
| 631 | 37 Years of Wat Marp Jan | 03/12/21 | 9:27 |
| <hr/> | | | |
| 632 | Happiness Through the Brahma-Viharas | 10/12/21 | 17:00 |
| <hr/> | | | |
| 633 | Uttara- The Power of Loving Kindness | 17/12/21 | 13:48 |
| <hr/> | | | |
| 634 | Conditions Giving Rise to Progress | 24/12/21 | 13:20 |
| <hr/> | | | |



O-06



VDO FRIDAY DHAMMA 2022

635 From Tiny Acts of Goodness to Great Success 07/01/22 **15:00**

636 What Good Arises From Establishing Oneself on a Wholesome Path? 21/01/22 **7:20**

637 A Good Blessing Requires Wisdom 28/01/22 **18:04**

638 A Handicapped Body but a Healthy Mind 25/02/22 **16:13**

639 Alzheimer's Disease 04/03/22 **14:58**

640 Merit & Goodness From the Past Bring Forth Good Results 11/03/22 **15:56**

641 Putting Our Minds at Ease in the Midst of the World 18/03/22 **15:22**

642 Instilling Faith 25/03/22 **13:06**

643 Age-Mocking Day & Body-Mocking Day 01/04/22 **18:29**

644 Requesting Blessings for the Thai New Year 15/04/22 **16:19**

645 The Elements Of Buddhism 22/04/22 **13:14**

646 The Path to Becoming a Buddha 06/05/22 **12:56**

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|------------|---|----------|--------------|
| 647 | The Search for the Path Out of Suffering | 13/05/22 | 17:21 |
| 648 | The Four Iddhipada- The Path of Accomplishment | 20/05/22 | 13:43 |
| 649 | The Multifold Sacrifices of the Buddha | 27/05/22 | 15:39 |
| 650 | Quelling Anger, Curbing Its Intensity | 10/06/22 | 16:23 |
| 651 | Begin With Faith, Wisdom and Perseverance | 17/06/22 | 15:05 |
| 652 | The Happiness of the Buddha's Liberation | 01/07/22 | 22:19 |
| 653 | Listening Carefully Brings About Wisdom | 08/07/22 | 15:42 |
| 654 | Yasa's Ordination & the Gradual Discourse | 22/07/22 | 14:45 |
| 655 | A True Friend in the Dhamma | 29/07/22 | 16:43 |
| 656 | Kavampati Thera - Excellence Arises From Exceptional Causes | 05/08/22 | 13:21 |
| 657 | Dhamma Practice in a Nutshell | 12/08/22 | 18:24 |
| 658 | Those Rare People in This World | 19/08/22 | 11:52 |
| 659 | How to Behave Around Fools | 26/08/22 | 16:22 |
| 660 | The Noble Wealth of Virtue | 02/08/22 | 15:23 |
| 661 | The Drawbacks of Not Keeping Sila | 09/08/22 | 13:39 |

P-01



Wat Marp Jan Chanting

662	Morning Chanting in Pāli	13:13
663	Sabbapatti-dāna-gāthā in Pāli	1:27
664	Evening Chanting in Pāli	12:19
665	Uddisanādhiṭṭhāna-gāthā in Pāli	2:14
666	Reflections on Universal Well-Being in Pāli	1:29
667	An Invitation to the Devas	2:05
668	Great Homage-Going to the Triple Refuge	1:44
669	Sambuddhe	1:59
670	Namakāra-siddhi-gāthā	2:00
671	Namo-kār-aṭṭhaka-gāthā	0:59
672	Maṅgala-sutta	2:22
673	Ratana-sutta	2:21
674	Karaṇīya-metta-sutta	2:30
675	Khandha-paritta	0:36
676	Mora-paritta	1:38
677	Āṭānāṭiya-paritta	1:28
678	Aṅgulimāla-paritta	0:22
679	Bojjhaṅga-paritta	1:55

680	Abhaya-paritta	0:53
681	Pakiṇṇaka-gāthā	2:16
682	Devatā-uyyोजना-gāthā	0:53
683	Qualities of the Triple Gem	1:34
684	Buddha-jaya-maṅgala-gāthā	3:17
685	Jaya-paritta	2:06
686	Jinapañjara-gāthā	4:31
687	Buddhānussati Dhammānussati Saṅghānussati	12:31
688	Buddhānussati Dhammānussati Saṅghānussati x9	18:47
689	Morning Chanting in Pāli 16 mins	16:07
690	Morning Chanting in Pāli 21 mins	20:37
691	Evening Chanting in Pāli 16 mins	16:00
692	Evening Chanting in Pāli 21 mins	20:32



อิติปิโส 108 / Itipiso 108 Times
 นำสวดโดยพระอาจารย์อนันต์ อภิญาโน
 By Venerable Ajahn Anan Akiñcano

P-02



Karaniya Metta Sutta

693	Karaṇīya-metta-sutta - 1 hour	1:01:32
694	Metta-sutta - 1 hour	59:51
695	Paritta Chanting	25:46

P-03



Chanting with Music

696	Great Homage with Music	4:35
697	Going for Refuge with Music	15:33
698	Buddhānussati with Music	28:15
699	The Heart Sutra with Music	27:11
700	Maṅgala-sutta with Music	08:59
701	Metta-sutta with Music	9:10
702	Ratana-sutta with Music	27:11
703	Jayamaṅgala-gāthā, Bāhuṃ-Mahākā with Music	23:35
704	Dhamma-cakkappavattana- sutta with Music	19:58



P-04

Wat Marp Jan New Year 2017

705	Sarabhañña Chant by the Monastics x2	15:36
706	Sarabhañña Chant by the Laity x2	11:35
707	Itipiso Chant by 9 Monastics x2	8:42
708	Itipiso Chant by 5 Western Monastics x2	5:16
709	Sarabhañña Chant with English	14:44
710	Itipiso 108 Times by the Monastics	41:33
711	Blessing in Pāli	1:58
712	Blessing with Thai	3:24
713	Blessing with English	3:01



Q-01

Biography and History

714	Biography of Venerable Ajahn Chah	15:36
715	Biography of Venerable Ajahn Anan	11:35
716	History of Wat Marp Jan Monastery	8:42

Phra Bodhiñāṇa Thera (Ajahn Chah Subhaddo)

Venerable Ajahn Chah (Bodhiñāṇa Thera) was born in 1918 in a farming village in Ubon Ratchathani province, Northeastern Thailand. He ordained as a novice monk for a brief period in his youth, and at the age of 20, still deeply attracted to monastic life, took full ordination. After following the traditional curriculum of Buddhist studies customary in Thailand at that time, he eventually grew disenchanted with study. In 1946 he took up the austere life of a wandering forest monk.

Thailand's tradition of forest-dwelling monks, having waned in previous centuries, had been revived recently by renowned meditation master Ajahn Mun. Inspired by this teacher's example, many monks in early twentieth century Thailand abandoned sedentary lives of study to wander the forest as the Buddha had, practicing strictly in line with the Vinaya — the Buddhist code of monastic discipline — and single-mindedly pursuing meditation as a path to the realization of truth. Desiring to find the real essence of the Buddha's teachings, Ajahn Chah followed the example of such wandering monks. He spent the following eight years of his life searching out remote wilderness areas and practicing meditation under various teachers of the tradition, including Venerable Ajahn Mun himself.

After many arduous years of travel and practice, Ajahn Chah was invited to settle in a thick forest grove, known as a dwelling place of tigers, cobras, and spirits, near the village of his birth. The monastery that eventually grew up there came to be known

as Wat Nong Pah Pong. The conditions were difficult and the basic living requisites scarce. Out of faith and loyalty to their teacher, Ajahn Chah, the monks and nuns willingly endured these myriad hardships to follow the path and teachings Ajahn Chah lovingly laid out for them.

In 1981 Ajahn Chah's health began to fail, culminating in the need for a brain surgery. Despite this intervention, his condition became progressively worse, and he spent the last ten years of his life bedridden and unable to speak. Throughout this time he was carefully tended by his faithful disciples.

On the 16th of January, 1992, Venerable Ajahn Chah passed away at the age of 74, leaving behind a lineage that is still growing today. He is credited with the highest spiritual accomplishments of the Buddhist path and was loved for his humor and wisdom. Individuals interested in the liberating teachings of the Buddha, both monastic and lay, Thai and international, traveled far and wide to seek out even a short audience with this extraordinary yet down-to-earth man. The warm embrace of Ajahn Chah's compassionate presence touched many hearts around the world, and his sharp wisdom was always at hand to help others find their way to true peace of mind.

Headed by the King and Queen of Thailand, his funeral was attended by nearly a million people, paying their last respects to a man who truly embodied the Buddha's teachings. To this day thousands of monastics and lay people come to pay respects and practice the Dhamma on the anniversary of Ajahn Chah's death. As Ajahn Chah's disciples remind us on such occasions, the best way to honor his memory is to practice and realize for ourselves the freedom to which Ajahn Chah so compassionately pointed the way.

Venerable Ajahn Anan Akiñcano

Venerable Ajahn Anan Akiñcano was born in the provincial town of Saraburi, Central Thailand, on the 31st of March, 1954, with the name of Anan Chan-in. From an early age he regularly accompanied his parents to the local temple to chant and pay respects to the monks, and felt great faith at seeing monastery images of the Buddha. He excelled in his studies and was hired soon after graduation as an accountant. Though a diligent employee, he found himself increasingly drawn to Buddhist practice and began living at a nearby monastery during his hours away from work.

For the next year, he worked as an accountant while strictly observing the eight precepts of a lay practitioner and increasing his efforts in practice. After offering food to the monks each morning, he traveled to work and then returned to the monastery in the evening to meditate.

The insight resulting from his practice eventually removed any remaining doubts about committing his life to the Buddha's teachings, and he decided to enter the monastic order.

On July 3rd, 1975, the young Anan took full ordination under his preceptor and teacher, the Venerable Ajahn Chah, and was given the Pali name Akiñcano, meaning "One Without Worries." He spent the next four years practicing meditation at Ajahn Chah's main monastery, Wat Nong Pah Pong, and associated branches in Northeast Thailand, developing a close relationship as Ajahn Chah's personal attendant.



Ajahn Anan's understanding of the practice developed quickly from spending so much time near his teacher, and he was soon encouraged by Ajahn Chah to search out more secluded places to further his efforts in meditation.

In 1984, Ajahn Anan ended his wandering to found a monastery on a newly-offered section of uninhabited land on the coast of Central Thailand. Accompanied by two other monks and a novice, the group settled in the dense forest of Rayong province at what is now known as Wat Marp Jan, or "Monastery of the Moonlit Mountain".

Over thirty-eight years later, Ajahn Anan's reputation as an accomplished meditation teacher has grown, along with the number of monks coming to live under him. While his teachings stress the fundamentals of day-to-day meditation and mindfulness practice, Ajahn Anan is also known for his ability to articulate the Buddhist path in terms that practitioners of varied backgrounds can understand. His instruction has attracted a large following of foreigners, with monks from all over the world residing at Wat Marp Jan and its branches. Today, Ajahn Anan attends to his duties as abbot and teacher, looking after a growing number of branch monasteries in Thailand and overseas, teaching visiting laity, and instructing the monks who practice under his guidance.

Wat Marp Jan

Wat Marp Jan, the 73rd branch monastery of Wat Nong Pah Pong, found its beginning in 1984 with Ajahn Anan and a fellow monk wandering on tudong in the thick forest surrounding Yai Da Mountain near Rayong in central Thailand. The scattered fishing villages and fruit plantations of the coast lay far from Ajahn Chah's monastery in the Northeast where the two had ordained. However, the residents of Rayong province had received a visit from Wat Nong Pah Pong's forest monks years earlier, and some already knew of Ajahn Chah's meditation tradition. A local couple, Mr. Somphol and Ms. Sungwian Suwannachote, met the monks on their daily alms round and in an act of faith, offered a large piece of land on which the monks could live and practice. Cooled by the breezes of the nearby coast and protected by deep forest from the bustle of Rayong, Yai Da Mountain offered an ideal environment for the new monastery. The newly-incumbent abbot, Tan Ajahn Anan, initially named the monastery "Samnak Song Subhaddabanpot", or "Mountain of Prosperity", in honor of his beloved teacher, Luang Por Chah Subhaddo.

While Ajahn Anan had already encountered the difficulties of living in the forest in his years of wandering tudong, the deep wilderness of Yai Da mountain offered a set of unique challenges to the three monks, one novice, and four laymen who were the first residents of the new monastery. The undeveloped land was inhabited by bears, mountain cats, barking deer, and monkeys, as well as by a variety of snakes including pythons and king cobras. Although Wat Marp Jan has been malaria-free since 1991, in the early years most of the monks came down with the illness at least once. Tan Ajahn Anan had malaria no less than six times. Staying in simple monastic umbrella tents, the monks confronted such difficulties as one aspect of

their practice of Dhamma and patient endurance.

Ajahn Anan's renown spread and Wat Marp Jan quickly became a central meeting place in the East of Thailand for monks associated with the Thai forest tradition, receiving visits from renowned teachers including Luang Dta Maha Boowa and Luang Por Baen. In 1996, construction began on a new Uposatha Hall situated on a hill above the monastery. Designed to accommodate over five hundred people, the new heart of the monastery provided a center where monks and novices could ordain and where the monastic community could hold its bi-weekly recitation of the Patimokkha, or monastic code. The new Uposatha hall took five years to complete and was built to evoke the image of a boat as a metaphor for the crossing over the trials of samsara to the deliverance of Nibbana.

In subsequent years, both the monastery and Ajahn Anan's reputation have continued to grow and today Wat Marp Jan accommodates a resident community of over sixty monks, including many foreigners who have come to Thailand to ordain. While the facilities of Wat Marp Jan are more complete than in its beginning years, Ajahn Anan continues to encourage his monks to wander tudong in remote forests and practice meditation in the simple conditions of Wat Marp Jan's ten branch monasteries throughout Thailand and Australia.

In 2014, the monastery began construction of a large Chedi intended to house sacred artifacts and serve as a place of worship for visiting faithful. A combination of Theravada and Mahayana architectural styles, the monument serves as a symbol of harmony between the various branches of Buddhism and of the hope that Wat Marp Jan may continue to serve as a place of refuge and inspiration for the growing international Buddhist community.



“At the 25 year mark of Wat Nong Pa Pong, Ajahn Chah said that whoever spends 25 years devoted to their practice, no matter whether a monk or layperson, will have to gain a firm grounding in the Buddhist path, or even awaken or attain to the Dhamma.”





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Maps

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WAT MARP JAN

ไป อ.บ้านค่าย
to Ban Khai District

3138

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Pattaya Rayong Rd.

36

ระยอง
Rayong

รพ. ระยอง
Rayong Hospital



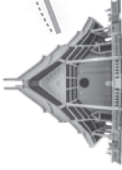
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to Sattahip

ไปหาดแม่รำพึง
to Mae Ramping Beach

3

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to Tapong



1.7 กม./km.

ไปวัดธรรมสถิต
to Wat Thamma Sathit

3 กม./km.

ไปจันทบุรี
to Chanthaburi

กม.ที่ / km. @241

ไปสวนสม
to Suan Son

ไปหาดบ้านเพ
to Ban Phe Beach

2 กม./km.



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