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## Pine Forest Sangha

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Updated: 14 Jul 2006

By [Yamato Edo](#), [Gwynedd](#)

Pine Forest Sangha is a Buddhist monastery and retreat of the Vajrayana and Shingon traditions that provides the opportunity for all visitors to participate in the Buddhist monastic way of life; learning about buddhist history, philosophy, mindfulness and meditation including guided meditation.

The principal teachings of the Sangha are the Great Wisdom sutras, of which the Heart sutra is dominant and one of the most important teachings of Shakyamuni Buddha, the Lotus sutra and the Anapanasati sutra; this is one of the main teachings used and is one of the shortest, most telegraphic yet most profound Buddhist teachings.

People who visit will have the opportunity to learn about inter-being, a universal law ignored completely because of ignorance of the concept. The laws of inter being and impermanence will help people to come to a true understanding of non-self or selflessness, of loving kindness and of compassion.

Edo Shonin, our resident teacher, has been a monk in the Nyingma and Shingon traditions for over 40 years. Born to a devoted Buddhist family, his monastic education began at 5 years of age. From the beginning he has been devoted to the traditional Shingon ways as well as the Lam Rim and Zog Chen teachings of the Nyingma. He has dedicated all of his life to learning and teaching Buddhism in various Asian countries.

Pine Forest Sangha gives aid and support to the local and wider community on a voluntary basis as well as running a number of overseas projects to help relieve suffering and poverty in the third world.

**Web address:** <http://www.pineforest.org.uk/>

**Address:** Pine Forest Sangha,  
Cae Rhys,  
Trawsfynydd,  
Blaenau Ffestiniog,  
Gwynedd,  
North Wales LL41 4TS

**Phone:** 07871437965

**E-mail:** [enquiries@pineforest.org.uk](mailto:enquiries@pineforest.org.uk)

**Further information:** The monastery is open every day all year round for anyone who wishes to spend a few hours or a few weeks living in harmony and peace. The monastery is situated in the heart of Snowdonia National Park with open views of Trawsfynydd Lake and is enclosed by a beautiful pine forest.

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