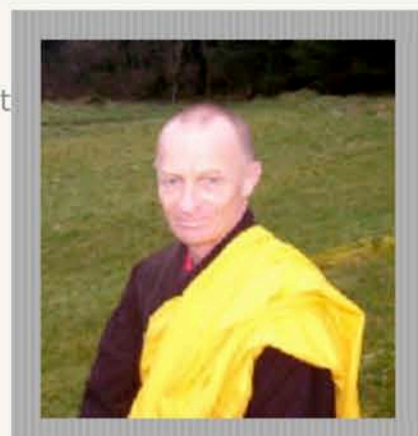


## The Monastics

Br. Edo and Br. William are the two resident monks at the retreat who are sometimes joined by visiting monks from Buddhist and non-Buddhist schools alike. They describe themselves as simple monks dedicated to the Bodhisattva ideal of serving others.



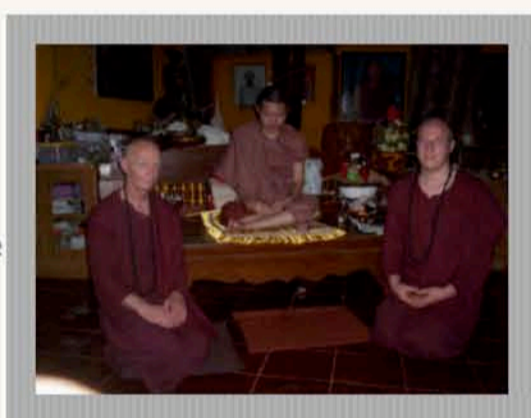
Br. Edo, originally from Scotland has dedicated the best part of his adult life towards spiritual development. He has received many transmissions and has been formally ordained in both the Hinayāna and Mahayana Buddhist schools. Br. Edo has followed the example set by his first teachers who in addition to being Buddhist monks also practiced the less familiar ways of the Yogi and have preferred as much as possible to remain unknown and unimportant. Br. Edo has spent a great deal of time traveling through different countries and sharing his teachings with anybody who may be interested. He prefers people to concentrate on the teachings rather than become dependant on any teacher. In many respects the teacher is just the vessel that carries the Dharma or nectar of the Buddha's teachings and it is this nectar, when received correctly, that is of most benefit.



Br. William, in his late twenty's has been a monk for a little over three years. He was born in Nottingham and has felt a strong pull towards spiritual development since his teenage years. He graduated from Durham University in the year 2000 and along with Br. Edo is this year hoping to undertake postgraduate qualifications in the field of psychology and post traumatic stress. The brothers hope to complement and further their understanding of this area of work by combining modern day approaches with their personal experiences gained from practicing Buddhist meditation and philosophy.

In a visit to Thailand earlier this year both of the Brothers received transmissions and further formal ordinations as Yogis under Master Draythep Chantawanno in Northern Thailand. The brothers are also very honoured and delighted to accept Master Chantawanno's invitation to help him teach the practices and meditation methods of his lineage over here in Great Britain.

Many people who share in the practice with the brothers feel that it is of great benefit, helping them to be less controlled by the negative emotions of the troubled mind. As we have said, the practice of meditation is for everyone. However, the only way to know if this particular practice is of benefit to you, is to make your own experience. So, you are welcome to come along and do just that - make your own experience first hand. We encourage all visitors to visit as many different teachers and schools of thought as is possible, thus they can create a healthy and broad foundation upon which they can build their own practice of meditation.



Master Chantawanno

The Brothers believe that whilst lineage and tradition are very important and special, sometimes people risk falling into the trap of following a particular group just because it can make impressive claims or has teachers with impressive titles for example. At Tranquil Abiding we therefore prefer not to place too great an emphasis on this and prefer people to make up their minds according to the quality of their own experience and the spiritual benefit they gain from the practice. In short and put very simply, if you like what you experience then come again, if not then look elsewhere!

Essentially it is we who must teach ourselves and it is we who must make the right effort, the teacher is there only to guide, support and show the way. This is something the Buddha often talked about. None of the monks here describe themselves as special or enlightened teachers, they are very down to earth people who simply enjoy the fulfillment and peace they gain from spiritual practice. What they teach can be practiced by everyone and everyone can truly begin to live and enjoy their lives in a most profound way.



The Buddha in the Zen Garden

The monks at Tranquil Abiding are fortunate to have received teachings and transmissions from many wonderful teachers yet they have chosen not to remain affiliated to any one tradition in particular. Their emphasis is on the importance of developing oneself spiritually and there are many teachers from many religions who can offer guidance in this regard. Also, barriers and conflict are so easily created by such words as lineage, religion and tradition and so they have chosen to simply practice spiritual development based upon the teachings of the Buddha.

This view is perhaps also shared by His Holiness the 14<sup>th</sup> Dalai Lama:

"There are differences in details of practice within Theravadin, Chinese, Japanese, and Tibetan

Buddhism, yet the essential thread from which they are woven is the fundamental substance of Buddha's golden speech. The differences are more in the way of ornaments placed on top of the thread in order to further delight trainees with specific needs". "In Tibet we encourage this type of personal religious freedom to the point that there emerged the saying 'Every Lama is his own sect'. Diversity is both beautiful and necessary".  
His Holiness the 14<sup>th</sup> Dalai Lama

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