



# Pine Forest Sangha Edo Shonin

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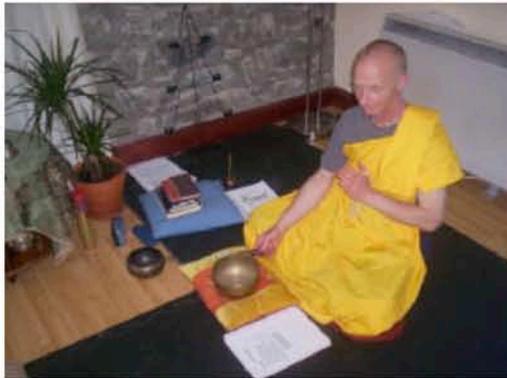
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**"Blessings of loving kindness and compassion we offer to all in times past, present and future who have opened the doors of wisdom, reuniting all beings with their intrinsic purity"  
"Edo Shonin"**

Edo Shonin has been a monk in the Nygma and Shingon traditions for 43 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 Nygma. He has dedicated all of his life to learning and teaching Buddhism in various Asian countries.



He is a strong believer that Buddhist teachings will aid the modern society, helping people to live in a loving, compassionate manner, being mindful and aware of their own lives and the lives of other sentient beings. Even in the most Buddhist cultures such as Thailand and Sri Lanka, he has seen how corruption has infiltrated the teachings and it is his dream to maintain the purity, integrity and simplicity of Buddhist teachings. Having been Abbot of various monasteries in the East, he has now been invited to Great Britain.



In the various poor and warring counties where he has taught, he has dedicated himself to helping people who do not have basic necessities such as food and medical supplies, in short, where there is much obvious physical suffering. Having identified a different and more serious form of suffering, that of spiritual deprivation, he has come to Great Britain, opening the Pine Forest community, where people may take refuge, find spiritual nutrition and

transform their suffering.

Pine Forest Sangha, Cae Rhys, Trawsfynydd, Blaenau Ffestiniog, Gwynedd, LL41 4TS. Registered in England. Registered Charity (no.1114170). Company limited by guarantee (no. 5661325).





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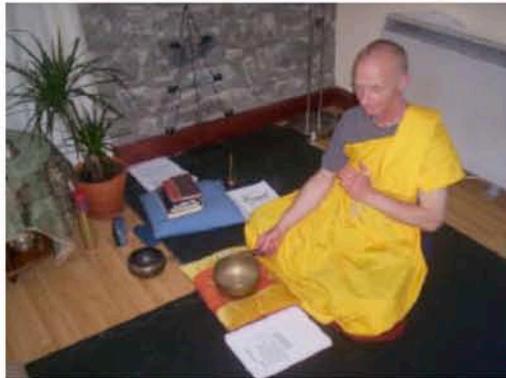
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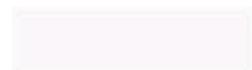
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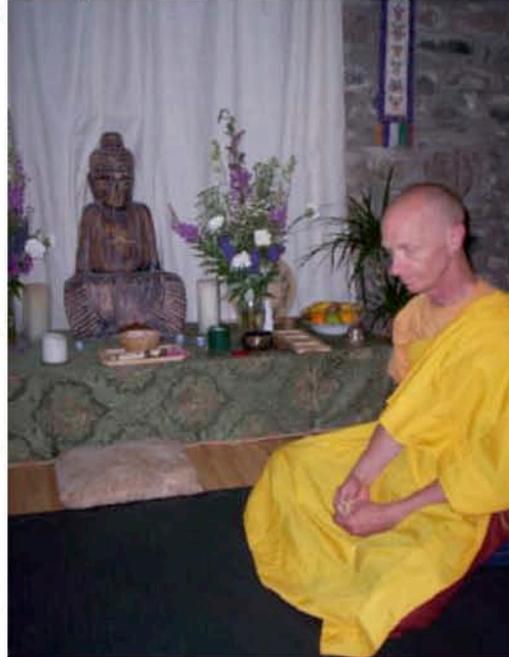
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**Edo Shonin**

Edo Shonin was invited to Great Britain and arrived over two years ago establishing the Pine Forest Sangha, giving all people regardless of lineage, religious faith or background, the opportunity to take refuge and to practice living in awareness in his deepest hope to inspire spiritual ethics and values in everyday life.

Edo Shonin is a strong believer that Buddhist teachings will aid the modern society, helping people to live in a loving, compassionate manner, being mindful and aware of their own lives and the lives of other sentient beings. People may take refuge, find spiritual nutrition and transform their suffering. This is a choice that they must make.

At Pine Forest Buddhist Monastery and Retreat, we remember that the Buddha, Christ, Guru Nanak and Mohammad did not have any so called lineage or impressive title. They awoke to a universal realisation and they attempted to communicate to everyone that each and every sentient being is born with the capability of this realisation regardless of lineage or school of thought. At Pine Forest Buddhist Retreat and Monastery we firmly believe in the importance of simply practicing spiritual development; whether you are a Sikh, Muslim, Jew, Christian, Jain, Hindu, Baha'i, Yoruba, Buddhist or of any other religious denomination. It doesn't matter what you call yourself, it is important simply to allow the mind to sit in stillness and to develop that spiritual insight which allows us to see all phenomenon exactly for what they are – thus allowing us to attain that ultimate goal of 'enlightenment' or 'oneness with God' or whatever you wish to call it.

In Brief, the lineages taught here are twofold: the older form of Mikkyo which traces it's lineage to Tathagata Mahavairocana (influenced mainly from the Paekche kingdom in Korea and China) and the older form stream of the oral transmission school of Nyingma (sem-d) in which Atiyoga (Dzogchen) and Lam rim has the main influence. This lineage traces back to Aro Yesh Jungn. These two schools of Buddhist thought are essentially the same; the only difference being that one has origin in Tibet and the other in Japan. So, two languages and two cultures (Tibet and Japan) but the same path.

At Pine Forest Sangha, we emphasize the experiential side of spiritual development – essentially we must teach ourselves and we

must make the right effort, the teacher is there only to guide, support and show the way. Edo Shonin does not describe himself as any mystical or enlightened teacher, he refers to himself as a very simple monk who has a very simple practice and people are free to choose to join him if they wish. What he teaches can be practiced by everyone and everyone can truly begin to live and enjoy their lives in a most profound way.

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## Buddhist Retreat & Meditation Centre

# Edo Shonin

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It is very important that people are reassured and have confidence in the teacher that they are taking refuge in. However, Br. Edo does not ask people to take refuge in him but to take refuge in a spiritual development – to take refuge in the Buddha, the Dharma and the Sangha. We recommend that people personally come and experience the life of awareness here at Pine Forest Sangha or any other monastery. People can then make an informed decision and only continue with that path if they feel that they truly are developing spiritually and not just simply acquiring intellectual knowledge. The teacher is simply the vessel that carries the teachings and it is the teachings that are of most importance.

We believe that people should learn to make an informed choice and not just choose a teacher based upon that teachers title, lineage, position, on how many books they have published or upon which monasteries they have studied at. At Pine Forest Sangha, we emphasize the experiential side of spiritual development – essentially we must teach ourselves and we must make the right effort, the teacher is there only to guide, support and show the way. Edo Shonin does not describe himself as any mystical or enlightened teacher, he refers to himself as a very simple monk who has a very simple practice and people are free to choose to join him if they wish. What he teaches can be practiced by everyone and everyone can truly begin to live and enjoy their lives

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