

## What is Pine Forest Sangha?

A Sangha is a community that lives in harmony and awareness. Pine Forest Sangha is a community of Buddhist practitioners who are striving to lead a life style that is imbued with Dharma – a life style that is conducive to the attainment of enlightenment. The Sangha is dedicated to living a pure and originally simple Buddhist monastic way of life. We are also committed to supporting environmental sustainability in a manner that embodies the Buddhist principles of nonviolence, tolerance, self-awareness, and compassion for all living things.



## What Can I Expect?

Visitors, if wished, may tranquilly join the monastic way of life which begins early in the morning with meditation and chanting followed by breakfast eaten in total mindfulness, enjoying each mouthful. This is followed by various activities which we make every effort to do in total awareness. Visitors learn to appreciate the breath they are breathing and the life they are living.

The daily activities range from, walking meditation, Dharma talks and teachings, lectures in Buddhist Philosophy and monastic life. As well as formal monastic activities, there is also, of course, plenty of time for fun and games such as Archery, candle making, creative writing, martial arts, music making (bring your instrument), calligraphy, patchwork and outdoor activities such as mountain walking. Guests are not obliged to join in and rest assured there is plenty of free time to rest and recuperate from the stresses and strains of everyday life.

An afternoon activity follows lunch and the afternoon is concluded with early evening meditation before enjoying a beautifully prepared meal. If wished, guests are welcome to join in the general running of the community, taking part in usual daily tasks such as preparing meals, flower gardening, vegetable gardening, bread making and tending the animals for example.



## Who is Pines Forest Sangha for?

Pine Forest Sangha is a Buddhist community which simply follows a Buddhist cultural way of life. "Buddhist", "Muslim", "Christian", "Jewish", "Jain", and "Hindu", these are all labels which mean nothing, whoever you are and whatever you are, you are invited to join us and to enjoy mindfulness of breath, mindfulness of life, mindfulness of being, aware of all that is, because all that is had no label. The community is open to everyone whatever age, sex, race creed, ability or disability. Everybody has the possibility to learn how to live in harmony and how to transform any anger or negative emotions such as stress and anxiety. Whether here in the monastery or in the busy cities, visitors learn to stop and breathe, allowing any negativity to be born, to live and to pass them by without being part of it, just simply observing it. This is the beginning of the attainment of true spiritual happiness.



## About the Resident Teacher

Edo Shonin has been a Buddhist monk for over 40 years. 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 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 of 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.

In the various poor and warring countries 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. But, as he says, there is a more serious form of suffering that we find mainly in the industrialized society – that of spiritual deprivation. He has been invited to Great Britain, opening the Pine Forest community, where people may take refuge, find spiritual nutrition and transform their suffering.

## What teachings does the Sangha follow?

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. Each person exists only because all other things exist – all things inter-are. After analysis we can clearly see that the human being is made up of water, clouds, sun, moon, trees, minerals and so forth; if one of these elements is not then the human being is not – this exists because that exists.

The above will give people the rare occasion to value and understand the impermanent nature of all phenomena; all phenomena are born, they live and they pass away – no thing is permanent. A simple example, for instance, are the flowers that we may have on the dining table. When they are freshly picked they are full of vibrant colour and life; they delight our senses with their beauty and perfume, but shortly after they begin to wither and finally they must be thrown away – they die. So why not enjoy fully their being here whilst they are?

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. We are here on this Earth for a very short time so why waste this time with being angry and frustrated or with feelings such as hatred? Is it not better to fill this brief existence with joy and happiness?

Guests will have the opportunity to learn about and put into practice meditation, mindfulness, and full relaxation techniques, as well as Buddhist culture, history and philosophy. The above is taught in such a way as to allow the practitioner the possibility of integrating these techniques in their daily life, outside the monastery, at home, in the working environment, in their interpersonal relationships and social life.

## Get Involved with Pine Forest Sangha

Pine Forest Sangha gives aid and support to the local and wider community on a voluntary basis, visiting old people's homes, hospitals, schools, prisons and the wider community in general, as well as holding complimentary courses on meditation, mindfulness and Buddhism. Pine Forest Sangha also runs a number of overseas projects to help relieve suffering and poverty in the third world. Guests who wish to become more involved with fulfilling the aims and objectives of the monastery should enquire for more information.

## How Much does it Cost?

Pine Forest Sangha is a non profit making community that runs on the basis of generosity. Guests are requested to offer a donation to simply cover the cost of their accommodation, food and activities. Guests are welcome to offer more or less and those who are unable to afford the suggested amount should feel free to contact the monastery.

Please enclose a non-returnable and non-transferable deposit of £50 (week), £30 (weekend) with your booking. Cheques should be made payable to Pine Forest Sangha. Suggested donation includes accommodation, all meals and activities.

### Suggested Donations:

Dormitory (four people) £36 per person per night, £252 Week  
Single/Twin Room £38 per person per night, £266 Week  
Double Room/Family Room £40 per person per night, £280 Week  
Please contact the monastery to discuss reductions for Families and stays longer than 2 weeks. A donation is not requested for children under 5.



## Accommodation and Food

Comfortable, quiet, and warm accommodation is provided, bedding and towels are included. Accommodation is subject to availability. All meals are of a high standard, breakfast, lunch and dinner are served. Guests should inform the Sangha of any dietary or medical requirements in advance of their stay.

## How to Find Us

Easily accessible by road and train, located within 15 minutes drive of Blaenau Ffestiniog, Porthmadog, Bala and Dolgellau and within 30 minutes drive of Criccieth, Llanrwst and Betws-y-coed.

**By Train:** From Chester to Blaenau Ffestiniog changing at Llandudno Junction (under 2 hours) and from Shrewsbury to Porthmadog changing at Machynlleth (under 3 hours). Pick up service available on certain days, telephone for information.

**By Plane:** Nearest international airports are Manchester and Liverpool (under 3 hours).

**By Ferry:** From Holyhead take A55 and then A487 via Caernarfon and Porthmadog, follow signs for Trawsfynydd (under 1 hour).

**By Car:** From the Northwest take A55 dual carriageway to Llandudno Junction and then A470 via Betws-y-coed and Blaenau Ffestiniog to Trawsfynydd. From west take M54 and the A5 via Shrewsbury, take A458 via Welshpool and then A470 via Dolgellau towards Trawsfynydd.

Travelling southwards on the A470 from the village of Trawsfynydd towards Dolgellau, take the first right hand turning after Trawsfynydd lake. Proceed along this road for approximately 1/2 mile with the lake on the right hand side and veer right at the fork. Proceed for a further 1/2 mile and take first left after the small chapel. Follow the signposted forest track through the trees for approximately 1/2 mile to arrive at Pine Forest Sangha.



**Nearby Attractions:** Within 15 minutes drive can be found Maesgwm Forest Centre, Llechwedd Slate Caverns, Ffestiniog Railway, Italianate village of Portmerion, harbour town of Porthmadog and Market town of Dolgellau, and within 25 minute drive can be found the seaside resort of Barmouth, sandy coastline of Harlech, Market town of Bala and picturesque village of Beddgelert.

[enquiries@pineforest.org.uk](mailto:enquiries@pineforest.org.uk)

[www.pineforest.org.uk](http://www.pineforest.org.uk)

### Pine Forest Sangha

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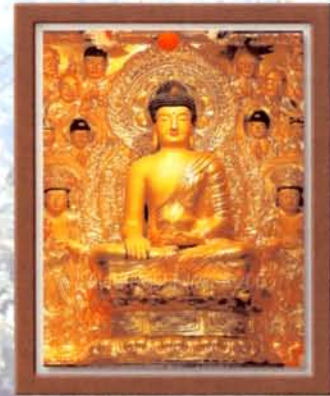
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## Buddhist Monastery & Retreat Pine Forest Sangha

*“Though one  
defeats a million  
men in battle, one  
who overcomes the  
self is in fact the  
highest victor”*

*Shakyamuni*

*Buddha*



Pine Forest Sangha is a small Buddhist monastic community and retreat centre made up of monks and nuns, lay men and lay women. Pine Forest provides the opportunity for visitors to participate in Buddhist monastic life: listening to teachings, meditation, learning to appreciate the joy of living mindfully, of cultivating spiritual happiness, compassion and loving kindness. Guests have the opportunity to learn how to practice meditation and to direct the mind towards goodwill for all living beings. The monastery is open everyday 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 the Snowdonia National Park, with open views of Trawsfynydd lake and is enclosed by a beautiful pine forest which leads to open mountainside.



*“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”*