

WAT PAH INDIANA

(Forest Temple of Southern Indiana Inc.)

A Non-Profit Buddhist Meditation Center located at:
3698 N Russell Road, Bloomington, IN 47408
Tel: (812) 335-0171 Web: www.watindiana.org

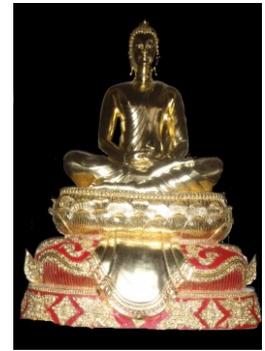


Wat Pah Indiana was founded in 2009 by a group of Thai Buddhist residents in Bloomington, as a center for the learning and practicing of Buddhism. The center provides information about Buddhism and is open to the public from 6:00am to 9:00pm. We currently have two monks staying at the Temple: Phra Songyot Phromjom and Phra Chaiyut Chaiyasan.

As a Buddhist Forest Meditation Center, Wat Pah Indiana offers meditation courses and retreats from time to time. The daily services are at six in the morning and at seven in the evening. The offering of the sole meal to the monks is at 10:00-11:00 AM. The **daily schedule** of the monks is as follows:



7:00 am-8:30 am	Chanting, Meditation
9:30 am-10:00 am	Alms Rounds
10:00 am-11:00 am	Offering food to monks
11am-1pm & 4-6pm	Dhamma Discussion
8:00 pm-9:30 pm	Chanting, Meditation



The Thai word "**Wat Pah Indiana**" literally meaning "Forest Temple of Indiana" signifies that the Center is a place of detachment and tranquility, a place for contemplation and meditation, and a refuge from the sufferings of the world. In Buddhism, there are three supreme objects of worship, namely, the Buddha, His Teaching or Dhamma, and the

collective community of monks, or Sangha. The Three are known together under the name "**the Triple Gem.**"

The word "**Buddha**" means 'the Enlightened One'. Normally, he is referred to as the "Supreme Teacher". The man who became the Buddha was born Prince Siddhartha in the year 603 B.C. in a small territory near what is now the Indian-Nepalese border. At the age of 35, after 6 years of rigorous meditation he had found the right way and had gained the supreme enlightenment experience, and hence was known as the Buddha. The Word "enlightenment" does not mean a revelation from some divine being, but a discovery made by himself on the most profound and all embracing insight into the nature of mind and all phenomena. He had attained the complete extinction of the fires of greed, hatred and ignorance, thus freeing Himself from all inner sufferings. This is the state of **Nibbana**, the ultimate goal of Buddhism.

His Teaching or **Dhamma** is contained in the Tipitaka, the three divisions of the Buddhist Canon, i.e., the Books of Discipline, the Books of Discourses, and the Books of Higher Doctrine. The word "Dhamma" literally means the "ultimate truth underlying all existence".

The third symbol of veneration is the **Sangha**, the Order of Buddhist Monks (**Bhikkhus**). The monks at the Wat Pah Indiana belong to the Dhammayutika Sect of Thailand. We call ourselves "**forest monks**" to denote our emphasis on meditation and the strictest interpretation of the Books of Discipline. A forest monk must observe the strictest of celibacy rules with regards to the feminine sex. He has to be moderate in his diet, and will take only one meal per day and only in the hours between dawn and noon. He will take only the food that is offered to him and must not cook for himself. You may see a monk walking by on his alms round in the morning. This is the traditional way for a monk to receive food offerings from local people. Another important task for a forest monk is to meditate, to develop calmness of the mind and to gain insight into the true nature of life. The term "forest monk" is a historical one signifying the monk who seeks solitude and simplicity in the forest to intensify his practice. The aim, of course, is to reach Enlightenment or Nibbana.

Directions to Temple:

Take 10th street (Highway 45) NorthEast towards New Unionville, turn left on Russell Road (2nd Russell Rd) just before RR tracks. Look for the flags on the left at 3698 N. Russell.

