

Dhamma Ābhā
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Dhamma Ābhā, meaning ‘Radiance of Dhamma’, is the second centre in Thailand, located in the northern part of the country. The land was given by old students to fulfil a plan to have at least one Vipassana Centre in each region of Thailand. The light of Dhamma now shines in the north of Thailand, in the region surrounded by Myanmar, China and Laos. Goenkaji and Mataji came to meditate and give metta during the opening of the Centre in July, 2001.

Situated in Pitsanulok, the Centre is approximately 400 Km north of Bangkok and half way to Chiangmai. Pitsanulok is an ancient capital with one of the most beautiful Buddha images in the country. While it is on a picturesque road of holiday resorts, natural parks and waterfalls, the Centre is located in a remote and tranquil area protected by ranges of beautiful hills and sheltered by shady tamarind orchards. The weather is generally cool with fresh air, except some few months in summer.

The Centre can accommodate approximately 80 students, with two male residential quarters for 26 students and two female residential quarters for 53 students. Due to the cool weather throughout the year, hot showers are also provided. The meditation hall remains part of the male residential quarters. However, there is a plan to construct a meditation complex consisting of a hall and individual cells, roofed by a pagoda. Some new buildings that have been recently added include two-storey residence for teachers, an office for administration and book sale, houses for meditators who wish to live near the centre.

Dhamma Ābhā regularly offers ten-day and Satipaṭṭhāna courses as well as courses for monks with the availability of evening discourses in various Western and Eastern languages.