

**MEDITATION METHODS IN THAILAND: A MAP OF THE FIELD OF PRACTICE
FROM MEDITATION CENTERS TO THE FOREST TRADITION**

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ABSTRACT

There are estimated to be about two hundred meditation centers in Thailand with varying meditation methods and modes of instruction. This chapter offers a map of the meditation methods and teachers of the most popular and well-known meditation centers in Thailand. Each meditation center contributes to the diverse field of international engagement in Thailand. Analyzing the main meditation methods and places of meditation for international meditators, I especially highlight the Buddhadasa Bhikkhu, Dhammakaya, and Ajahn Tong methods. Contrasted with the institution of the meditation center are the temples of the Thai Forest tradition. These temples follow a different model of practice, which is more oriented toward the monastic life. Through this series of case studies I will examine the factors that contribute to the ways these various methods reach diverse audiences. This map of Thailand's meditation centers and places of practices, along with their methods highlights the diversity, accessibility, openness, inclusivity, and flexibility of engagement with Buddhism in Thailand.

KEYWORDS

Meditation, Thailand, Meditation Center, Buddhism, Practice