

Rules and regulations for one who comes to stay to practise at the monastery, Wat Pha Subtavee Dhammaram.

1. Initially, One must have the faith and intention to keep the precepts, to practise dhamma, to do sitting meditation, to do walking meditation, and to do group chanting. One should not come for any other hidden agendas at all.

2. One who is sick, paralysed, or very old can also come to stay to practise only once in a while.

One must be accompanied by a caretaker otherwise this will be a burden to the monastery and others who come to practise dhamma here.

3. One should not bring very young kid(s) to stay overnight in the monastery as it will cause disturbance to other people who come to practise, and interference to peace and tranquility of the monastery. If one brings kids, please take very good care of them.

4. One who is healthy and strong, not sick, not very old, should keep eight precepts. Do not follow the weakness of one's mind.

5. One who stays in the monastery must come to the main hall to do sitting meditation, pay respect to the Buddha, do chanting, listen to dhamma talks every time according to schedule, at every morning and evening. One should not arrive later than schedule. For example, entering the main hall when the chanting is almost finished, or when the dhamma talk is almost finished. Such behaviors are incorrect and very inappropriate.

6. One who comes to stay in the monastery in any kuti (the residence provided) should keep everything clean. For example, mattress, bedrooms areas, blankets, bathrooms, and the kuti boundaries, help to pick up rubbish, remove wild grass and weeds at the backyard. It is very good indeed that one offers to lessen the workload of the monastery.

7. One who comes to stay and practise in the monastery is kindly asked not to bring mobile phone, iPad, iPhone, computer, notebook, Internet to use in the monastery. If one brings them along, do keep them away and stop using all those items during the time of practice in the monastery. The monastery does not give permission to use them. Smoking cigarette is forbidden in the monastery.

8. One who comes to practise in the monastery should not return the kuti to sleep after the morning chanting. Take this chance to clean the kuti, bedroom, toilet and the surrounding areas everyday. Take this routine as a duty while staying and practise dhamma here.

9. One who comes to stay to practise is not allowed to keep food inside the kuti. One is only allowed to keep a little amount of afternoon drinks. Do not accumulate a big amount. It is an incorrect practice to fill up the room with lots of other things as well.

10. One who comes to stay and practise in the monastery should make themselves as someone new all the time. For example, one should enter the main hall not later than 5 minutes after the bell signal. If one arrives 5 minutes later than the schedule, then one is considered not respecting the established monastery rules. It is the cause and condition for distress. Everyone should respect precepts, rules and regulations, not to follow whatever your mind feels like. One must adjust oneself to dhamma, rules and regulations.

11. One who comes to practise should clean up kuti before leaving. Do pick up rubbish, clean up the room and the area well. Leave the place in a tidy condition ready for the next user.

12. One who comes to stay and practise in the monastery should bring money and valuables along with them all the time. When one goes for chanting sessions in the main hall, do not leave your money and valuables in the kuti as they may be lost.

13. One who comes to stay and practise in the monastery should keep noble silence to stay away from external distraction so that one can be with oneself and cultivate awareness and clear comprehension and also stay in peace and tranquility. One can train on concentration. One should take this chance to do the dhamma practice to the full, not being distracted by anyone.

14. Here is the monastery schedule that everyone should observe

-06:30 Monks alms round

-08:30 Ceremony in the main hall, Dhamma talk before meal

-If there is a course, attendees enter the main hall for the course at 13:00

-15:00 Bell signal for cleaning time; clean the main hall, clean toilets, bathrooms and the streets

-18:00 Bell signal for group meditation in the main hall

-19:00 Group chanting

-20:00 Dhamma talk

-20:30 Pay respect to the Buddha, return to kuti, continue own practice

-20:30 If there is a course, attendees continue the course until 22:00, then return to kuti

-03:00 Bell signal for waking up to do group meditation in the main hall

-04:00 Pay respect to the Buddha, group chanting

-05:00 After group meditation and chanting is cleaning time. Monks and laymen clean main hall, men's bathrooms and toilets. Laywomen clean the dining hall, ladies' bathrooms and toilets, then return to the kutis to clean the rooms, bathrooms, toilets and the surrounding area. Those who wish to go to offer alms can prepare themselves and go as they like.

This announcement is made to everyone to understand that the monastery, Wat Pha Subtavee Dharmmaram, does not collect any money at all from those who come to stay and practise Dhamma. Everything is free. Any institution, organization or group of students can come to practise. What the monastery requires are cleanliness, peacefulness, tidiness and orderliness of the environment so everyone gains benefit from the Dhamma practice.

Announcement made on 10th October 2013

Phra Ajahn Gunhah Sukakamo