

## Information Sheet — Lay-practitioners in Wat Phu Kong Tong

**Please observe the Eight Precepts while staying in the monastery:**

1. Not to harm living beings; 2. Not to take what's not been given; 3. To refrain from any sexual activity; 4. Not to tell lies and to criticize others; 5. Not to drink alcohol and take drugs which cause heedlessness; 6. Not to eat after midday. 7. To refrain from entertainments & beautifying the body; 8. To refrain from lying down on too comfortable/luxurious sleeping place.

**Duration of stay:** if more for than 3 weeks, please get permission from Than Ajahn Martin

**Dress code:** **Men** — fully white; **Women** — white shirt, black skirt or black trousers

**Phone and laptop:** we keep them during your stay, you can use them in case of emergency

**Money/valuables:** Lock the door and windows when out of your *kuti*. Thefts are unusual but it does happen. The monastery cannot take responsibility for any of your goods stolen.

**Segregation of the sexes:** men should not go to women's area and women should not go to men's area.

**Observing the Thai customs:** pointing one's feet at Buddha statues or people, stepping over food, sitting on a pillow etc. are seen as disrespectful in Thailand.

**Smoking:** refrain from smoking around the *sala* and octagon

**Water/Electricity:** as we live in the forest, try to be frugal with electricity & water.

**Main monastery gate:** opening around 6 am & closing at 6 pm

### Daily Schedule

<b>Breakfast</b> ≈ 6:30 am	One meal* per day (in the morning); No food is allowed outside this time. When finished, clean your dishes and the <i>sala</i>
<b>Sweeping</b> 3:30 pm (4:00 pm in the hot season)	Sweep and clean the common areas in the monastery
<b>Afternoon Drinks</b> (after sweeping)	hot drinks (coffee, tea etc.); cold drinks (fruit juices, soda etc.); sugar, oil, honey, cheese, leaves etc. (no milk products/fruit/snacks)
<b>Dhamma Talks</b> 5:00 pm (or 5:30) at Octagon	After the Dhamma Talk is often a good opportunity to ask questions.** Please be on time and wear clean clothing.

\*Reflection on food (before eating at the meal time):

*With wise reflection I eat this food; Not for fun, not for pleasure, not for intoxication, not for fattening, not for beautification; But simply for the maintenance of the body, for keeping it healthy  
To support the righteous way of life. Thinking thus I will allay the hunger, without overeating; So that the process of life goes on – blameless, at ease, and in peace.*

\*\* for personal questions, you may meet Than Ajahn after the meal or after sweeping (ask a monk first)

**Leaving the monastery (please inform a monk in advance):** Leave your *kuti* clean and please don't forget to return any monastery belongings (mp3 player, *kuti* key etc.)

*Feel free to ask the monks for any questions, material needs etc.*