

Information Sheet for lay-practitioners at Wat Phu KongTong

Please observe the Eight Precepts while staying in the monastery:

1. To refraining from harming any living beings. 2. Not taking what has not been given. 3. To refraining from any sexual activity. 4. Not to tell lies and to refrain from abusive, malicious or disharmonious speech and worldly gossip. 5. No alcohol or taking drugs that cause heedlessness. 6. To Refrain from eating after midday. 7. To refrain from entertainments & beautifying or adorning the body; 8. To refrain from lying down on too comfortable/luxurious sleeping places.

- Duration of stay:** On your first full day, introduce yourself to Than Ajahn Martin and ask for permission to stay. After 3 weeks, ask for further permission to stay on.
- Dress code:** **Men** - loose white and long trousers with a white shirt
Women - White blouse and long black skirt or trousers for women.
- Requisites:** You can find some basic requisites like white clothing, bedding, mosquito nets, candles, soap, washing powder, etc. in the store room bellow the *sala*. If there is anything lacking, please ask the guest monk to restock it. Filtered rainwater for drinking can be found in front of the *sala*.
- Phone, Laptop or gadgets:** 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 if stolen.
- Segregation of the sexes:** Men should not enter the women's area and women should not enter the men's area.
- Observing 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. Please do not flush toilet paper and use toilet-cleaners sparsely.
- Main monastery gate:** Opening around 6 am & closing at 6 pm.
- Leaving the monastery:** Please inform a monk in advance and take your leave from Ajahn Martin. Clean your *kuti* and don't forget to return any monastery belongings to the store room. Return your mp3 player, *kuti* key, alarm clock etc. to the guest monk

Daily Schedule:

Morning bell 3:00 am Breakfast ~ 6:30 am	One meal ¹ per day (in the morning); No food is allowed outside this time. When finished, clean your dishes and help clean the <i>sala</i>
Sweeping 3:30 pm (4:00 pm in the hot season)	Sweep and clean the common areas in the monastery. Start from your <i>kuti</i> and meet up in the parking area at the specified time.
Afternoon Drinks (after sweeping)	hot drinks (coffee, tea etc.); cold drinks (fruit juices, soda etc.); sugar, oil, honey, cheese, leaves etc. (no milk products/fruit/snacks)
Dhamma questions	A good opportunity to ask questions is after the meal in the <i>sala</i> ² or after a Dhamma Talk.

1 Reflection on food (to be done before eating):

With wise reflection I eat this food; Not for fun, not for pleasure, not for intoxication, nor for bulking or 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 hunger without overeating; So that this life may go on - blameless, at ease, and in peace.

2 For personal/private questions, you may meet Than Ajahn after sweeping (ask the guest monk first).

In case of any questions feel free to ask the monks.