

Dhamma Gavesi Meditation Centre Buddhist Monastery

GUEST INFORMATION

Dhamma Gavesi Meditation Centre is a Buddhist monastery affiliated to the Sri Lankan forest monastic tradition of Theravada Buddhism. The ordained sangha (community of monks) lives dependent on alms offered by devotees. The monastic community relies on Dana, the offering of funds and services of generous supporters.

Guests are expected to participate both in the routine of the monastery and the structure of the community. Monastic life is based on a shared commitment to harmony and well-being, the etiquette of this monastic tradition and, most specifically, the Eight Precepts and mindful practice.

The Eight Precepts

Harmlessness: not intentionally taking the life of any living creature.

Trustworthiness: not taking anything that is not given.

Celibacy: refraining from any kind of sexual activity.

Right Speech: avoiding false, abusive or malicious speech.

Sobriety: not taking any intoxicating drink or drugs.

Renunciation: not eating after midday.

Restraint: not seeking entertainment, playing radios and music, and dressing modestly.

Alertness: refraining from luxurious things, to practice simplicity and overindulgence in sleep.

As a guest you are part of the resident community. Our actions effect each other and, as a visitor, asking first can save a lot of confusion, for example, if you need to leave the monastery or engage in external business. To help make the monastery a haven of quiet, solitude and renunciation phone and internet are not available.

The Daily Routine

- 5:15am – Morning Puja – chanting and meditation.
- 6:30 – Chore period. Breakfast preparation, cleaning, tidying etc.
- 7:00 – Breakfast.
- 7:40 – Clean the kitchen and prepare for work.
- 8:00 – Work period begins. Please ask if you're not sure what to do.
- 11:00 – The meal, eaten in silence, is the last meal of the day.
- 1:00pm – Period for personal practice.
- 5:00 – Tea time
- 6.30: – Evening Puja – chanting and meditation

(This routine may change on special meditation days)

Lunar Observance Days are a time for meditation and study with optional morning meditation and no scheduled work.

Group meditation:

Every Monday and Friday, a group meditation is held at 7.00 to 8.30 pm.

Chores & Work

The monastery is largely maintained by the voluntary help of resident monastics, lay stewards and our guests. So your help is an essential part of community life. Morning chores are generally allocated after morning meditation. General work is organised at 8:00am. If you are not sure about this then please ask how you might help.

As a general note, keeping the monastery clean is a priority. You can give attention to public areas by washing, dusting, sweeping, etc. Attending to shrines, refreshing flowers and candles, and wiping surfaces, is always helpful. Window cleaning is always useful.

If you are not assisting in the kitchen please do not linger there. Meals are taken as a community in the spirit of gratitude for what has been offered. Please wait for meal times rather than helping yourself. Do help with the clean up after both breakfast and lunch.

If unwell or having difficulty please inform one of the monks.

General Considerations

Please keep your accommodation quiet, clean and tidy. Do not use candles or incense as these are a serious fire risk.

Smoking is not permitted in the monastery.

Library use:

You are welcome to use the library. Please be aware not to disturb monks in their rooms. For ladies it is appropriate to go to the library with a Stewart or someone when only monks are in the building, and by their permission.

You can borrow books and use them at your private places and in Kutis.

Keeping silence:

The monastery is a place for inner cultivation. While social interaction is normal it creates busyness in your mind and a disturbance for others. Please maintain **Noble Silence** between evening and morning puja.

Visitors are asked to dress modestly and wear long sleeved, loose fitting garments that are not alluring. Please dress in a way that reflects and respects the austere monastic atmosphere.

Please be aware that monks have rules about contact with lay people that they strictly observe.

Tea and coffee are available only at meal times and evening tea. The pantry and refrigerators are to be used only if you are helping with meal preparation.

Do not leave personal items in shared areas; bathrooms, kitchen etc.

Security can be an issue so don't leave items of value unattended.

Take care of your own laundry. The washing machine is communal so please consider others. Wash small amounts by hand.

Please consider the suggestions and guidance given by long-term lay residents. If you are not sure you can ask one of the monks.

Dana

Food, accommodation and teachings at Dhamma Gavesi monastery are offered free of charge. The practice of 'Dana' (generosity, giving) is a key element of Buddhist practice. The spirit of this extends to how we offer our time. Helping with work and supporting group activities in general is a gift. The offering of kind and beautiful gentle speech is a gift.

Any donation, material or monetary, is a great help toward the ongoing running of the monastery.

When you leave:

Thoroughly clean the room removing all rubbish etc.

Be sure you take all your personal belongings.

Stand the meditation mattress on edge and fold any bedding on the bed.

Turn off the heating and any lights.

Lock the door and return the key to the guest monk.

We welcome your visit, and hope you enjoy your stay!

Please leave this sheet in the room.

Thank you.

Happy is the birth of Enlightened Ones,
Happy is the teaching of the sublime Dhamma,
Happy is the unity of the monastic monks,
Happy is the discipline of the united ones.

