

## Opening Ceremony

1. **Prostrate and chanting** (The staff or the monk will be a leader)
2. **Laungphor Thongbai enter to the room** (and all practitioners prostrate to him.)
3. **All practitioners ask for forgiveness together.**
4. **Request for 8 precepts**
5. **The representative chant the invitation for the devas.**
6. **Pray for practice meditation together.**
7. **The staff reports to Laungphor Thongbai.**
8. **Listen to dharma talk from Laungphor Thongbai.**
9. **Chanting the sharing of loving kindness together.**
10. **Prostrate to Laungphor Thongbai together.**

## End of ceremony

1. Chanting

**YO SO BHAGAVA ARAHAM SAMMASAMBUDDHO**

To the blessed one, the Lord, who had fully attained perfect enlightenment.

**SVAKKHATO YENA BHAGAVATA DHAMMO  
SUPATIPANNO YASSA BHAGAVATO SAVAKASANGHO**

To the Teaching which he expounded so well.

**SUPATIPANNO YASSA BHAGAVATO SAVAKASANGHO**

And to the Blessed One's disciples, who have practiced well

**TAMMAYAM BHAGAVANTAM SADHAMMAM SASANGHAM  
IMEHI SAKKAREHI YATHARAHAMM AROPITEHI  
APHIPUJAYAMA**

To these – the Buddha, the Dhamma, and the Sangha, we render with offerings our rightful homage.

**SADHU NO BHANTE BHAGAVA SUCIRA-PARINIBBUTOPI**

It is well for us that the Blessed One, having attained liberation,

**PACCHIMA JANATANUKAMPAMANASA**

Still had compassion for the later generations.

**IME SAKKARE DUGGATA-PANNAKARABHUTE  
PATIGGANHATU**

May these simple offerings be accepted.

**AMHAKAM DIGHA-RATTAM HITTAYA SUKHAYA**

For our long lasting benefits and for the happiness it gives us.

**Araham sammā-sambuddho bhagavā Buddham  
bhagavantam-abhivādemi**

The Buddha is my refuge. (prostrate once)

**Svākkhāto bhagavatā dhammo Dhammam namassāmi**  
The Dhamma is my refuge. (prostrate once)

**Supatipanno bhagavato sāvakaśaṅgho Saṅgham namāmi**  
The Sangha is my refuge. (prostrate once)

**Namo Tassa Bhagavato Arahato Sammā Sambuddhassa**

**(3x)**

2. Laungphor Thongbai enter to the room.

*All practitioners prostrate to him together.*

3. Ask for forgiveness together

*The representatives carry a tray of flowers.*

**Namo Tassa Bhagavato Arahato Sammā Sambuddhassa  
(3x)**

**Maha deray Pamadena, Dhavaruttayena gang, Suppang  
Aparatang, kamatu no bhante (3x)**

I am (Your name) ask for forgiveness to Laungphor Thongbai. If I ever made any akusala kamma to Laungphor Thongbai by body, speech and mind, intentionally or unintentionally, by negligent or carelessness, the karma that I could recall or couldn't recall, may Laungphor Thongbai forgive me and end all these kamma from this moment on until I reach to nirvana. Sadhu.

*Representatives offer the tray of flowers to Laungphor Thongbai, then go back and stay in prostrate position.*

**Laungphor: A hung kamami tumhehipi may  
kamamituppang (3x)**

I forgive you, may you forgive me as well.

**Practitioners: Kamama Phuntay. (3 x)**

I forgive you as well.

4. Request for 8 precepts

**MAYAM BHANTE TISARANENA SAHA ATTHA SILANI YACAMA**

We, Venerable Sir, request the Three Refuges together with the Eight Precepts

**DUTIYAMPI MAYAM BHANTE TISARANENA SAHA ATTHA SILANI YACAMA**

For the second time, we, Venerable Sir, request the Three Refuges together with the Eight Precepts

**TATIYAMPI MAYAM BHANTE TISARANENA SAHA ATTHA SILANI YACAMA**

For the third time, we, Venerable Sir, request the Three Refuges together with the Eight Precepts

**Namo Tassa Bhagavato Arahato Sammā Sambuddhassa (3x)**

**Buddham saranam gacchami**

**Dhammam saranam gacchami**

**Sangham saranam gacchami**

**Dutiyampi Buddham saranam gacchami**

**Dutiyampi Dhammam saranam gacchami**

**Dutiyampi Sangham saranam gacchami**

**Tatiyampi Buddham saranam gacchami**

**Tatiyampi Dhammam saranam gacchami**

**Tatiyampi Sangham saranam gacchami**

- i. **PANATIPATA VERAMANI SIKKHAPADAM  
SAMADIYAMI**  
I undertake the precept to refrain from taking life of any living creature.
- ii. **ADINNADANA VERAMANI SIKKHAPADAM  
SAMADIYAMI**  
I undertake the precept to refrain from taking that which is not given
- iii. **ABRAHMACARIYA VERAMANI SIKKHAPADAM  
SAMADIYAMI**  
I undertake the precept to refrain from any intentional sexual activity
- iv. **MUSAVADA VERAMANI SIKKHAPADAM  
SAMADIYAMI**  
I undertake the precept to refrain from lying
- v. **SURA-MERAYA-MAJJA-PAMADATTHANA VERAMANI  
SIKKHAPADAM SAMADIYAMI**  
I undertake the precept to refrain from consuming intoxicating drink and drugs which lead to heedlessness
- vi. **VIKALA-BHOJANA VERAMANI SIKKHAPADAM  
SAMADIYAMI**  
I undertake the precept to refrain from eating at inappropriate times
- vii. **NACCA- GITA VADITA VISUKA DASSANA MALA  
GANDHA VILEPANA DHARANA MANDANA  
VIBHUSANATTHANA VERAMANI SIKKHAPADAM  
SAMADIYAMI**

I undertake the precept to refrain from entertainment, beautification and adornment

**viii. UCCASAYANA MAHASAYANA VERAMANI  
SIKKHAPADAM SAMADIYAMI**

I undertake the precept to refrain from lying on a high or luxurious sleeping place.

**“IMANI ATTHA SIKKHAPATHANI SAMADIYAMI” (3 x)**

I undertake these Eight Precepts.

5. Chanting the invitation for the devas (by representative)

6. Pray for meditation together

**ITHA JITTE SUJJADHAMMAM PUNYAWUTDHI  
SUDDHIMUCCA UPASAMA SANGGILITDUNG JACA  
YANANGNIPPANA SEVA DHIDUPPANG**

I establish the mind firmly at the truth of the sharp and brave dhamma, in the bright prosper way, in the path of no enemies which it's the glum of mind. May the free and bright dharma which it has knowledge lead to nirvana that stay forever, don't let any danger to cover, all I wish may achieve quickly to be enlightened the dharma as the intention of my life, sadhu.

**Pray for silent practice together**

**Sudjungve amata vaja**

The truth is never die, I pray to stay in silent practice with faithfulness for worship the taste of immortal, may the mind be bright with the taste of immortal, by the power of the truth, may I be enlightened and free from birth and becoming, may the

mind has a strong power to be a slave of religion and reach to nirvana as my intention, sadhu.

7. The staff reports to Laungphor Thongbai.

8. Listen to the dharma talk from Laungphor Thongbai

9. Chant for sharing loving kindness together.

- |  |                          |
|--|--------------------------|
| <b>1. Sabbe sattā</b>                  | All beings               |
| <b>2. Sabbe pānā</b>                   | All breathing beings     |
| <b>3. Sabbe bhūta</b>                  | All born creatures       |
| <b>4. Sabbe puggalā</b>                | All living persons       |
| <b>5. Sabbe atta bhāva pariyāpannā</b> | All individuality beings |
| <b>6. Sabbe itthiyo</b>                | All females              |
| <b>7. Sabbe purisā</b>                 | All males                |
| <b>8. Sabbe ariyā</b>                  | All noble ones           |
| <b>9. Sabbe anariyā</b>                | All commoners            |
| <b>10. Sabbe devā</b>                  | All heavenly beings      |
| <b>11. Sabbe manussā</b>               | All human beings         |
| <b>12. Sabbe vinipātikā</b>            | All ghosts and demons    |

**Sukita hontu** May they be happy

**Averā hontu** Free from animosity

**Abyāpajjhā hontu** Free from harmful each other

**Anīghā hontu** Free from physicals and mental sufferings.

**Sukhī attānaṃ pariha rantu**

May they live in peace and happily free from all sufferings and dangers.



10. Prostrate to Laungphor Thongbai together

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### **Closing Ceremony**

1. Prostrate and chanting (The staff or the monk will be a leader)  
- like the opening ceremony
2. Laungphor Thongbai enters the room and all practitioners prostrate to him.
3. All practitioners ask for forgiveness together. - like the opening ceremony
4. Request for 5 precepts

**Mayam bhante visung visung rukkanataya tisanena saha pañca silani yacama**

**Dutiyampi mayam bhante visung visung rukkanataya tisanena saha pañca silani yacama**

**Tatiyampi mayam bhante visung visung rukkanataya tisanena saha pañca silani yacama**

**Namo Tassa Bhagavato Arahato Sammā Sambuddhassa  
(3x)**

**Buddham saranam gacchami**

**Dhammam saranam gacchami**

**Sangham saranam gacchami**

**Dutiyampi Buddham saranam gacchami**

**Dutiyampi Dhammam saranam gacchami**

**Dutiyampi Sangham saranam gacchami  
 Tatiyampi Buddham saranam gacchami  
 Tatiyampi Dhammam saranam gacchami  
 Tatiyampi Sangham saranam gacchami**

**PANATIPATA VERAMANI SIKKHAPADAM SAMADIYAMI  
 ADINNADANA VERAMANI SIKKHAPADAM SAMADIYAMI  
 KAMESUMIDCAJARA VERAMANI SIKKHAPADAM  
 SAMADIYAMI  
 MUSAVADA VERAMANI SIKKHAPADAM SAMADIYAMI  
 SURAMERAYA-MAJJA-PAMADATTHANA VERAMANI  
 SIKKHA-PADAM SAMADIYAMI**

5. Offer donation to Laungphor Thongbai

**Namo Tassa Bhagavato Arahato Sammāsambuddhassa**

**(3x)**

Homage to the Blessed One, The Worthy One, The Perfectly  
 Self-Awakened One.

**Tan-nang-may pa-ri-sud-tung āsavakkhayāvahaṃ hotu**

**(3x)**

May the power of this pure dāna which I received it correctly  
 will destroy all defilement in my mind.

6. The staff reports to Laungphor Thongbai.

7. Listen to the dharma talk from Laungphor Thongbai.

8. Chanting the sharing royal loving and kindness together.
9. Receive book or CD (in case they have it).
10. Receive blessing from the monks.
11. Prostrate together.

End of ceremony

### **Blessing**

**PAVATU SUPPAMUNGKALANG  
 RUKKUNTU SUPPADEVATA  
 SAPPA BUDDHA NUPAVENA  
 SAPPA DHAMMA NUPAVENA  
 SAPPA SANGKHA NUPAVENA  
 SATA SODDE PAVANTU TE**

**Bhavatu sabbamaṅgalaṃ rakkhantu sabbadevatā  
 Sabba Buddhā nubhāvena ,  
 Sabba Dhammā nubhāvena,  
 Sabba Saṅghā nubhāvena,  
 Sadā sotthi bhavantu te**

May there be all blessings, may all deities give protection;  
 By the protective power of all the *Buddha, Dhamma, Saṅgha*,  
 may you ever be safe.

愿一切都吉祥，愿所有的天神都给予护卫，  
 以诸佛/佛法/僧伽的威神力，愿你平安。

### **Alms Food Consideration**

#### **YATHAPACCAYAM PAVATTAMANAM DHATUMATTAMEVETAM**

Dependent upon and existing through its causes merely by the combination of various elements

#### **YADDIDAM PINDAPATO TADUPABHUNJAKO CA PUGGALO**

Are both this alms food and the person who use it:

**DHATUMATTAKO** Only elements.

**NISSATTO** Not a being.

**NIJJIVO** Not processing a permanent life principle.

**SUNNO** Being void of self or soul.

#### **SABBO PANAYAM PINDAPATO AJIGUCCHANIYO**

All this alms food is not yet loathsome

#### **IMAM PUTIKAYAM PATVA**

But having touched this putrid body.

#### **ATIVIYA JIGUCCHANIYANI JAYATI**

Became exceedingly loathsome.

## **Considering in consuming food**

### **Before consuming consider these 9 perception**

- Anijja-sunya**            remember that the food is impermanent
- Anatta-sunya**            remember that the food is non-self
- Asupha-sunya**            remember that the food is not beautiful
- Morana-sunya** remember that the food is dead
- Ahare patigul-sunya**            remember that the food is dirty
- Suppe loge anapirita-sunya** everything in the world are not pleased
- Pahana-sunya** let them go quickly, don't attach
- Viraka-sunya**            dispassion in the taste of food
- Niroda-sunya**            remember to extinguish

### **After consuming food consider these 5 perceptions**

- Anijja-sunya**            remember that it's impermanent, changing all the times
- Dukka-sunya**            remember that it could not stay in the same condition
- Anatta-sunya**            remember that the food is non-self
- Asupha-sunya**            remember that the food is not beautiful
- Morana-sunya** remember that the food is dead

## **The Rules and Regulations**

1. Stay in the monastery and practice until the end of the course.
2. Don't go out from the monastery and please follow all instructions from the monks.
3. Don't use cell phone or electronic devices to disturb the other practitioners, please keep it with the staff.
4. Don't talk with the other practitioners, if you have question or anything you don't understand please consult the monk.
5. No smoking, drugs etc
6. Don't go out from the practice's area, you are not allowed to meet the other person from outside during the course.
7. Restrain in body speech and mind, don't do anything that disturb the other practitioners both during the hours of practice or during resting time.
8. Don't bring any other person to your room, you are not allowed to meet with friends or relatives without permission.
9. Please keep all the facilities clean and please save the water and electricity.

10. Please put your name card on your left chest every time when you come out from the room.

## **The suggestions to practice for happiness**

**as the Laungphor Thongbai's intention "closed mouth,  
stopped mind, sufficed stomach"**

1. Stay in silent practice, for restraining the body, the mind could remove restlessness quickly and more importantly, it is easier for the mind to leave thoughts and can go to the second jhana so you could practice meditation and follow laungphor Thongbai's teaching.
2. Please dress very well or in the uniform of the monastery because your devas will follow and protect you everywhere and please put on your name card every time.
3. Please arrive earlier 10 - 15 minutes for set up the line to walk (from senior - junior)
4. The practitioner should join all activities even you don't want to do that, example tea break in the afternoon or lunch time. Even you don't want to drink or eat the food but please be there until finish. This is for training the body and mind in every activity that the practitioner is supposed to do.
5. Let go all burdens, duties and worries, please think you are you only one person in the world.



6. Remove all conceit, self, ego, all knowledge that you have studied before. Make yourself as the empty cup and ready to receive and follow the teaching from Laungphor Thongbai without mixing your own thought or defilement.
7. During the practice together please think about the group, don't be selfish only for your comfort. Please keep quiet for peace and calm and if you need anything please inform the staff, the staff will consider your request if it's good for everyone or not.
8. Please give your cooperation and listen to the admonishing of the staff. Because admonishing is for benefit and happiness of everyone. It's not to condemn the practitioner so don't need to be stressful.

The things that you need to have when you leave the kuti

1. Umbrella
2. Torch light
3. Tissue paper
4. Name card
5. Scarf or winter jacket in case of cool weather (if you have white or pale winter jacket that would be good but if you don't have the white one, it is ok. But please prepare winter jacket because in the night time the monastery is pretty cold)
6. Mindfulness, awareness and effort to burn defilement.

## The levels of practice

### Easy:

Suggested hours in 1 day:



**8 hours**  
of practice



**8 hours**  
of rest or do  
other activities



**8 hours**  
of sleep

Duration for each posture (stand, walk, sit) - <i>minutes / round</i>		
Day 1-3	Day 4-6	Day 7-10
10	15	20

### Middle:

Suggested hours in 1 day:



**12 hours**  
of practice



**6 hours**  
of rest or do  
other activities



**6 hours**  
of sleep

Duration for each posture (stand, walk, sit) - <i>minutes / round</i>				
Day 1-3	Day 4-6	Day 7-9	Day 10-12	Day 13-15
15	20	25	30	40

### Strict:

Suggested hours in 1 day:



**16 hours**  
of practice



**4 hours**  
of rest or do  
other activities



**4 hours**  
of sleep

Duration for each posture (stand, walk, sit) - <i>minutes / round</i>

Day 1-4	Day 5-8	Day 9-12	Day 13-16	Day 17-20
20	25	30	35	40

### **Special or Ultimate:**

Suggested hours in 1 day:



**20 hours**  
of practice



**1 hours**  
of rest or do  
other activities



**3 hours**  
of sleep

Duration for each posture (stand, walk, sit) - <i>minutes / round</i>				
Day 1-5	Day 6-10	Day 11-15	Day 16-20	Day 21-25
25	30	35	40	45

### **The Schedule of practice**

05.00 – 07.00	Morning practice
07.00 – 08.30	Breakfast and Cleaning facilities
09.00 – 10.00	Lunch
10.00 – 12.00	Free time
12.00 – 15.00	Afternoon practice
15.00 – 16.30	Free time
16.30 – 17.00	Tea time (pana drink)
17.00 – 20.30	Evening Practice

\* The schedule could be flexible.

\*Laungphor Thongbai will give dharma talk, can be anytime, morning, afternoon, or evening, not every day. He will inform us to go to his kuti and listen to the dharma talk there.

\*A person who have problem with health that need to eat 3 times a day could take 5 precepts.

### **PREMIER VERSE BEFORE MEDITATION**

**AHAM BHANTE, SAMMADITTHIM, SAMADANAM, SABBAM  
DUKKHAM, UPPACCAGUM, ASSAMIMANASSA, VINAYO,  
APPAMADENA, SUDDHIDHAMMA, PAVATTATI,  
NIBBANASSA, SACCHIKARANATTHAYA,  
KAMMATTHANAM, DETI.**

Through the power of “Right view”, way to the extinction of suffering, within me, I undertake to heedfully remove an existing “Conceit” from my mind in order to conditionally and naturally see the rise and fall all of phenomena. Thus, while meditating, may Nibbana, the brightest dhamma, clearly arise in my mind.

## Share Loving and Kindness after practice meditation

<b>Sabbe sattā</b>	All beings
<b>Averā hontu</b>	Free from animosity
<b>Abyāpajjhā hontu</b>	Free from harmful each other
<b>Anīghā hontu</b>	Free from physicals and mental sufferings.

### **Sukhī attānaṃ pariha rantu**

May they live in peace and happily free from all sufferings and dangers.