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.

SVAKKHATOYENABHAGAVATADHAMMOSUPATIPANNO 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 sāvakasańgho Sańgham 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 gatang, 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.

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

Sukita hontu	May they be happy
Averā hontu	Free from animosity
Abyāpajjhā hontu	Free from harmful each other
Anīghā hontu sufferings.	Free from physicals and mental

Sukhī attānam pariha rantu

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

10. Prostrate to Laungphor Thongbai together

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 tisaranena saha pañca silani yacama

Dutiyampi mayam bhante visung visung rukkanataya tisaranena saha pañca silani yacama

Tatiyampi mayam bhante visung visung rukkanataya tisaranena 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 SURA-MERAYA-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 āsavakkhayāvaham 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 principle.	Not processing a permanent life
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-suny	a remember that the food is dirty	
Suppe loge anapirita-sunya everything in the world are not pleased		
Pahana-sunyalet 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.
- 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.

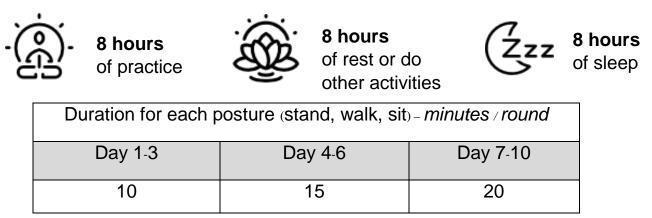
The things that you need to have when you leave the kuti

- 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

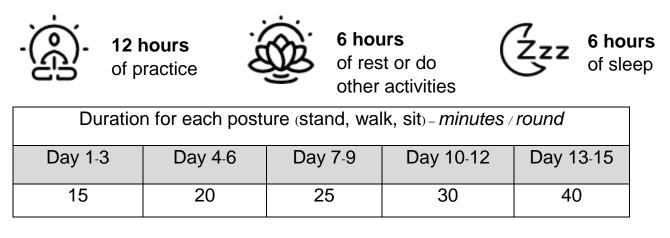
Easy:

Suggested hours in 1 day:



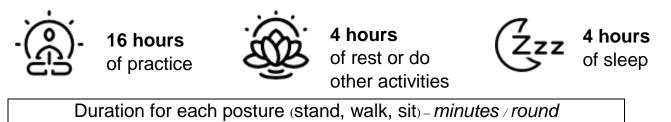
Middle:

Suggested hours in 1 day:



Strict:

Suggested hours in 1 day:



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) - minutes / round				
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 each	adula aguld ha flavih	

* 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

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

Sukhī attānam pariha rantu

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