

Short-Term Ordination & Meditation Retreat Guidelines

This retreat is a rare and precious opportunity to live simply, cultivate mindfulness, and deepen your practice. To help create a peaceful environment where everyone can benefit, we kindly ask all participants to observe the following:

1. Maintain Noble Silence

Please observe noble silence throughout the retreat by refraining from unnecessary conversation. Avoid chatting with others, including inside the rooms, so that the environment remains peaceful and the mind can settle more easily.

2. Take Care of Yourself and Your Belongings

Whether you are ordained or a lay practitioner, please look after your physical and mental well-being, and keep your personal belongings (such as your alms bowl, meditation cushion, chanting book, etc.) properly organized. If you feel unwell at any time, please inform us immediately so that we can assist you.

3. Ask Questions During Dhamma Sessions

If you have any questions during the teachings, please feel free to raise your hand. Questions related to the current topic will benefit both your own understanding and that of the group.

4. Seek Clarification Directly from Bhante

If there is anything you do not understand, please ask Bhante directly. There is no need to feel shy—Bhante is compassionate and always happy to answer your questions. We kindly discourage private explanations among participants to avoid misunderstandings and ensure everyone receives the Dhamma accurately.

5. Stay with the Present Moment

For these few days, gently set aside the urge to share your personal experiences or discuss the Dhamma, including Bhante's teachings. Allow what you have learned to settle quietly within your heart. Often, deeper understanding arises naturally through silent reflection.

6. Cultivate Gratitude at Mealtime

Practice begins at the dining table. Please take only what you can finish and avoid wasting food. Finishing your meal mindfully is a way of expressing gratitude to the volunteer cooks and generous donors who have offered the meal.

7. Take a Break from Your Phone

Mobile phones will be collected and safely kept by the volunteers during the retreat. Let these few days be a chance to simplify your life, rest your mind, and fully immerse yourself in the practice.

8. Help Care for the Practice Environment

Cleaning time is an opportunity for all of us to help maintain and support the monastery and practice environment together. Everyone is encouraged to participate. If you are feeling unwell, please seek permission from Bhante to rest.

May this retreat be a meaningful journey of peace, mindfulness, and wisdom for everyone. May all beings be happy and well.



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