

BUDDHIST TEMPLE MUSANG AM

Comunità Bodhidharma, associated to Unione Buddhista Italiana

Instructions for laymen visiting the temple

Dress properly avoiding shorts, singlets and slim-fit wears. We suggest comfortable and sober dresses. Please take shoes and slippers off before entering indoor spaces!

Arriving at the temple you can render homage to Buddha, Dharma and Sangha with three prostrations in the Dharma hall.

Traditionally monks are greeted with half bow joining the hands (hapjang, symbol of the union of wisdom and compassion). Avoid kisses and embraces.

Avoid speaking to the monks using only their Dharma name. Add the appellative which is more natural for you to use, for example: "master", "venerable", "monk", "bhante" or "sunim"(pronounced "s'nim"). Sunim is a Korean term used both for monks and nuns.

Generally, if there isn't a possibility of mistake, it's enough to use simply "sunim" for monks and nuns.

For the time your are living at the temple please don't speak too loud or disturb with noises, don't smoke and so on... You should be mindful about the place where you are and maintain a respectful behaviour to everybody and to everything.

(If necessary you can smoke out of the entrance gate).

You should be ready in the Dharma hall a few minutes before the beginning of the practice, occupying composedly your sitting place.

Keep cushions in order and shoes in row. Keep the bathroom clean after use. When you finish working meditation put the tools back in order.

The temple activities go on with free offerings. It's possible to donate for example vegetarian food (without onion or garlic), cold drinks etc... You may offer part of the donation to Buddha, Dharma and Sangha placing the offering on the table in front to the altar.

Meaning of invitations with moktak(the wooden bell):

one percussion	invitation for meals
two percussions	start of working meditation
three percussion	invitation to practice sessions

Daily program (when there is not a meditation day):

5:30	wake up
6:00-7:00	meditation
7:30	breakfast
9:00-12:00	working meditation
12:30	lunch
15:00-17:00	meditation or study or work or individual practice
18:00	evening snack
19:30-21:00	chanting and meditation