

# **WBD Forest Monastery Information for New Guests**

**Please read and keep this, then fill in the attached "Guest Application Form" for the Guest Monk.**

All guests are asked to abide by the following Precepts and Monastery rules.

- ❖ To refrain from killing or harming any living being.
- ❖ To refrain from taking that which is not given.
- ❖ To refrain from any sexual activity. No physical contact or intimacy with the opposite sex.
- ❖ To refrain from false or harsh speech.
- ❖ To refrain from taking intoxicants which confuse the mind.
- ❖ To refrain from eating before sunrise and after noon.
- ❖ To refrain from entertainments, beautifications and adornments.
- ❖ To join in the monastery schedule and work duties.
- ❖ To refrain from using computers, telephones, and internet.

## **Daily Schedule**

- 5:00 – 6:15 am Morning Chanting & Meditation
- 6:30 – 7:15 am Breakfast (Optional)
- 7:15 – 7:30 am Work Meeting
- 7:30 – 10:30 am Work Period
- 11:00 – 1:00 pm Lunch and Kitchen Clean Up
- 1:00 – 5:30 pm Personal Practice Time
- 6:00 – 7:00 pm Drinks
- 7:30 – 9:00 pm Evening Chanting & Meditation.

\*\*On Full Moon and New Moon Days the evening meditation practice may continue all night. There may be variations in the Daily Schedule from time to time.

## **Conduct**

Guests should try to be sensitive to what is appropriate for a quiet and meditative environment. All external business and contact should be kept to an absolute minimum. Please keep your room and the surrounding area clean and tidy. Do not walk around in a state of undress. Men should not be bare-chested, or wear shorts in public areas, and women should be well covered. Male and female guests are not allowed to visit each others' rooms. Please do not walk around the Hermitage Area.

## **General**

The Wat is very vulnerable to fire; *smoking is prohibited and we do not allow the burning of candles or incense (exception: Sala)*. Guests should use their torch, as snakes move around during the night as well as the day in summer. Be careful where you walk and stick to established pathways. Be mindful when using lights as we are on solar power. Please be frugal with your use of water. Make sure you organize your own transport in and out of the Wat.

### **Kitchen and Office Area**

- Breakfast begins at 6:30 am and finishes at 7:15 am.
- Please do not loiter around the kitchen and office between 1:00 – 5:00 pm and 9:00 pm – 5:00 am.
- Evening drinks is between 6:00 – 7:00 pm.
- All food must be stored in sealable containers. NO food is to be left unprotected or uncovered (as it attracts rats.)
- Close all doors and windows before leaving the kitchen (to prevent wildlife from entering.)
- Use compost, garbage and laundry bins appropriately.

### **Showers and Toilets**

- The fire to heat the shower water is to be tended by Authorized Personnel only.
- Hot water is available afternoons and all are asked to conserve water and take short showers (3 minutes).
- Do not remove any firewood from the shed near the Shower Block.
- Unless otherwise specified all water from a tap is drinkable (rainwater.)
- Use Compost Toilets whenever possible and follow the written instructions. For urinating use the great outdoors.
- Remember to always close the toilet lid after use (to prevent insects breeding).
- Please dispose of sanitary materials such as tampons and pads by wrapping and placing them in garbage bins.

### **Sala**

- Enter and leave as quietly as possible. (Through double doors only.)
- Feel free to adopt a suitable sitting posture without lying down.
- Move mindfully and quietly if you need to change position during meditation.
- It is considered impolite to point your feet towards the Buddha statue or teacher.
- Observe noble silence at all times around the Sala.
- Do not wear 'noisy' or skimpy clothing.
- The last person leaving must extinguish the candles at the shrine.

### **Coming and Going**

Please inform the Resident Teacher or Caretaker before leaving the Monastery for any reason. If bushwalking, please write on the blackboard or inform the Caretaker of your walking plans. Towards the end of your stay please inform the Senior Monk or Caretaker of your expected departure time. Before leaving, make sure your room and monastery linen have been thoroughly cleaned and all monastery property is returned to where you found it.

*Please read the Emergency Procedures and Information folder in your room for more detailed information.*

*May your stay at WBD Forest Monastery be peaceful and harmonious*

## WBD APPLICATION FORM

Please complete this form and return it to:  
Wat Buddha Dhamma, Ten Mile Hollow, Wisemans Ferry NSW 2775  
Or email [office@wbd.org.au](mailto:office@wbd.org.au)

Full Name:	Sex: M/F
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Contact Address:
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Contact Phone Numbers:		
Home:	Work:	Mobile:
Email:		

Date of Birth:
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Drivers License Category:	
Expiry Date:	Sighted by Guest Monk:

Contact Name in case of Emergency:
Nature of Relationship:
Phone:

Are you Buddhist? If so, which tradition or teacher?
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Have you visited Wat Buddha Dhamma before?	YES/NO?	
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Please describe your Meditation Practice?
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Have you experience of living in monasteries or communities? (Please give details.)

Are you receiving any Government financial assistance? (Please give details.)

Do you have any past or current history of physical concerns (foot, back, or neck injuries, etc) or mental health concerns, e.g. Depression? Any history of addiction? (Please give details.)

Are you on any medication for physical or mental health reasons?

Do you have a First Aid Certificate?

Please describe why, when, and for how long you would like to come to WBD:

**TRANSPORT**

Can you offer a lift to and from the Wat?	YES/NO?	
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I, the undersigned, declare that I have read the "Information for New Guests" and agree to follow all the rules and routines stated therein. The personal details given in the Application Form are to the best of my knowledge true and correct.

Signed \_\_\_\_\_ Date \_\_\_\_\_

THANK YOU FOR YOUR APPLICATION – It will be reviewed by the Guest Monk.