



WAT MARP JAN

MANUAL RULES AND REGULATIONS

FOR LAY PRACTITIONERS STAYING OVERNIGHT
AT WAT MARP JAN, THAILAND

WAT MARP JAN

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Please return after your stay

Thank you

Rules and Regulations

for Lay Practitioners Staying Overnight
at Wat Marp Jan, Thailand

Wat Marp Jan has developed a strict set of regulations in order to allow sincere male and female lay practitioners to practice fruitfully while staying at the monastery on eight precepts.

In order to maintain peace, happiness, and safety, as well as to support the intention of sincere practitioners, the monastery will accept only those persons who agree to abide by these rules without exception.

Therefore, all persons with a sincere intention to stay at the monastery for the purpose of Dhamma practice on eight precepts must read these rules, understand them, and agree to abide by them without exception.

- You must sign each page to indicate that you understand and agree to follow the monastery rules.
- Answer all questions truthfully.
- Please read the rules and regulations thoroughly to ensure that you understand them before arriving at the monastery. When you register upon arrival at the monastery, you will be asked to give your signature

to indicate that you agree to abide by these rules. Persons who indicate a lack of sincerity by refusing to give their signature will be turned away.

The applicant should sign each page of this form, in addition to the form for persons wishing to stay overnight at Wat Marp Jan (Form A2).

1. Notice to All Dhamma Practitioners Staying Overnight at Wat Marp Jan

In the event that a lay practitioner staying at the monastery experiences any form of injury or accident, including those leading to disability, loss of sanity, or loss of life, the monastery will not accept responsibility for that practitioner under any circumstances whatsoever.

2. Length of Stay at the Monastery

2.1. Each stay in the monastery shall not exceed 7 days and 6 nights. For the entire length of stay, you should have your personal ID badge (issued by the monastery after registration) displayed on your person.

2.2. All lay guests must keep the 8 precepts strictly. The only exception allowed is for those guests who wish to have an evening meal, while still maintaining the other 7 precepts.

- Persons with a chronic medical condition must present a certificate from a government hospital or trustworthy private hospital (certificates from clinics will not be accepted), and must give notice of their condition upon registration at the monastery. Such persons are also required to give notice of their condition at least 7 days prior to arrival at the monastery, in order to give the monastery time to investigate the situation. During their stay at the monastery, such persons should have all their necessary medication ready. Finally, it is necessary for such persons to receive permission to stay at the monastery from the abbot on an individual basis. Persons 65 years of age or older must also receive permission from the abbot on an individual basis and must have someone accompany them during their stay at the monastery.

2.3 Entering and Leaving the Monastery

- Entering and leaving the monastery is prohibited at the following times: From 12:00 noon – 3:00 p.m. and 9:00 p.m. – 6:00 a.m. The monastery will not open the gate for personal

reasons, but only in the event of an emergency and with the permission of the abbot.

- The monastery requires that lay practitioners remain in the monastery for the duration of their stay. In the event that you would like to offer food or other items to the Sangha, please prepare dry goods sufficient to cover your entire stay in advance. Do not cook food or rice in your dwelling. Also, please obtain any necessary toiletries or personal items prior to your arrival at the monastery, as the monastery does not allow trips into town to obtain these items. Persons who leave the monastery grounds without permission and without taking leave, except in an urgent situation or emergency, will be refused further stay. The following situations are grounds for permission to make a temporary departure from the monastery:

- An accident or injury to oneself, one's relatives, friends or fellow practitioners requiring a trip to a doctor or hospital.
- Other urgent matter, e.g. a relative is severely ill, has been in an accident, or has suddenly died.

Even under these circumstances it is still necessary to give notice of your departure to the abbot, kitchen official, or, in the most extremely urgent situation, by calling **09-8850-6742**.

On the day of your departure you must leave
before 5:00 p.m.

3. Qualifications of the Applicant

3.1. Necessary Qualifications of the Applicant

- Persons staying overnight to practice at Wat Marp Jan should be of normal physical and mental health. They should not impose a burden on the monastery or disturb their fellow practitioners.
- Do not cause a problem for the monastery by, for instance, starting an argument or deliberately injuring yourself. The monastery reserves the right to expel any lay practitioner from the monastery immediately. The monastery also reserves the right to initiate legal proceedings when necessary.
- Elderly persons who require assistance must have someone to accompany them during their stay at the monastery. Children under

the age of 12, persons with mental illness, persons with infectious disease, and severely disabled persons will not be permitted to stay at the monastery.

- No permission will be given to those addicted to cigarettes, alcohol or drugs.

3.2. Dress Standards

Both laymen and laywomen, those holding the eight precepts and those holding five, must strictly follow the regulations given below:

Laymen's Dress Code

- Full-length, white trousers and sleeved, white shirts or T-shirts should be worn, both made from thick cloth. The following are not allowed: shorts, $\frac{3}{4}$ length trousers and vests/singlets. Clothes worn whilst sleeping should also be neat. Shorts and vests are not permissible even though they are only being worn to sleep in.
- Hair should be short and tidy.
- Jewelry of any kind is not allowed with the exception of wrist watches and necklaces with Buddhist amulets/ figures (neither, however, should contain diamonds).

- Footwear must be white, black, brown or grey.

Laywomen's Dress Code

Those holding the eight precepts and those holding five should dress themselves strictly according to each of the following regulations. Those who fail to do so will be asked to leave the monastery.

- Clothes worn should be neat and tidy. Full-length trousers or a sarong-like skirt of either white or black color are appropriate. They should cover the ankles, not be tight-fitting and be made from thick cloth. All kinds of tight-fitting or stretching trousers are not allowed. Shirts or T-shirts should be white and have a rounded neck that is neither low nor wide. They should not be made from stretching material or be tight-fitting but should extend down to the hips and be made from thick cloth. If the cloth is relatively thin another layer should be worn over it. Sleeves should be either long or up to the elbows. Short-sleeved shirts and singlets are not allowed. A white sash should be neatly worn diagonally around the body. Sleeping attire

should be as neat as the clothes worn during the day.

- Hair should be arranged or tied up neatly. No permission is given for any kind of decoration or adornment, nor for bangs.
- No cosmetics should be used on one's face. Any polish or coloring on one's fingernails and toenails should be cleaned off. No exception is given, not even for nail varnish or pale colors.
- Jewelry of all kinds, worn anywhere from head to toe, are forbidden with the exception of wrist watches and necklaces with Buddhist amulets/figures (neither, however, should contain diamonds).
- Do not wear high-heeled or platform shoes. Instead, ordinary, undecorated shoes of white, black, grey or brown color should be worn.
- If a monastery official notices that a lay guest is dressed in a manner not in accordance with the regulations given, the official may give a warning. If the lay guest does not listen and stubbornly persists, the official has the authority to get him/her to leave the monastery

immediately.

- Items for personal use should be brought along with one. No valuable items should be brought into the monastery. In the event of something going missing, the monastery takes no responsibility but rather each individual needs to take responsibility for their own possessions.
- Guests should bring the following: passport with visa, white clothing, toiletries, mosquito repellent (though there is no malaria in the area), towel, torch, application documents, flip flop sandals.

4. Regulations During One's Stay

4.1 With regards to the consumption of food and drinks, the monastery has set up CCTV cameras for surveillance purposes so the lay guests, both holding five and eight precepts, need to strictly follow the rules around the consumption of food and drinks.

- **Do not eat any kind of food, cook rice or prepare any food in the vicinity of the sleeping quarters.** If a monastery official

sees anyone engaging in such activities they will be immediately sent out of the monastery. This is because they are causing rats, cockroaches and ants to enter into the sleeping quarters. Even if you have already left to go elsewhere in the monastery, the evening meal for those on the five precepts and the evening drink and other afternoon allowables for those on the eight precepts must only be consumed at the food tables in front of the kitchen. The time for this is 5:00 p.m. to 5:30 p.m., having finished everything before 5:30 p.m. and no later. When you have finished, please clean the tables, wash any dishes and wash the basins as well. Plates and bowls should be left overturned in the cabinet with the doors tightly closed.

- During the large annual holy days or other Thai holidays, or during the times that the monastery organizes events, an eating area will be set out especially for those who have registered to stay in the monastery. Please eat only in this area, in a peaceful and orderly manner, without talking or creating

loud noises. The meal should be finished within 45 minutes.

- In the event that a lay guest does not follow these procedures, the monastery officials have the right to give them a warning. If a second warning is needed then the monastery is obliged to send the guest out immediately.
- When the meal has been finished, everyone should help out cleaning the tables and chairs and washing the various dishes and other vessels, both those you have used yourself and communal ones as well.
- Food brought along to be offered to the monastic community should be handed over to one of the kitchen staff on the day of arrival and not taken to the sleeping quarters. Food brought to be put into the monks' bowls while on alms round should likewise be given to the kitchen staff and they can look after it. Again, no food of any sort should be brought to the sleeping quarters.

4.2 Use of the Various Locations in the Monastery

- All restricted areas and areas reserved for

monks only must not be entered into by laity at any time. These areas are well signposted, but generally only in Thai, so please ask if you are unsure. Anyone purposefully violating this rule will be sent out of the monastery.

- The monastery arranges separate lodgings for upāsakas (lay men) and upāsikās (lay women) respectively. Lay men are prohibited from entering the women’s lodging area. Lay women are likewise prohibited from entering the men’s lodging area.
- After the morning and evening chanting has finished, everyone should quickly leave the dining hall and the uposatha hall, because at these times the monks use these places for doing chores. Do not enter the dining hall before 4:30 p.m. and do not enter the uposatha hall area before 5:00 p.m.
- When using the restrooms located outside of the lodging areas, at least two people should go together. Please make sure that the lights are switched off and the water is turned off. In particular, do not forget to turn off the water, because this will cause the water in the

monastery's tank to keep flowing out until empty, and there will be no water left for others to use as a result of that carelessness. Please take extra care with this.

- Doors should be opened and closed gently and softly. They should also be opened and closed quickly in order to prevent mosquitoes and other insects from entering.

4.3. Refrain from talking and all other activities in the lodging area between 10:00 p.m. – 4:00 a.m.

- Stop all activities, turn off your mobile phone, and observe noble silence between 10:00 p.m. – 4:00 a.m.
- The use of any form of audio player with speakers, which would make a loud noise, is not permitted even for Dhamma-related audio. The use of headphones, however, is allowed since it will not disturb other people.
- You may practice sitting meditation in the lodging area. Refrain from walking meditation in the lodgings between 10:00 p.m. – 4:00 a.m., except for when there are fewer than 10 people staying there, and only when you are confident that it will not cause disturbance

for the other lay guests.

- Walking meditation outside the lodging is allowed only in the designated area which has been marked with signs. Do not practice walking meditation outside of the lodging between 6:00 p.m. – 8:00 a.m. This is to ensure the safety and orderliness in the monastery.
- Turn off the lights in the lodging area between 10:00 p.m. – 4:00 a.m. For those who wish to read books (only Dhamma-related books), then bring your own reading lamp, and make sure that no other lay guests are disturbed by it.
- Dhamma practitioners should have their own personal torch to use when going to the restroom or walking to morning and evening chanting, without having to bother others.
- A group coming to practice Dhamma, whether it is a large or small group, should practice strictly following the rules of the monastery. They should not hold the view that they are of the same group and therefore can do anything they wish through thinking “we will decide among ourselves”. If someone does not practice according to the rules, the monastery

reserves the right to expel the whole group. Therefore the leader who brings the group must be the one to look after the group and take responsibility.

4.4. Practice restraint in body, speech and mind. Do not speak loudly, or act in coarse, unmannerly ways. Do not quarrel or fight in any way whatsoever. Whoever acts in immoral ways will be expelled from the monastery. As for those who commit crimes in the monastery, they will be reported to the authorities, in order to prevent others from taking after their bad example.

4.5. Do not gather together in groups talking, regardless of the subject of the conversation. Speak little or refrain completely from speaking. Do not initiate any other activities in the monastery except for holding the precepts and practicing meditation.

4.6. Do not bring any form of computer, tablet or device with an Internet connection to use in the monastery during the stay. Do not bring any kind of pet to stay overnight in the monastery.

4.7. Do not miss morning and evening chanting. It is not permitted to hold morning and evening chanting in the lodgings. Everyone must go to the dining hall and uposatha hall for morning and evening chanting respectively.

4.8. One should be sincere in helping out with the monastery chores. Be earnest and diligent. One must also help out with washing the communal dishes.

Once a day at 3:00 p.m. lay men should go to meet with the monks at the office, whereas lay women should go to meet the monastery staff in the kitchen area in order to help out with the various chores.

4.9. Dhamma practitioners are under no circumstances allowed to receive visitors from outside the monastery in the lodging areas. They are to be received in the dining area in front of the kitchen only. And not later than 5:00 p.m. Whoever receives strangers in the lodgings, especially if they are of the opposite gender, will be expelled from the monastery immediately.

5. In Case of Emergency

5.1. In the case that an emergency situation occurs inside the lodgings such as some form of danger, accident, or injury, you can ask the monastery for help in the following ways:

- Press the emergency button that has been installed in the lodgings. (They are marked with a sign.)

- Ring the bell that is set up in front of the lodgings.
- Call to report the emergency situation that has occurred in the lodging on phone number **09-8850-6742**.

After that, wait until someone comes to help. **Do under no circumstances enter the restricted “Sangha only” areas to call for help.** If the situation occurs during daytime, it should be reported to the monastery staff in the kitchen.

5.2. If an emergency occurs outside the lodgings, such as in the restrooms,

you can ask the monastery for help in the following ways:

- Press the emergency button that has been installed in that area. (They are marked with a sign.)
- Call to report the emergency situation on phone number **09-8850-6742**.
- For general inquiries, use the phone number **038-026-251**.

After that, wait until someone comes to help. **Do under no circumstances enter the restricted “Sangha only” areas to call for help.**

5.3. In the case of minor illnesses that are not too serious, you may inform the female monastery staff. There is no need to inform the Sangha, since it is not their duty. Everyone should bring their own store of medicine to the monastery, based on their individual needs. The staff in the monastery's kitchen are not medically trained; therefore they may only be able to provide help with the most basic medical needs, such as providing painkillers, fever reducing medicine, aromatic inhalants, balms, and creams.



General Lay Guest Schedule

- 4:00 a.m. Morning Wake-Up Bell.
- 4:30 a.m. – 5:45 a.m. Morning Meeting: Meditation and Chanting.
- 5:45 a.m. – 8:00 a.m. Monks go out to surrounding villages on alms-round. Lay guests sweep the monastery and help in the kitchen till meal time.
- 8:00 a.m. Meal.
- 9:00 a.m. – 11:00 a.m. Lay guests will help clean the spittoons and cleaning the kitchen after the meal. Usually after this there are work projects such as maintenance work, gardening and helping the monks with other various duties.
- 3:00 p.m. Chores such as sweeping the monastery paths and cleaning the monastery toilets.
- 5:00 p.m. Afternoon Drink.
- 6:30 p.m. – 9:00 p.m. Meditation and Evening Chanting.

