

# BRAHMA VIHĀRI MEDITATION CENTRE

Ye Chen Oh Village, Pyin O Lwin Township Myanmar

## I. General Information

### a. Climate

The Cold and Dry season begins after the rains in October and ends in March. The temperature at night and before dawn during this period can be sub-zero. Please prepare sufficient winter clothing.

The weather starts to warm in March and by mid-April, it is very warm. So light clothing such as T-shirts would be useful.

### b. Facilities and Utilities

There are 30 rooms available. Each room comfortably accommodates 3 meditators. A drawer that can be locked is available for each meditator to keep important personal belongings.

There is a power socket in the room. However, electricity is not available everyday. Candles and torches are necessary.

Hot water for showers is available from the solar-electric water heater.

### c. Accessibility

If you are coming on your own, Ye-Chen-Oh Village is on the right-hand side of the road in towards Lashio from Pyin-Oo-Lwin Town. The Meditation Centre has erected a signboard at the entrance of the small road that leads to it from the main 'Lashio Road'. There is a left-turn with another sign written in Burmese script. The Taxi-driver should be able to read it. Pyin-Oo-Lwin, a fairly popular tourist destination is about 2-hour-taxi-ride from Mandalay Airport.

The postal service in the village is not reliable.

### d. Myanmar Contact Information

Mr & Mrs Yip Seng Foo  
No 4 West May Kha No 3 Street  
Mayangone Township, Yangon  
E-mail - [bluestar@mptmail.net.mm](mailto:bluestar@mptmail.net.mm)

In the event of emergency, meditators can be reached via the above e-mail address. Please incorporate the phrase 'For Maymyo Yogi'

### e. Money

Credit cards or travelers' cheques are not allowed in Myanmar. The Centre is not expected to pay for the meditators' expenses such as those for medical, dental, transportation, visas and other requisite items. Please arrive with SUFFICIENT Funds (In US Dollars) for the duration of your stay.

Dollar bills must be in good condition: worn, torn, nicked, marked or questionable bills (e.g. old bills with 'small head', serial number beginning with 'CB') may not be accepted.

**f. Self-care and well-being**

The centre shall not be responsible for

- i. any personal property damaged, lost or stolen;
- ii. any personal injuries and medical illness. Medical expenses shall be borne by the respective meditators.

Medical consultation is available in town. Volunteer doctors and nurses may be available in the Centre from time to time.

**g. Schedule 时间表**

<b>Time</b>		<b>Activities</b>
<b>From</b>	<b>To</b>	
4.00am	-	Wake up 起身
4.30am	5:45am	1 <sup>st</sup> Sitting 第一支香
6.00am	6.45am	Breakfast 早餐
7.00am	7.45am	Area Cleaning 值勤与打扫
8.00am	9.00am	2nd Sitting 第二支香
9.00am	9.30am	Walking Meditation/ Interview 经行/ 小参
9.30am	10.45am	3rd Sitting 第三支香
11.00am	12.00pm	Lunch 午餐
12.00pm	1.30pm	Rest 休息
1.30pm	2.00pm	Walking Meditation 经行
2.00pm	3.30pm	4th Sitting 第四支香
3.30pm	4.30pm	Walking Meditation/ Interview 经行/ 小参
4.30pm	6.00pm	5th Sitting 第五支香
6.00pm	7.30pm	Rest 休息
7.30pm	7.45pm	Puja 诵经与供养
7.45pm	9.00pm	6th Sitting 第六支香
9.30 pm	-	Lights Out 熄灯

**Office Opening Hours 办公室运做时间**

12.00pm to 12.30pm Daily 每天

**Interview Time 小参时间**

9.00am to 9.30am

3.30pm to 4.30pm

Please refer to the schedule in the Centre 请参阅小参时间表

## II. Rules and Regulations

### a. General Conduct

- i. NOBLE SILENCE should be observed at all times during the retreat and within the compound of Brahma Vihāri.
- ii. Memorize the **Eight Precepts** and observe them conscientiously. Exemption from the sixth precept may be given by the Teacher on medical grounds.
- iii. Dress modestly. For women: no bare shoulders, no bare midriff, no short skirts, no shorts, no thin, transparent, tight, brightly-coloured or otherwise revealing and improper attire. For men: the same (where applicable). Shirts must always be worn.
- iv. Do not feed animals (e.g. dogs, cats, birds, ants) in the compound.
- v. Meditators should not visit other rooms without proper reasons.
- vi. All meditators must remain within the compound for the entire retreat. Unless granted special permission, to use the Meditation Visa for sightseeing will constitute an abuse of the Sponsorship Letter.
- vii. Do not visit the village, the coffee shops or the 'Monk's Tree' without permission from the Teacher. In any event, minimize the need to go into town or to the village.
- viii. Observe lights-out time at 9:30 pm sharp.
- ix. Do not give instructions or orders directly to any volunteers or workers. Please direct your requests to the office.
- x. All meditators have to perform their assigned duties to maintain the Centre.

### b. Administration

- i. Upon arrival/departure, meditators must register at the office.
- ii. When departing, please inform the office.

### c. Shrine Hall and Meditation Practice

- i. Formal group sittings are held in the meditation hall. Please refer to the Schedule. (A bell will be rung to notify meditators 10 minutes before the next scheduled sitting.) Meditators may continue sitting in the meditation hall in the intervals between scheduled sittings.
- ii. Meditators shall attend all scheduled group sittings unless given permission by the Teacher to meditate in their rooms.
- iii. Meditators should commit to a regular schedule of interviews with the Meditation Teacher.
- iv. All meditators must practise the meditation subject given by the Teacher. Do not engage in any other meditation practices that you have learned

elsewhere. Do not discuss such practices with other meditators, as this may cause confusion and create obstructions in the meditation practice.

- v. Do not discuss your meditation practice with others or speak about your attainments.
- vi. Questions regarding your meditation practice should be directed only to the Teacher.
- vii. Do not use the pillows and mattresses issued to you as cushions for sitting in the Shrine Hall.

**d. Rules in the Rooms**

- i. Please accept the room that has been assigned to you. Any problems with your room should be addressed to the office. Do not change rooms without permission.
- ii. Do not cook, boil water (hot water is available in the kitchen) or consume food in the room as these will draw in ants, cockroaches and rodents. Exemptions may be granted for meditators who are ill. Store your foodstuffs properly in rodent-and-ant-proof containers.

**e. Rules in the Dānasāla**

- i. The queuing order for food is according to vassā for bhikshunis and nuns, followed by laywomen. Once the queue has begun to move, bhikshunis or nuns may not enter the line in front of other bhikshunis or nuns, but must wait until they have passed and then enter at the rear of the nun's queue.
- ii. Food within the compound should be vegetarian. Do not bring non-vegetarian food into the compound.
- iii. Each meditator is to read and reflect silently the "Food Reflection" (printed and distributed at the dining tables) before eating.
- iv. Do not remove or borrow crockery and cutlery from the Dānasāla.
- v. Each meditator is to take as much as he or she needs of the food offered on the serving tables. The food should be consumed in the Dānasāla and not be brought back into the room.
- vi. Do not store your personal foodstuffs in the Dānasāla, e.g. in the fridge.
- vii. Cutlery and plates should be washed and returned.

### III. Guidelines for General Conduct

- a. Do be considerate to others by not bringing books, water-bottles, plastic bags, noisy groundsheets and jackets etc. into the meditation hall as they create noise when handled.
- b. Do not bring alarm clocks or noisy watches into the meditation hall.
- c. Out of respect to the Teacher and to enable the Teacher to correctly assist you, please describe your meditation experience with absolute honesty. The report should be precise and based on your personal experience.
- d. Do maintain your room. Keep it clean and tidy at all times. Please abide by the room-cleaning schedule (This shall be given to you in the Centre).
- e. Do conserve water and electricity. Use them sparingly, example: wash your clothes in batches rather than singly.
- f. Please respect the environment. Do no litter.
- g. Yoga, Chi Gong and other regular forms of exercises may be done in private.
- h. Please submit any requests for the purchases of requisites to the office between 1200H and 1230H every Thursday. The office will arrange for the purchases. You may collect the purchased items on the following Saturday during the office's opening hours.
- i. Do be punctual for all scheduled activities such as meditation sittings and meal-times.
- j. All requests, complaints or suggestions are to be directed to the office or written on a piece of paper and put into the Suggestion Box in the Dānasāla.
- k. Free seating is observed in the Dānasāla, however bhikshunis and nuns shall be given seats at the front.
- l. Please avoid the use of personal alarms in the rooms.
- m. Please be considerate and mindful when taking or eating your food in the Dānasāla.

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### Office Opening Hours 办公室运做时间

10.00am to 11.00am     Daily 每天

### Interview Time 小参时间

9.00am to 10.30am     As per schedule 请参阅小参时间表

3.30pm to 4.30pm

### Clinic Opening Hours 诊所开放时间

9.00am to 10.00am     Monday to Saturday 周一到六