



Mahamevnawa Buddhist Nuns' Centre

Residential Meditation Program

Registration Form

The program will take place at Mahamevnawa Nuns' Monastery and all meditators will be expected to abide by the rules and ways of practice normally followed in the monastery.

Please note: Only two meditators are able to participate at a time, in the program.

Meditator's Details:

First Name: Last Name:

Address:

Tel: (home) Mobile:

Email Address:

Emergency Contact 1: Tel:

Emergency Contact 2: Tel:

I am registering for: days

Arrival date:/...../.....Time: Departure date:/...../.....Time:.....

Are you ill, currently taking any medication or have a history of mental illness? If yes, please explain:

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.....

Have you participated in sil programs or meditation programs conducted by Mahamevnawa?: How many times?.

.....
.....

Are you able to take care of your personal needs independently?:

.....
.....

If No, are you able to accompany an adult that will help you with your daily tasks?:
(The accompanying adult must complete a separate Registration form)

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.....

Do you have medical dietary restriction? If yes, please explain

.....
.....

List the name of your therapist / Dr and their emergency contact telephone number.

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Disclaimer

Mahamevnawa Buddhist Nuns’ Centre Ltd. does not have public liability insurance cover for any injury or death or any loss of property suffered at the Meditation Program.

By signing this form I understand I waive my rights to sue “Mahamevnawa Buddhist Nuns’ Centre Ltd.” for losses relating to my death or personal injury that results from a breach of a condition specified in section 91 and 92 of the Goods Act 1958. My signature is an acknowledgement that I have carefully read the attached meditation policy, fully understood and fully agreed to stay on the premises and abide by the rules of the Mahamevnawa Buddhist Nuns’ Centre Ltd for the duration of the meditation program.

Signature:

Date:/...../.....

Residential Meditation Program

1) Eight Precepts

All those who attend the meditation program must undertake to observe the following eight precepts for the duration of the program:

1. To abstain from killing any living creature 2. To abstain from stealing 3. To abstain from all sexual activity 4. To abstain from telling lies 5. To abstain from all intoxicants, drugs and cigarettes 6. To abstain from taking food after midday 7. To abstain from sensual entertainment and bodily decorations 8. To abstain from using high or luxurious beds.

2) Noble Silence

The practice of Noble Silence helps meditators to gain more mindfulness. This enables meditators to progress in meditation. Therefore, you should keep Noble Silence at all times during your stay: talking to other meditators is limited. You should concentrate on your own cultivation of mindfulness in all actions. You should pay little attention to other people around yourself. Should any problems arise during the practice, you may direct your concerns to the Nuns or program organisers.

3) Duration

You can participate in the Residential Meditation Program for a minimum of three days and a maximum of 7 days.

4) Age Range

Only female lay disciples over the age of 18 are able to participate in the Meditation program.

5) Intoxicants, cigarettes and drugs

The monastery is strictly a smoke-free zone, as well as an alcohol and drug abuse free zone. No drugs, alcohol, cigarettes or other intoxicants should be brought to the site: this applies to tranquilizers, sleeping pills and all other sedatives. Those taking medication on a doctor's prescription should notify the organisers when applying for the Residential Meditation Program.

6) Food

One will find more progress in one's own cultivation when living simply. The program organisers will organise all meals. All food is prepared with loving-kindness and strict hygiene levels. Meditators are ensured a plentiful and healthy diet, to promote peace of mind. However, if any meditator has allergies due to ill health, please inform the program organisers in advance or at the time of application.

7) Clothing

Dress should be simple, modest and comfortable. As the Meditation program takes place in the monastery, all meditators are expected to wear all white clothing. Transparent, revealing, tight or otherwise striking clothing (e.g. shorts, short skirt, singlet) must not be worn. Be prepared for cold or hot weather.

8) Cleanliness

It is essential that you wash regularly and keep your clothes clean. Showering and cleaning may be done at reasonable times and not during meditation hours.

9) Contacts

Meditators must remain on the meditation site for the entire program. You are not allowed to leave the centre at your own discretion. This is to ensure your own safety and well-being in the event of emergency. You may leave only with the specific consent of the Nuns. In the event of an emergency, please contact the program organisers.

10) What to Bring

Bed Linen and a pillow case

Doona/Quilt

Blanket or sleeping bag

Comfortable warm clothing and outdoor footwear

Personal toiletries and bath towel

Alarm clock, torch, medicine

11) What not to Bring

Mobile phones,
ipads or laptops

12) Before you leave

Meditators are required to clean all the areas they have used before leaving. Please help with cleaning the meditation hall, your room and toilets. Please remember to sign out before leaving.

13) Program Contacts

Bhagya De Silva : 0432 873 151 Email: mahamevnawa@nunscentre.org

14) Date and Time of Arrival

All Meditators should arrive at the Monastery before 7.00pm, on the day the meditation program begins.

15) Date and Time of Departure

You may leave on the final day of the meditation program. All meditators are free to leave after 12.00pm, after completing the cleaning tasks.

16) Emergency contact

Telephone Number – Mahamevnawa Nuns' Centre (03) 9748 7862 or please contact the program organisers.

17) Forms

Signed forms are to be submitted to Mahamevnawa Nuns' Centre.

18) Location

Mahamevnawa Buddhist Nuns' Centre, 405 Sayers Road, Hoppers Crossing VIC 3029

Meditation Program - Daily Schedule

4:00 am	Wake Up
4:30 am – 5:30 am	Morning Buddha Vandana
5:30 am – 6:00 am	Tea Break
6:00 am – 6:15 am	Morning Buddha Pooja
6:30 am – 7:30 am	Heela Dana (Breakfast)
8:00 am – 10:00 am	Meditation instructions by a Venerable Nun + Individual Silent Meditation
10:00 am – 10:45 am	Break
10:45 am – 11:00 am	Afternoon Buddha Pooja
11:00 am – 12:30 pm	Diva Dana (Lunch)
12:30 pm – 1:00 pm	Break
1:00 pm – 2:30 pm	Listening to Dhamma Talk by Venerable Kiribathgoda Gnanananda Thero
2:30 pm – 5:00 pm	Spiritual Reading + Silent Meditation
5:00 pm – 5:30 pm	Dhamma Discussion with Venerable Nun
5:30 pm – 6:00 pm	Break
6:00 pm – 7:00 pm	Preparation for Buddha Wandanawa
7:00 pm – 8:00 pm	Evening Buddha Vandana
8:00 pm – 10:00 pm	Individual Silent Meditation

Namo Buddhaya!