



BUDDHIST CULTURE

SB 202 E





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INTRODUCTION

Buddhist Culture SB 202E, this subject is focus on the fundamental of good citizen in the community as a humanize. It is about planning and good practice for human ordinary life style. Dhamma practice is the basic for embed the morality, manners, performance and the right understand as a Buddhist members always do.

The committees for this subject want to provide the essential of Buddhist Culture which Buddhist should know in a right way such as behavioral practice, how to management the basic needs, health awareness, Buddhist manners, Buddhist rituals and ceremony and how to live with others. Regard to all of these outcome students should bring the ideas to their practice for building up the morality, satisfaction behaviors as a good citizen and support their community as well.

However this text have proved and edited many times. It is still not perfect as we want. Some are need to improve and add more. We hope we will get some advises and help for all of the updated data and feasible information to make this text more effective as always.

Buddhist Culture Committee

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COURSE DETAILS

1. The Explanation of the Course

SB 202E Buddhist Culture

Study on Objectives, Model, Principle and Daily Methodological Practice which will lead you to develop the right way for manageable of Basic Needs, Buddhists' Etiquette and How to perform as a Buddhist to the Buddha Image, monk or Buddhists' Ceremony as well.

2. Course Objectives

1. Student should understand the basic knowledge of Buddhist Principle and how to do on a daily basis of Buddhist.
2. Students should know how to apply the knowledge from this course using in their life.
3. Students should be performed as a good Buddhist and make high respect in Thai Community.

3. Chapters' Details

Chapter 1 : The Fundamental Knowledge of Buddhist Culture

Chapter 2 : The Feasible Practice for the Right of Basic Needs

Chapter 3 : The Culture of Using and Caring of Basic Needs

Chapter 4 : The Culture of Health Care

Chapter 5 : The Buddhist Etiquettes

Chapter 6 : The Ritual and Ceremony of Buddhist

Chapter 7 : The Culture of being Together

LEARNING STRATEGY

1. Self Preparation for Studying

Studying in each Chapter of SB 202E Buddhist Culture, students should work on as follows:

1. Keep studying on each Chapter as always at least one hour per day and try to finish up the Chapter in a week.
2. Finish up the pre-test before study in each Chapter and should do post-test after done in each Chapter as well. It is how to make sure you do understand the knowledge from the Chapter.
3. Students should make a schedule and planning for the activities which are supported you during studying this course. It may help you get more benefit on the studying for all.
4. Regarding to the criteria of this course is focus on the application of students on their ordinary life as appropriated way. Students should use the knowledge from this course on daily life practice as much as they can.

2. Self Assessment as Before and After Studying

Students should be done the pre-test of each Chapter before start study through the Chapter. It will help you know yourself about studied, and then you should do the post-test. You will know how the progress of the studying for further as much. The honest of the test is support your understanding of the knowledge as well.

3. Study on the Text of this Subject

Before you want to study through the Chapter, you should understand all of the objectives, concepts, and outlines in each Chapter. Then you can study on the details in the chapter.

During studying on each item, students should make an important note as self brief and keep doing the exercise and activities after Chapter as well. This is a good self assessment on studying and it will help your know how much you do understand on the knowledge. However daily practice from the studying is feasible for your life style in the community. Most of benefit from studying this course will support you on ordinary basis practice. Good behavioral will embed in you by practice as always. It won't work with learning only from knowledge. Learning by doing as a practice from the end of the Chapter is very important.

4. Doing Activities

Students should make a good schedule and planning for doing activities as each Chapter advised. All of activities should be done and jot down the outcome in each one as required form of the Chapter in the evaluation part.

Because of the focus of this course is on practice. Students should pay attention to all of activities for your beneficial and truly practice from the exercise of the end part of each Chapter.

5. Distance Study via satellite and more any Medias

According to the Dhamma satellite as “DoaDham” is provided the studying Dhamma from Studying Dhamma for Environment Club. This mean is presented the Dhamma knowledge leading to the practice as most and their programs are support this course very well. Students should watch and study from DoaDham’s programs which help you understanding more and easy to apply for your ordinary life style. If you need more information on Dao Dham, you can ask for more from DOU officers.

6. Attend Dream & Dream Kindergarten School

The more feasible for all students, you should attend the “Dream & Dream Kindergarten School as much as you can because you will get more case studies. Knowledge & case study are from this program will help you understand how the benefit of people who have been applied Dhamma for their daily life. It is a real case which has showed in the program. The schedule of program is on Mon – Sat during 7:00 -9:30 pm (Thailand time) or you can watch the rerun program from online as well. The details of the program will provide at DOU office or checking from dmc.tv program.

7. Evaluation

There are two types of exam which are multiple choices and writing exam. The most important part of this course as EVALUATION is self-practice for your daily life style as Dhamma Self-Reliant.

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CHAPTER 1

FUNDAMENTAL KNOWLEDGE OF BUDDHIST CULTURE

TOPICS COVERED IN CHAPTER 1

FUNDAMENTAL KNOWLEDGE OF BUDDHIST CULTURE

- 1.1 Definition of “Buddhist Culture”
- 1.2 History of Buddhist Culture
- 1.3 The Essential Part of this Course

CONCEPTS

1. Before students study on the knowledge as model, principle and daily practice for improvement their Buddhist behaviors such as the Management of Basic Needs, Buddhist Etiquettes and How to Perform to Phra-Rattana-Tri including to the Buddhists' Ritual & Ceremony as well. Students should understand the definition of Buddhist Culture for further studying.
2. In general, main stream of Thai community performs or acts on their daily life as manners or any behavioral functions which came from their Buddhist background. Then it will help students get more understanding on this subject if they know about Buddhist Culture in advance.
3. Buddhist Culture is good for everyone to know. There are too many things as problems for their living in the community such as problem child, broken home, disciplinary children and so on. People are looking for the way out from such of problems as well. Buddhist Culture has many "Model of Practice" which will help people to use for improvement the unsatisfied behaviors in their family for better life and happiness as well.

OBJECTIVES

1. Students should understand and explain about the meaning and definition of Buddhist Culture very well.
2. Students should understand and explain about history of Buddhist Culture has effected on their life.
3. Students should understand and explain about the essential of Buddhist Culture which can help them to solve family problems and social problems as well.

FUNDAMENTAL KNOWLEDGE OF BUDDHIST CULTURE

Introduction

In general everyone is a member of their family and community. Their relationships are not only a member but also helping each other for good living as healthy, happy and succeed as they can in community. At the same time, problems will occur from their behaviors because of people lack of the right knowledge living with others (Avit-cha = Unknown) and had never practice for getting the right improvement of their own style. The right knowledge for living with other is very importance for humanize. Human built up the social and need everyone in their community stay with peaceful life. This ideology as a peaceful community is relied on social member behavior as much. Then the good quality of life in community will be from each member.

When social problems occur, it will be affected to their members direct and indirect way as well. This is the result of training and practices for improvement their members' behavior get set-up for adjust the life style as the way they want in their community. It has been since an ancient time¹until now. Industrialization is the factor of changing new way of life style on all over the world. Every single member needs to change the aspect of life suitable for the new coming as much as they can as the right way. The contents of changing their life are social pattern as industrialization style, concepts, values and practical training in their community.²

Family is a fine unit of social but it has more power for training or practice than anything else. Status as a family has very special one because it is the first place for human start learning to live together as forming a relationship with others in the family.³ When family members get train or practice in the right way, everyone will have strong strength to work on their duties very well. In the contrast way, no training or practice will cause many problems in the community as well. Therefore behaviors, concepts, disciplines, responsibility and manners are come from family background. The development either or improvement on family members' behaviors should start from family then perform more mature from outside family as a social later. Many family crises are come from family life style as lacking of relationship among family members. Most of problems right now have showed that broken home causing more than anything else such as drug, divorce, fighting, aggressive and misconduct sexual performance.

Family problems are affected from social rapid changed and family members have to follow the main stream for the change. They need more time to training or practices to understand the changing and perform right as the most. Sometimes it is so complicate to change right away with rapid change. When one direction goes fast and other goes slow, problems will show up and get complicate more and more. These situations indicate us

¹Bup-Pha-Kan: Accanyasootta, Thee-Ka-Ni-Kaya, Pa-Thi-Ka-Wak, Mor-Kor. Book #15th, items 51-72, p.145-165.

²Phra Maha Boonpien Pun-ya-vi-ri-yo: "Concepts &Right Practices for Family as Buddhist way," Master Theses in Buddhism Study Master Degree, Buddhist Education, Maha Chulalongkorn Rachavittthayarai, BC 2544, p.1.

³Rachanekorn Sethaso: Country Sociology, Bangkok: Thai Wattanapanit, BC 2528, p.126

about the change and failure of social status as a family. Special Thai family, at present time and in the past is totally different. Too many things right now lead us to concern and aware of as a member of community. We look for the right tool as a good practice or training our members being better than now. Children training and practice program is decrease recently because of social rapid change as industrialization in the community. Parents don't have time with their children. They just focus on making money for changing their life style and then forget their children life. Children behaviors get more trouble everywhere nobody satisfies with them. Not only economy but also social responsibility needs more attention for improvement and develop to the right direction with feasible programs.

When people aware of changing to be better life, training & good practice programs will help change people behaviors appropriately for social expectation. Training or Practice with Buddhist Culture knowledge will be the best way to improve our society with starting from family to the world.

1.1 Definition of “Buddhist Culture”

Nowadays the word “Culture” is very common for everyone but “Buddhist Culture” could be a new one for all. We have to know this definition first before we move to more details.

“Buddhist Culture” has 2 components as “Culture” and “Buddhist” which the details will elaborate more as follows;

“Culture” is from the root of Latin as “Cultura.” It means as planting or growing for the Good Production. In general human will get good trainings or practices for being good citizen of the world.

In Thai, the word culture as wat-ta -na-dham has two parts and it is a compound words.

Wat-Ta-Na means Grown-up, Progress or Enhancement

Dham means rules, regulations, self-control, restraint or discipline

Thus when we mention to the word “Culture” or Wat-Ta-Na-Dham, the general meaning is self-control of practice for the enhancement human life as well.

The definition of Thai Dictionary as Poj-Cha-Na-Nu-Krom (BC 2542, p.1058) is the Community Enhancement as costumes, manners, and ways of life which shows a vital performance of people such as Wat-Ta-na-Dham Thai, Folk Life of Hill Tribes (Wat-Ta-Na-Dham-Choa-Koa).⁴

Prof. Yot Santisombat described on the definition of word Culture as varies. There are 6 characteristics of the fundamental ideas of culture. In this course will discuss only 2 items as follows:

⁴Prof. Yot Santisombat Man&Culture: Thammasat University, 2nd Edition, BC 2540, p.11

1. **Shared Ideas:** Culture is shared ideas of members in the community. Social Value is the standard for controlling or measurement the direction of human behaviors as their aspect. Nevertheless their performances will be synchronization with others very well. For example, Thai Culture as pay respect to the older has been as an essential way of life in Thailand. Children will perform to their older persons as greeting together as **Wai** immediately and the elderly one will expect the respected from children also. Otherwise elderly will make a Wai for accepting children greeting too.
2. **Culture is learned:** Culture is as a knowledge which people can learn and get the progress more and more for living in the community with others. Culture is as a will from the ancestors transfer from generations to generations as we call it as “The Social Inheritances.” The enculturation is a process of learning from parents, teachers, friends or experiences which people get it from society as direct or indirect ways. From these experiences, people will learn to perform right for their folks and embed for their living in the community as well. They will accept all as their attitudes, values and beliefs.

Culture is an academic terminology as the Technical vocabulary which Sociologist categorized as ways of life, process of social behaviors, and all of human productions. These outcomes are created from human as concepts, beliefs and knowledge as well.⁵

In conclusion, the definition of “Culture” is a people ways of life in society such as eating, working, living, dressing, leisure, emotion, reflection, recreation, communication, transportation and interaction. It has showed the ways of life and how they stay with others in the community. The reflection will be projected from their happiness and living standard which they transfer to the next generations in their community more and more.

Buddhist is meant that people who are Buddhism or persons who are Buddhist members.⁶

Then “**Buddhist Culture**” is the subject which is about the enhancement of ordinary practices for everyone to be a good citizen for community. Not only Buddhism but also anyone else who will bring Buddha Teaching as Dhamma to their practices or training ways of life as regular daily ways for changing to be a good citizen of their community.

⁵More data on http://www.thaiwisdom.org/p_culture/api_1htm

⁶Thai Dictionary: Poj-Cha-Na-Nu-Krom, BC 2542, p. 361

1.2 History of Buddhist Culture:

There are 3 importance things for humanize as follows⁷;

1. **Professional Works:** People work for get their Basic Needs and support their organizations as good workers for the efficiently place as well.
2. **Improving Behaviors:** This work is focus on improving their behaviors for living with others in the society. Knowledge for this work will get from Buddha Teachings as Dhamma as reading or discussion with educated monk who has trained on Dhamma Practice and then people will use the knowledge as their improvement tools in practice for changing to be better in the right ways of living such as reduce conflicts in the community.
3. **Improving Mind:** This work is focus on practical one as the retreat (Pa-Ti-Phat-Dham) as meditation. Calm your mind will help clear of thought and depression. When mind has powered to purify the objects more and more, and then you will get more efficiently in using your tacit knowledge in working as much in your life or so.

All of these three works above, you have to do at the same time in your really life as ordinary way. You cannot skip any of these. If one thing is missing, it will cause your ways of life to unsatisfied, unhappy and unsuccessful as well.

The reality of our society right now, people is focused on only their professional works more than anything else. That the reasons why society has more conflicts and lead to nation problems. People know just only their works part but lack of improving their body (behalf) and mind. They used their knowledge make more suffer to others without guilt. They did that because they lack of improving their body and mind as a good citizen for society with their professional works. Peace will hard to get in the community. They don't what is right but they just do it because they want it. It is so dangerous and difficult to live with each others. In the case people act as selfish and no discipline in society. It means that the society needs to improve people morality for helping them know the right to act and right to live from Dhamma Practice or Training as fast as they can. Dhamma will bring peace to the society as much as happiness to people.

Lord Buddha mentioned on self-practice improvement as the principle of practice which people should have balance of those three works on their daily life basis. Every component around people will be part of their improvement practice as well such as body –physical, mind – knowledge & decision making, basic needs and their environments as their practice tools for ways of life.

The essential of sequence for practicing will start from inner body to outside and simply way to the difficult one. There are 8 steps for practice and details are as follows;

- Step 1:** Self-discipline practice is as On Time for meeting, Keep do daily as always without excuse or skips one.

⁷Dhammakaya Foundation: **Open the Vision of Buddhist Culture**, Bangkok: Impower, BC 2542, p. 1

- Step 2:** Taking Care yourself as a practice is focused on Body Cleaning, Sanitation for health, and Good performance in working place.
- Step 3:** Take Care your properties is as a good organized your things as need and clean. It is easy to find and use at the right place.
- Step 4:** Take Care Common Area is as high responsibility for organization, keep eyes on public properties and temple things, and keep things good clean and organize.
- Step 5:** Practice the Etiquettes for the right is focused on the performance in several of the religion ceremonies or rituals.
- Step 6:** Practice on Follow the Rules is helping you being a good membership in a society as respect and follow rules or any regulation of the community such as laws.
- Step 7:** Practice Dhamma is as learning by reading, listening, discussion, and meditation or join as a retreat. You can do both Study (Pa-Ri-Yat) and Doing (Pa-Ti-Vej) on your daily life.
- Step 8:** Concentrate on Practice will support you practice not only all 7 steps but also your good life as well.

The 8 steps of practicing Dhamma as above will help you get a good body & mind for pursuing in ordinary life. You will set more purified of your mind to justify the objects from rough to fine. The most importance is your behalf have changed to get used to with a good practice for calm site.

These practice needs to do as always as your daily routine. This routine will help your mind toward the right direction and change to be your behalf. Buddhists get the Buddha Teaching for their practice every day until it has changed to be their life style for a long time. Finally it has changed to be their Culture and transferred to the next generation from then.

Buddhist Practice is developing from Buddha Teaching in Buddha Doctrine as Disciplinary. Our ancestors got them from the Monks Sermon or Ordained in Buddhist as a monk. When they disrobed they came back home and shared their knowledge to friends and family members with good practice also. It has existed for many years from the past; we should keep doing the right as them as long as we can.

The Buddhist Discipline is set up by the Lord of Buddha for prevent and clean up Kilasa as the Kan-Tha-San-Dan. It is embedded our self as a thread collect the flowers being agarlands. There are too many kinds of flowers and colors. It will stay together as firm as it can. Otherwise flowers will break apart so easy and it is not looked good at all. This analogy is as our behaviors as form from too many sources. We came from different family, community and directions; then we stay together. If we need the good citizen for community, we should prepare them for good living with others with practice programs of disciplinary and management.

1.3 The Essential Knowledge

The Buddhist scholars have mentioned on the fact as “if you want to have the rich culture as respective, thankful, and honest, you must train them on the Buddhist Culture at the first. Because of the way of life is as a core of the big tree and Buddhist Culture is as the bark of the tree which is as the vein to help tree growth-up in the right direction.” So people should study on the Buddhist Culture before get known others in the Buddhist knowledge. And then the right understanding for the Buddhist will be occurred as well.

Thais majority is Buddhist and their way of life is relied on Buddhism. In the past, Thais got trained and taught all of the cultures by practicing in their family and community which are related to the Buddhist Culture as how to pay respect to the monk, to the elderly people or how to perform as paying respect as Krab, Wai. These performances are come from Buddhist Culture. This is a reason why ancient Thai love to study Dhamma and practice its on their ordinary life. By the way it has changed to be their behavior and live with others as peaceful. At present time, we are lacking of training and practicing on Buddhist Culture. Thais’ new generations are very hard to teach and train them being for good citizenship in the community.

If people have a hard time for training and understand of the right, many dislike behaviors have showed up everywhere. So Buddhist should pay attention on Buddhist Culture much more as the Essential of their life. They must know on two parts as: **first** - Making clear for the known people and make it right for the new groups; **second**– Their benefit will help them after they have known and understand the right on Buddhist Culture by practicing. Then they will transfer the good culture to the next generations who are their children or others as well. They have been changed as a being good friend for everyone in their community as a good citizen as Lord Buddha wants everyone to be.

ASSIGNMENT

After you studied on Chapter 1: Foundation of Buddhist Culture, you should finish the evaluation after study form of Chapter 1 as well. Then you can move on to the Chapter 2.

CHAPTER 2

THE FEASIBLE PRACTICE FOR THE RIGHT OF BASIC NEEDS

TOPICS COVERED IN CHAPTER 2

THE FEASIBLE PRACTICE FOR THE RIGHT OF BASIC NEEDS

- 2.1 Components of the Basic Needs
- 2.2 Objectives and the Essentials
- 2.3 How to Practice and Training as the Feasible Ways on
 - 2.3.1 Foods
 - 2.3.2 Clothes
 - 2.3.3 Housing
 - 2.3.4 Medicines
 - 2.3.5 Working

CONCEPTS

1. Basic Needs are Foods, Clothes, Housing and Medicine.
2. Lord Buddha has explained on how to consume Basic Needs as consumers who live with each other in the community. Therefore communities' members need to understand on the important of Basic Needs and manage on them very well.
3. Training and Practice of Human kind is affected on their behaviors. It doesn't matter right or wrong. Behaviors are formed as repeating action as thinking, talking, doing on Basic Needs and working. Good or Not good, if it has changed to be your routine then it will be your behavior as well. In fact you had never done bad things. Your behaviors will be good.

OBJECTIVES

1. Students can explain the components of Basic Needs.
2. Students can explain about the objectives and essential of each of Basic Needs.
3. Students can explain and present about the strategy on the improvement of their work and daily life style behaviors from the practice on the management of their Basic Needs.

THE FEASIBLE PRACTICE FOR THE RIGHT OF BASIC NEEDS

In this chapter, students will study on the feasible practice for the right of Basic Needs. Students should know on the relation with human kind and how to train or practice as a feasible ways for the right to manage the Basic Needs.

2.1 Basic Needs Components

In Buddhist, there are rules to manage the Basic Needs as a foundation of survival ways. Basic Needs is the need of every human kind. There are 4 components and details as follows;

1. Foods (Pin-Ta-Path is as dropping of rice, rice is put in the arm- bowl or food is as someone putting in the arm-bowl). Thai Dictionary BC.2542 has definition of foods as eating things for living as breakfast, lunch, fish's foods or birds' foods.
2. Clothes (Gee-Von as clothes or all kinds of textiles and Gee-Von itself is meant the cloth.)
3. Housing (Se-Na-Sa-Na means places for sleep or sit on, living in as a house)
4. Medicine (Ki-Lan-Pat-Jai-Pa-Sat-Cha-Pa-Rik-Ka-Kan means Bor-Ri-Kan which is all kinds of drug using for healing from diseases and apparatuses as well.)

Some places have changed the sequencing on Basic Needs. The first one is clothes which are same as in Pali (Paj-Ja-Ya-Paj-Jawek).¹ In Pali monkhood is emphasized on Clothes as Gee-Von as first. For this content we will focus on foods because we will need it since we are born until we died.

2.2 Objectives and Essentials

According to make a good plan on management of using Basic Needs, we have to understand the real objectives of Basic Needs as the Lord Buddha has mentioned in Sab-Bha-Sa-Va-Sank-Ka-Sutra² and the details are as follows;

1. **Gee-Von** has objectives as just protective clothing
 - 1.1 Cold weather
 - 1.2 Hot weather
 - 1.3 Any kind of animals as insects, reptiles, heat and wind
 - 1.4 Cover your body
2. **Pin-Ta- Baht** has objective adjust for living
 - 2.1 Not for play, Not for fun, Not for dress up
 - 2.2 Make our body alive
 - 2.3 Extend our life
 - 2.4 Reduce the obstacles

¹PhraKruArundhammarangsri (I am Siriwanno): Montra Phitee for Monkhoods and Ordinary People, Bangkok 1999, pp.6-7

²MachimnikayMoonbannasat, MOR Korvol. 17, p.143

2.5 Support the observed of purity on hungry, sadness and understand the reality of life.

3. **Sae-Na-Sa-Na** has objectives as

- 3.1 Protect the cold
- 3.2 Protect the heat
- 3.3 Protect the touching from animals as insects, reptiles
- 3.4 Protect the season change
- 3.6 Place for meditation

4. **Medicines** have objectives as

- 4.1 Cure diseases
- 4.2 Healing strength

2.3 The Feasible Practice for the Right of Basic Needs

Among animals, human is the best because human can practice and training for maturity in many ways. After they have practice and training, they will get improvement their behaviors with good morality from Dhamma and ready to reduce greedy, hatred, delusion and jealousy. Buddhism is provided training and practice specific on clam your mind and deep understand the fine Dhamma as well.

In our body, there are too many good and bad things as a big pile of debris mixed inside. Where are good and bad behaviors come from? How is it happened this way? These questions make us more curious to know more.

First of all, we have to know that human being as us has 2 important things to understand as follows;

- 1. Human has good and bad behaviors. We need to know what we have by observed or find out by ourselves. Need to get the right tools for investigation as well.
- 2. Human behaviors; there are bad and good one. We need to know how it is occurred.

What makes a person the way they are?

In Thai, we call human behavior as “**Ni-Sai**” and **Buddhism** has answer for the above question as follows;

Behavior is occurred from repeat the actions of human being as repeat thinking, talking and doing.

If they repeat only good things, they will be good people. Then we call them “**Good Person**: Kon-Dee, Kon Ni- Sai Dee.”

If **they** repeat more bad things, they will be performed badly as a bad person. Then we call them “**Bad Person** – Kon-Chou: Kon-Laoey, Ni-Sai Laoey.”

Our ancestors mentioned on these issues as a technique how to train people. There are 2 things that people always make a repeat on doing.

1. Basic Needs:

First: Foods

Since we were born, we have repeated the action as always as hungry which related to foods. All of the plans are lead to how to get foods and consume its. Every movement people always think about foods.

Second: Clothes

People always think about clothes as dress for working or their life style. The questions come up as which one? Which color? Which style? Where can I get it? How can I get it like that?

Third: Housing

Seasons are always changed as hot, cold, rainy, and windy. The cause of weather is direct to people feeling and behaviors. They have to think what they supposed to do for their life or family. They need place to stay and get away from any causes.

Fourth: Health

Health is more important as well. They need to cure their diseases as a good health for keep going their daily routine. When they got sick, there are too many questions show up as drug, doctor, hospital or when they will have good health again.

The Basic Needs as 4 components will lead people make all of repeat on thinking, talking and doing forever as a daily routine.

2. About Working:

Talking about working, it is related to many things as duties, positions, responsibility and awareness as well. Parents always repeat their acts for their children. Ordinary people are still repeat action on thinking, talking and doing as working in different ways too.

Thus the two things as cause people make the most repeat actions as thinking, talking and doing are on Basic Needs and Work.

2.3.1 Foods:

Foods are the essential component of our life. Living things need to have food for growth and live. Eating or consume foods is happened from the first one on the earth³ and developed the way of eating. The culture of consuming foods is totally different by community but there are some rules as well for the important part. Therefore foods are Basic Needs of living things. In Buddhism, there are some rules on consuming foods especially on a portion of foods. Start from how to get foods, how to eat and the right portion in eating. All of rules are set for the discipline of living with others and peaceful social environment.

Breast Feeding: Baby's Meals Feeding

³Uc-Can-Ya-Sutra, The-Ka-Ni-Kaya Pa-Tik-Ka-Wak, MorKor #15 items 55-62,pp.150-160

Everyone needs foods for living. Baby needs food right away as milk from mother. It means that we supposed to start training human kind on management their Basic Needs since they were born.

The following cases will show on the human behaviors as how to as the feasible ways on training and practice. According to breast feeding is very important for training and practice our people to be good or bad behaviors. This is included all kinds of baby feeding also.

First Baby: No Schedule on Feeding

There are 2 style of baby feeding;

1. Bottle feeding
2. Breast feeding

It doesn't a matter which way mother has used for baby feeding. When it is a time for feeding but mother didn't do because she is so busy or she doesn't have milk to feed or others reasons. Baby got left for hungry more and more as a long period of time. Baby starts crying but no response at all. Then mother has time to feed baby afterward.

Question: If this mother act is a repeat action every day, then
What does it cause to the baby?

Answer: Angry, Hatred and Moody will be accumulated to the baby.
Mother is the direct person who plants all of these behaviors to her baby without knowing. If she won't change these behaviors, there are too many things come up more as baby will love to tear all of objects when baby got it or pull it really hard until it is in hand. Baby always loves to destroy things as well.

Bad behaviors start with baby as crying, moody, bully and get angry really easy. Nobody likes them. It is really hard to make friend with others. This is a cause from mother who let the baby hungry without schedule on feeding.

Sometimes mothers are just care only their own business and forgot the baby. Let the baby get hungry and cry more and more or baby don't have enough foods from feeding. Mother yell baby with really load noise. Baby will throw the bottle when they need more or don't like it also. These behaviors need to fix right away though.

When babies are grown up, they will be changed as aggressive person. Most of them love beating others and kill others also. These bad behaviors come from mother. Then mother knows how then she can prepare and aware for her baby on the right act.

Second Baby: Get Feeding all the time

This baby gets different condition as get feeding all the time. It doesn't matter. For baby neither hungry nor not hungry baby will get feed any way. Mother or nanny always prepares bottles of milk ready to feed right away. Baby gets food 24 hours around.

By the way, babies always have a good mood because their routines are just ate and slept.

Question: What is the behavior of this baby?

Answer: Too Lazy

Near future, this baby won't follow any rules as make them move or work. They will lack of enthusiastic and active. Both two cases have showed that baby feeding schedule is caused not only emotion but also performance as high degree of laziness or aggressive.

Third Baby: Feeding as a schedule

Feeding is got set up by the schedule of feeding. Baby will get meals when it is the right time from the schedule. Out of the schedule, nobody feeds them.

So their behaviors got plant as do thing at the right time and the right place. This routine, baby will get more benefit for their digestion system as well. Since baby got feed at the right time from the schedule and then baby will excrete at the right time also. Baby will be healthy and they have good self-discipline in working. All these cases have confirmed to us that repeating of good things or bad things will cause person behaviors such as thinking, talking and doing as well.

This is a reason why our grandparents' time used to teach children and fixed it right away. They knew that it will cause personal behaviors and community in the future.

“Just a bite” From Parents fed Their Children

Some of parents use to mixed foods for their children which concern on food nutrition such as vitamins, meats, vegetables, minerals and water. A food is good as mixing and ready to eat. May be taste good or less delicious, children will eat anyway and eat it all. This sample is focus on the essential of foods just for living.

Others bites, some parents just serve meals to their children as by their children ordered. Their kids will ask for the things that they want or their like only such as pork, chicken, sweet or others. If they don't like vegetable, parents will prepare foods without vegetable as well. Some kids eat only sweet without meals. Parents still allow their kids do it because parents just want their kids to have things to eat without nutritious awareness.

When the two kids grown up, one is healthy because she/he got feed with full of nutrient but others who have many choices for only they like. They are not healthy and get the malnutrition such as weight problem.

If we analyze from these case, in near future, parents start to plant the baby behaviors as eating habits since their first bite of the meal. Parents provide good food with full of nutrient, then their children will have a good behave on many things not only in eating but also in their social life as well. In contrast, parents start with spoil their kids for make them eat without knowing with one is good for themselves or not. Toward their life, these

children will show as problem child in many ways as no discipline, emotional, aggressive and the most difficult for others. This kid won't follow any rule which they don't like.

Therefore eating behavior is formed from "a bite of foods" which person got developed of timing, emotion, discipline, making decision and more. Indeed Good or Bad behavior of people is come from a bite of food and a sip of water as well.

Plate Wares Will Cause of Humans' Habit

During growth period of children is very important for them such as children habit is related with the plate wares which served foods or meals for them. How have it been on the habits?

For example; Cleaning plates use for serving foods or meals. Kids will get a healthy food then they will have a good health and develop the clean environment for their life style as well. In contrast children got served with unclean plate wares. Children will get sick and embed the dirty atmosphere. They will get use to for their life style also. Not only serving but also habit of after ate with the plate wares will predict children habit too. After meals, the group who clean up right away will be a high discipline and good responsibility for work. Group as love to leave dirty plate and left foods as postpone cleaning action, they will be a unorganized person at workplace, life style. It means that they have no plan and disorder on too many things. The program of unorganized and disordering got plant in children who got feed with dirty plates and they don't like to clean up after ate.

The factor is come from the cause of Basic Needs as Foods direct and indirect way. It will form to be good or bad habits with a bite of food or a sip of drink. Parents should aware of how you feed your children on every method and single move which relates to the feeding environment such as schedule, cleaning containers and portion of foods. Children will collect habit from eating since the first bite, and then they will perform to others later.

Parents Should Repeat Your Thinking, Talking and Acting

In fact, all of children habits always perform from parents training via Basic Needs and their environment at home as well. The most important part is Parents themselves such as their behaviors on thinking, talking and doing. The more parents do know as the right one. They will teach or train their children with the right way. How will help parents doing right? Details as follows;

Parents should do self-assessment by survey themselves for preparing on training their children as follows;

1. What are our good and bad habits? Make a list.
2. Our good and bad habits have been caused you as repeat on thinking, talking and doing related to Basic Needs and Working. How did it cause you?
3. How can we prepare for being good model on training children? Parents should not be the main cause of training children as unsatisfied performance for others as selfish, aggressive, bad manner and so on. Which one did you repeat and cause their behaviors?
4. How do parents prepare from Basic Needs and work for make a good training for your children?

After Parents have done self-assessment, they will have chance to improve their behaviors and make a good plan for training their children on the right direction with satisfaction ways for all. The fact is that parents' behaviors will transfer to their children neither good or bad even if you want or do not want as always.

A good tip as having meals together in family as breakfast, lunch or dinner will help family members having chance sharing, talking and doing as repeat the family value to each other very well. Sometimes can help to fix the unlike things in their family members in time and show a good relationship among family members as well. This action is showed the loving kindness which everyone needs it for living and working. Training for this behavior needs to start from family members then it will transfer to others in society later. Children are from this family, they will be a good person who know about the good manner and love to help others. They have good mild and high responsibility at work. Accordingly to these behaviors are come from or transfer from parents.

In contrast, family members who had never chance having meal together and lack of time to talk or discuss or sharing experiences from parents to kids. Their behaviors are got separated. It is really hard to see the unity in this family. Children are looking for love and care from others more and more. Many kind of problems occurred in family without fixing to the right way. Lacking of love, care and good relationship will cause children to perform as dissatisfaction actions to others in society. Family members always fight for things and aggressive for their actions.

The activity of eating together is so simple and easy to do. It is a routine of our life style. Everyone will get through this experience and it means that good or bad habit will start since at the first bite as well. Providing chance to your children is a responsibility of parents. Parents are as a programmer who set up a good or bad program for your children. Starting from a bite of foods and right schedule of feeding is very important for training children. Don't ignore any of your movement because it will cause children behavior. Please make it right and move on the right direction.

2.3.2 Clothes and How to Train to the Right Direction

Clothes are very important one in Basic Needs. Dress is related to clothes and it will cause to human behavior as well. For example on excretion of baby as solid or liquid part, baby does need mothers' attention right away as crying or yelling. Some mothers take care as changing diaper or cloth right away and baby feels clean and fresh immediately but some got postpone and take care later. Think about it for these two cases, what it is happened to the babies. The postpone case, baby will got face with dirty elements and nervous. What is it happened when they growth up?

Later on, the results of the above case are as follows. The first one who got taking care as cleaning action immediately after excretion, children will love cleaned environment and make good organize at house and work place too. In contrast, kids who got stayed with dirty part will get use to with unclean environment and change to be an unorganized life style in everything else.

Training process is very important and parents need to start training their children when you have chance by a little bit as a times. For example as laundry clothes, parents should

teach your kids know how to determine between clean and dirty clothes at first. The reason for this objective is for the foundation of cleaned environment which relate to human health. It will protect and prevent directly to children health. Training kids know how to clean their small pieces as a handkerchief, a pair of sock or a rag, and then kids know how to separate their clothes as white or color. However training children put clothes drying on the outside string as proper way of hanging place and either folding dried clothes also. It will help children understand need and clean work as good organize right away.

Sequencing of training is very important as well because it will help parents to prepare your children as proper way in near future. This training will construct the responsibility of working as much when children are grown up and being in the society. By the way the sense of the right consideration will use in the proper manner with others. It is come from the good training program with good sequencing of parents as well.

Regard to the laundry training, many details which relate to clothes as colors, textiles, shapes & forms, design and characters etc. can use in teaching children very well. Including the type of detergents is needed to train in laundry as well. Basic Needs as clothes is very close to their performance of human. Some societies make a judgment from people dresses as a first impression and it is still exist.

Beneficially for parents who train their children as a right way is safe on budgets to get more new clothes and work less for control your children behavior on clothes, dress up and organize places.

How about the families who is lacking of these training, parents think that it is not needed to do and their children will learn and know it from school. When they grow up, some of bad habits as disorganize, messy and unfinished work have absorbed to their life style already.

2.3.3 Housing

Parents need to train your children on the housing also as details as the case follows;

In the case parents want to have their children as a high degree of responsibility, a good helper, and love clean environment. Parents have to start training your children as repeating on thinking, talking and doing as a real model for your kids as well. The actions as you need to train your kids which relate to housing are as follow:

- Get up early.
- Set up bed after woke up.
- Always organize and clean-up living area.
- Get cleaning schedule in the house.

The best way for training, parents and children should do things together and then you have chance to discuss as methodology or strategy at the same time.

In contrast parents have ignored too many things in your house and put many loads for your maids or servants taking care. Your children have no chance to do for any kind for housing but only stay in the house. All of good habits are gone with losing the sense of belonging to their house. Therefore they don't have activities as taking care anything in the

house. When parents teach children without doing as talking or complaining, then parents will repeat these acts more often because it won't change your bad children behaviors anyway. Bad habits are related to housing which parents have thought that they are not necessary to train their kids. There are as disorganize, unfinished works, and careless all of their actions the most.

If the house is as a happy place to stay, people will look for a place to live more and more as moving without needed. Otherwise sense of belonging is very important as well. Sharing activities among the family as cleaning and take care of housing have been changed people to have a good habits for society very much so.

2.3.4 Medicines

Live style without schedule as a routine, it is cause more problems. The reason is related to the function of human organs and organ system as digestion system, respiration system and more. When the function of body is unusual, it will show the sign as sickness to that person. Then many questions are come up. How can you fix it? What is the first thing you should do? What kind of medicine will help you? Who is doctor? There are too many questions and plans which you will be face for.

What are the causes to human dysfunctions? The answer is "Live Style without Schedule." The cause to excretion is come from foods which lead people to dysfunctions. For example, person eats right of time and portions but he or she can't go to the restroom as needed. Because of working, studying or unclean restroom will be their problem as well. Constipation will occur and cause too many problems such as stomachache, hemorrhoid or abdomen cancer.

Based on this cause, it comes from simple behaviors of human as repeat thinking, talking and doing on human dysfunction of eating, drinking, sleeping, excretion and more. When the sickness is showed, medicine will be the need to cure health. Medicine is not the best to cure. It means it will get better from symptom but it does not clear as normal way. The best way is changed behavior by starting to

Keep eyes on your behaviors and environment. Medicine is only the mean for help you get better from sickness but it is not the miracle to cure life style back to normal way.

2.3.5 Behaviors from Working and Work Place

Behaviors have formed from working and work place. We will study from the case study of Children & Toys.

First one, Dolls, mother got doll for her daughter one at a time and other mother love to buy many dolls for her daughter at once. Fact is two girls will have so different behavior precisely. The first girl when she grew up, she will be need and economize on her budget. She will get a good care and observation skill from playing with only one toy. Her life style will follow the good plan as well.

Second case, children who had never got any toys, they will act in different ways. They will lack of observation skill as touching, determining of size, color, weight, height or other things which related to objects. Some will get link to their emotion as jealousy, angry

and steal things from others. According to toys, they want to have things as toys as someone else, and then they steal it. Some may be change to be a mafia or a gangster.

Sharing toys of children, if children act as sharing their toys to others, children will get feeling of appreciation from friends and care since then. In contrast, some children will get mad and angry. They keep upset feeling by comparing with kids who have better chance on toys such as jealousy, greedy, emotional and so sensitive with giving or promotion as well.

In conclusion, Basic Needs is caused human behaviors as much because human life is always with Basic Needs: Foods, Clothes, Housing, Medicine and Working. Parents should aware and prepare for your children. Every single thing from mother's behaviors, parents or environment will lead to good or bad behaviors of children. If parents understand the cause and prepare to train your children as the right way, our society or country will be the peaceful and happiness for all.

The result of repeating of Thinking, Talking and Doing is caused directly to human behaviors:⁴

1. Repeat good, people will be a good person.
2. Repeat bad, people will be a bad person.

In the next chapter will discuss on "How to train" which relate to Basic Needs and improve human behavior.

ASSIGNMENT

After you studied on Chapter 2 Foundation of Buddhist Culture, you should finish the evaluation after study form of Chapter 2 as well. Then you can move on to the Chapter 3.

⁴ViriyaDusitphong, How to raise your Children be a Good Citizen." Bangkok:Naruemit Zone(Press),2545,p.36

CHAPTER 3

CULTURE OF USING AND CARING ON BASIC NEEDS

TOPICS COVERED IN CHAPTER 3

CULTURE OF USING AND CARING ON BASIC NEEDS

- 3.1 Daily use on Basic Needs
 - 3.1.1 In the Bedroom
 - 3.1.2 In the Restroom
- 3.2 Taking Care the Basic Needs
 - 3.2.1 Folding Things
 - 3.2.2 Cleaning Floor and Object
 - 3.2.3 Laundry as Washing Clothes
 - 3.2.4 Cleaning Restroom
 - 3.2.5 Washing Dishes
 - 3.2.6 How to Take Care Buddhist Properties

CONCEPTS

1. For human ordinary life, people will have relationships with all of Basic Needs as a whole. Students should understand on the fundamental activities of ordinary life.
2. Taking Care of Basic Needs is very important for studying. The right of Taking Care is providing more profit to human and their ordinary life. Not only good benefit but also safe & extend life of Basic Needs. Regarding to the right way of training, it will make more profits for all.

OBJECTIVES

1. Students should understand and apply the right training to their ordinary life style.
2. Students should understand all of “How to” taking care of each items as folding objects, cleaning, washing and keep eyes on Buddhist Properties and students can explain the application to their reality in proper way.

CULTURE OF USING AND CARING ON BASIC NEEDS

In Chapter 1 and Chapter 2, contents are discussed on human behavioral caused from training on Basic Needs. This Chapter will elaborate more on activities with related to human ordinary life style as daily routine starting from Sun rise until Sun set.

3.1 Basic Needs on Daily Activities

There are 2 parts of the main daily routine of everyone. It is activities in Bed Room and activities in the Rest Room. It is repeated over again and again. If you can make a good time management of these activities, then good behaviors will be embed in yours and develop for all later. The details of these activities are as follows;

3.1.1 In the Bed Room

1. Sleep

Sleep is the best of rest activity of humankind. Human needs more rest as enough for body every day. Regarding to body strength is very important for doing things all day. When you have enough energy, your mind will be happy and fresh for pursuit.

Materials for Sleep;

1. **Room:** It is supposed to be clean, good ventilation and quiet. Neither any insects nor animals are in the room.
2. **Mattress:** It is the kind which is good for body weight. It is not really too hard or too soft and easy to clean up when we need to do. In the case of the mat, it is made with good materials and firm and easy to clean as well.
3. **Blanket:** You have to use the right kind related to the weather. Thin is for summer or hot weather and Thick & Soft is for winter or cold weather. Blanket is needed cased as well because it is easy to take care or clean up when you need it.
4. **Pillow:** It is not too hard or too soft as well, and then it is good for your head which is neither really high nor low as much.
5. **Pajamas or Night gown:** it is for make your body warm and absorb sweat very well. Rather than that it is supposed to make you feel really comfortable also. Textile of pajamas is very important but not only the style when you want to buy for.

In winter, some places have low temperature. May be these items gloves, socks, hat and scarf needed. You should to know about your body needed and make it suit yours. Don't do it for the fashion because it won't help for your health as much.

Preparations for Going to Bed:

Before you are going to bed you should prepare for the readiness not only your body but also your environment as well. The details are as follows;

1. Checking all of doors and windows are locked.
2. Have done all of your businesses as cleaning body feet and using rest room.
3. The room ventilation, fan, air conditioning – temperature, and sleeping direction for rest.
4. Don't eat or drink too much before bed time.

During Sleeping Time:

It is very important because it will cause your rest time as well.

1. Sleep with comfortable style as put your hands aside of your body. Don't put your hands on your chest, abdomen or forehead because it will make a hard time for tuning your body.
2. Put your blanket up to your chest all the time.
3. Children need 8-10 hours for sleep and 5-6 hours for adults.

Sleep Awareness:

Because of Sleep is for the rest and get more strength for the next day. You should aware of sleep for this ways.

1. Don't bring foods in your bed room
2. Good organize in your bed room. Make it is very easy to walk
3. Don't bring any unpleasant stories to bed room
4. Try to meditation before go to bed and make it for your Tripple Gems, parents, teachers, Phra Uppacha and persons who good care for you.

Sleep Manners:

In the case there are more than you in the same room or too many people sleep in the bed room. Manner is very important for living with others.

1. Don't make any noise bother anyone in the room
2. When they turned the light off, it means not supposed to have any light in the room
3. Don't put your staff block walk-way in the room
4. Please sleep at your site only
5. Put your legs at the same way of others and don't put your legs point to the shine
6. Concentrate on your sleeping only

2. Wake up Activities

Some people think that waking up is not important, it will cause you with others also. Therefore the benefit of waking up is bringing you to the new day and start with a good preparation as well. Succeed or failure is related to your wake up too.

Think about you woke up with fresh and happy mood. It means you have strength and energy for pursuing new things. Everything will be a easy thing to handle. In contrast you need more hours to sleep and you felt so tried, sad and moody. Don't want to go to work, angry and depress. What is happened? Your day will be a crazy day since you start with wake-up from the bed. The most one is your emotion which will cause you for problems more and more.

Things should do when you wake up:

1. Wake up at the right time with full minded, enthusiastic feeling. Then turn right, use right hand push you up. Sit down and meditate awhile for spread the love kindness to all living things few minutes
2. Stretch your body a little bit after stand up
3. Drink warmed water as a liter slowly. It will help your digestion system and fulfill freshness to body cell as well.
4. Set up your bed as folding blanket and cover the bed or put it to the right place.
5. Start to do your rest room business.

How to Take care your Emotion after woke up

1. Think about good things and make it very enjoying mode as a happy way. Get more enthusiastic way, everything around you is so beautiful and look nice.
2. Get more active every single movement and joyful way

Causing to Got up late

1. Exhausted body, it is from bad ventilation in your bed room, depressed mood, sleep with uncomfortable way and chewing foods with rough way or in a hurry of swallowing foods or got fever.
2. Get to bed late or sleepless
3. Too lazy to wake up

Beneficial for Get up on time

1. Get good time management skill for all
2. More active because you get more fresh air and joyful
In the bed room, it is not only sleep but also all of materials and environments surround you as good relationships to your life style with others since go to bed until wake up. If you do understand and aware of, you will be enjoy your life and get peaceful way as well.

3.1.2 Activities in the Rest Room

The other activity is as a main routine of everyone beside the bed room. It is the activities in the Rest Room which you have to aware and understand also.

1. Using Rest Room

In Thai we called “Rest Room” is “Sookha Room.” The word **Sookha** is meant as happiness. Using rest room is not only your business but it is related to other as well. That the reason why you have to aware and must understand how to use it right. It is directed to your health and performance with others. Clean rest Room is as everyone looking for included you. In deed Rest Room activities are very important to study for.

Before Action:

1. Survey in the rest room, Is there anyone in there?
2. How about the facilities in the rest room are ready to us such as water, toilet tissue or cleaned toilet bowl.
3. Use Rest Room sandal (if it is there) is for cleaning floor. Otherwise you must clean the floor after used. Wet floor is so dangerous for others.

During the Activities:

1. Don't need to push your excrement really hard. It will cause you to get hemorrhoid too.
2. Turn on the water facet for cover your sound of your activities.
3. Flush water immediately after you have done excrement. It will help to cover the odor in the rest room.
4. Use toilet tissue with right portion or toilet spray cleaning your organ
5. Cleaning your hand with soap or hand wash detergent

After Activities:

1. Clean up toilet bowl after you have done your business and clean up the floor if needed.
2. Filled up the water in a bucket $\frac{3}{4}$ of it
3. You should consume fruits and foods more for your good rest room business.
4. In the case you got constipation, it means your body has absorbed toxic from foods and flew back to your veins. It will cause you for fever, headache, body ache or blood vessel problem as well.

2. Brushing Teeth

Materials: Tooth Brush, Tooth Paste, Glass or Bowl of water, salt

How to choose materials:**Tooth Brush:**

1. Good kind is soft bristle and rounded tip. It won't hurt your gum and teeth.
2. Size of the brush is easy to handle, it is not too small or too big. You can use it clean over all of your mouth very well.
3. Lifetime of tooth brush is only 3 months. You need to change for the new one every 3 months.
4. Shape of brush is very important. It is supposed to straight and easy to handle when you are using it for cleaning.

Toothpaste:

The function of toothpaste is help for a lubricant object in cleaning. It doesn't matter which favor or color. Mostly function is almost the same. When you get wrong as allergy (you have to observe by yourself), you must to stop using it immediately. Fact of toothpaste is not stop your bad breath neither cool taste nor sweet sense.

Brushing Your Teeth:

1. Portion of toothpaste is only $\frac{1}{2}$ of the brush length and squeeze from the end of tube. It will help you to get the paste for the next time.
2. Brush your upper teeth; turn your brush up as well around 45 degree and move brush cover outside and inside very gentle every single tooth.
3. For your lower part, turn down your brush and do the same of upper part.
4. Front teeth, put the brush on the top as right angle then brush back and force for cleaning.
5. Wash your mouth with clean water and done.

Awareness of Brushing Teeth:

1. If you brush your teeth with wrong way, it will cause you too many things as unclean your mouth & your teeth and hurt your gum as well.
2. You need to brush your tongue and ceiling every time when you brush your teeth.
3. Make appointment with dentist every 6 months.

Manner during Brushing Your Teeth:

The manner will help you focus on your activity and concern to others around you as well.

1. Don't brush your teeth hard and make loud noise.
2. Watch out your splash from your mouth.
3. Keep away from mirror or glass, it will make scam over that object and bother others for using also.
4. Don't make a chat with others.
5. Don't turn water on and use water just enough for clean your mouth.

3. Shower or Bath

Materials: Soap, Shampoo, Towel and Bucket of water

How to choose Soap:

1. Soap is less of Alkali or Base
2. Soap makes a bubble with soft and hard water as well
3. Without chemical color, it will cause allergy to your skin
4. Without chemical odor or perfume, it will cause allergy too.
5. Affordable price

Sequencing of Shower or Bath:

1. Prepare every material as you need
2. Turn water on and get only half tank or bucket
3. Soak your wash towel and start cleaning your face
4. Soak it more and wash over your body, then put soap on the towel
5. Start rubbing over your body as face, ears, neck, underarms, hands, fingers, legs, feet, and between the toes.
6. Washing the towel in bucket and use it clean all over your body again
7. Clean your body with clean water from shower (cleaning soap)
8. Cleaning your towel again and squeeze it almost dried and then wide out water from your body
9. Cleaning the water bucket and cleaning your towel once more time
10. Put your stuff back in the bucket then it has done

Why do we need to take a Shower or a Bath?

1. It is a basic way for cleaning your skin
2. Cleaning dirty elements from your skin
3. Rubbing your body will help to good body circulation too

Awareness on Shower or Bath:

1. The water temperature is very important as well because it's good for do shower or bath. Cold or hot water will make your heart beat in the wrong way. Be careful.
2. Use soap only in the evening shower or bath because you need to clean your skin. In the morning soap will make your skin get dried and get rid of your natural moisturize and immunization of your skin too.

4. Shampoo Your Hair

Sequencing for Shampoo Your Hair:

1. Wet your hair and massage all over your skull very gentle.
2. Put Shampoo on your wet hair but not much, just enough for your hair. Massage with your finger but don't use your finger nails do it. It will cause you for dandruff later and hurt your skull too.
3. Wash your hair with clean water until clean.
4. Dried your hair with dry towel and gentle rubbing for protect hair breaking, and then comb it.

How to Taking Care Your Hair:

1. Shampoo your hair at least twice a week. Don't do every day.
2. Use the right kind of shampoo as your hair condition.
3. Avoid the concentrate shampoo. It will damage your hair more than clean up your hair.

The oil or fatty body on your hair will cause the dandruff later on. Some kinds of natural herbals as fruits as kaffir lime, lime will use for shampoo your hair as well. These fruits have more acid which act to cleaning fat body or oil on your hair and without side effect of using.

3.2 How to Taking Care The Basic Needs

3.2.1 Folding and Packing

Organizing your stuff is very important for everyone because it is the fundamental of good living with others. It will help to avoid of fighting on nonsense things. When you have to use the common area with friends or others, it means you have to know how to share the space and objects with others as well. Need and clean is an idea for living together. Then discipline and power will be presented from the group not only outside as performance but also inner peace as calm.

Team work for make Boona or Perfectionist is not easy to do as a team. It is so difficult for one person bringing peace to the world. We need teamwork as a "Team" to pursue our journey with full of power as unique as working together. Words of Lord Buddha are as **Sukkha Sankkassa Samakkee**, Working Together will gain happiness which direct to the type of working together as unity as follows:

1. Unity as a group is called as **Kana Samakkee**
2. Unity as Dhamma is called as **Dhamma Samakkee**
3. **Anaphinipapatti Samakkee**

The highest level of unity will be occurred when the basic unity has been performed. Unity is related to many components as disciplines, manners and the same standard of performing as well.

Living together will lead to peaceful way which is based on the group unity and members respect the rules for perform activities together as the same direction. It is necessary for member to understand all of the rules and agree to use it as always. The rules will make unity for members on living together without violent actions and the feeling as dissatisfaction. These basic motions will help members to have peaceful mind and happy community as much.

Thus, good organized of personal properties will help as a basic of living together with peacefulness. Common properties have been got good organized, and then it will support more anyway. There are many steps and strategies for “How to” organize the properties which provide ideas as personal and common as follows;

Principles of Organized Properties

There are 5 components as essentials of the organized properties as follows;

1. **Weeding:** Get rid of your unused stuffs
2. **Convenient:** Set it as suitable your way
3. **Cleaned:** Things always clean and ready to use anytime
4. **Sanitation & Healthy:** Take care for a good shape for using
5. **Building a Habit:** Repeat all of the four components until changing to be your habit.

Principles	Practices
1. Weeding:	1. Set up your criteria which one is used or unused items. 2. Weeding your unused items and put them away. 3. Set up place for keeping useful items 4. Always do inventory on quality of your items.
2. Convenient:	1. Categorized your stuffs as always use and will use sometimes as closed and far distance 2. Grouping & organized for easy to get and put back 3. Make organized and categorized your stuff as nice and clean. 4. Put it back in the right place after used as always.

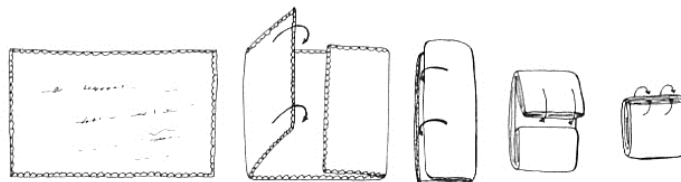
3. Cleaned:	<ol style="list-style-type: none"> 1. Always make it clean 2. Everyone should takes care your items and help take care of the common stuffs together as well 3. Avoid making mess or dirty anywhere as living space 4. Always clean up spaces and tools after used
4. Sanitation& Healthy:	<p>You should set up the lower standard and organize your stuff easy to access as always</p> <ol style="list-style-type: none"> 1. No unseen places 2. No places for animals as carrier diseases 3. Easy to access for cleaning 4. Enough light 5. Good ventilation 6. Nice& Clean space 7. Good organized
5. Building a Habit:	<ol style="list-style-type: none"> 1. Everyone repeat all of the practices above 2. Everyone should concern on nice & clean as always 3. Use meeting often for makes the improvement

After we know about the principles and practices on how to make it better on folding and packing materials with 5 steps. Now we should know more on taking care of clothes from the laundry and drying them with good strategies as follows

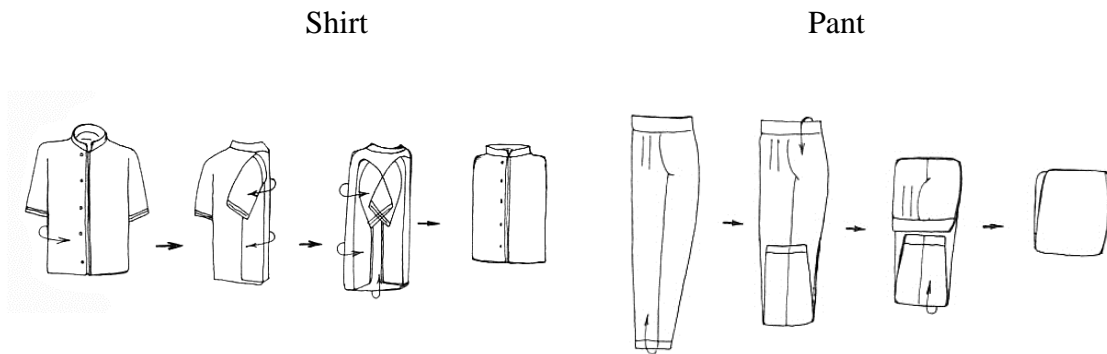
How to Folding Objects as a Suitable Way:

There are many ways to do so but the suitable ways will elaborate for individual object as well. There are 2 styles on folding as follows;

1. Folding to the Middle (as pictures)



2. Folding Clothes for Nice form (as pictures)



Beneficial for Making Things in Order or Good Organized to Do With the Same Standard

1. Standard practice will help people make a good routine and save time for do more other good things also. They don't need to think or plan what they are going to deal with their stuffs.
2. Reduce the problems among members and make a peaceful place living with others very well.
3. Build up the equity of members on their Sila and Attitude on living together.
4. They will be performed calmness with cleared mind which it is easy for them to concentrate on meditation very well. They will get Dhamma as easy too.
5. They will be a good manner and high discipline on working with others.

3.2.2 Wipe, Sweep and Cleaning Objects

In the building, there are too many objects with different purpose of using. Nice & Clean and Good organized of objects are reflected to the owner and staff of that organization. If tools and materials have put in a right place and clean spot and it is easy to access and use less energy to deal with. People will have a good mood working with and get more functioning as well. Good mind will lead to good work and satisfied to everyone either that person or observers.

1. Wiping & Sweeping

The way how to train yourselves for cleaning your body, wording (talking) and mind is not hard. It is very easy to do as start cleaning of rough objects to fine objects by yourselves.

Dirty from your body or your mouth, there are all as debris, garbage and spittle. We need to clean them with bloom to sweep them. Some places need to wipe it out for cleaning as well. Tools for cleaning should be as the right kind and size of objects. Indeed cleaning is the objective of the activity.

Living together or living alone, keep it cleaned is a key. Cleaning is always a daily routine. Everyone must do it together and take responsibility on doing every day. It will enhance power of the organization as working group and prevent the conflicts among people as well.

Next step as clean up Kilasa in your mind, it will progress from cleaning any dirty object surround you first and then move on to your organization, society or your environment with your good behavior as love to clean as you get training every day until it has been changed to be your habits or routines. All of bad habits are with you such as greedy, jealousy, harmful etc. Degree of these actions will change from meany, anger, yelling, swear, liar, slander which hurt people with words and then hurt their bodies as fighting toward the end. You can start to eliminate them from yourself by cleaning your body and mind with meditation until you calm down or make your mind clear from your thinking. It is a key for practice and it will help you more if your environments get clean easy to form your inner also. The ability of knowing from meditation is called “intellectual minded.” You will have tools to determine actions which one good or bad from meditation every day. The power will be accumulated and help you perform as the accurate actions.

Objectives of Cleaning

1. Understand on “How to” cleaning knowledge and using right tools on cleaning.
2. Sweeping: With adequacy ways.
3. Get awareness on cleaning as a daily routine for everyone.

Principles

Cleaning objects, you need to know the right methods to clean because it will help you safe your time and get more benefit as well.

1. Cleaning should start from the **Top to Bottom**
2. Cleaning should do from **Difficult** area to **Easy** area
3. Sweep or Wipe should do the same direction as one way only such as right to left on the way through or right to left
4. Choose adequate tool for sweep or wipe out of that surface

Strategy and Methodology

1. Preparation

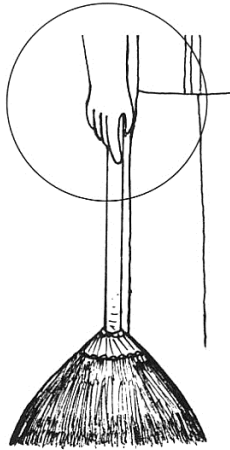
Your Body: You should dress up suit for cleaning work

Materials: Get the right tools or materials for the works and places.

1. Brooms: Floor, ceiling or yard
2. Mops or Rags: wood floor, tile floor, concrete floor, wood floor or wall
3. Dust Pans: big objects, small object, light or heavy objects
4. Bowls: cleaning tools or for water supply
5. Buckets: Right size as easy to carry on
6. Cleaning Detergent: Floor, Rest room, kitchen etc.



2. Actions



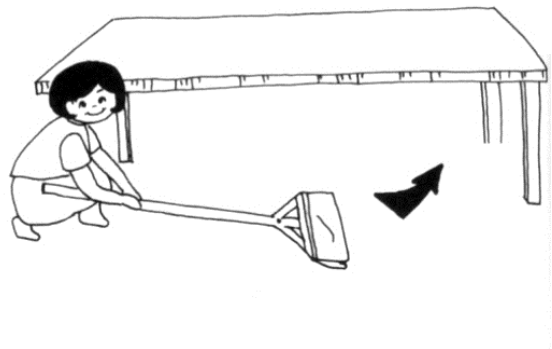
Sweeping:

1. Need to check the direction of the wind. You should sweep as the same direction of the wind
2. Hold the end of handle of the broom and use your index finger control the directions
3. Use enough power to move your broom toward sweeping out to the front as always
4. Don't move the broom far away from floor higher than 2-3 inches

Use dust pan during sweeping as always

Wipe Out:

1. Hold the handle of the mop or grab the rack as the right position
2. Clean up the difficult zone first then do the easy area. Don't forget do it at the same direction on the way through.
3. During cleaning press on harder and push up front.



3. Cleaning Tools after Work

1. Cleaning brooms and rags from dirty stuffs and put away in the dried space. They suppose stay away from rain or wet climate. It will save them for last long using.
2. Keep tools in the right position such as mop or broom suppose put upright against the wall for protecting ruin sweep part.
3. Brooms or mops should put away at the place after used.
4. Rags should be cleaned after used and dried it ready for the next works. You should fold and keep them very good.

Merit from Sweeping and Wiping Objects:

1. It will help you have a nice skin and clear mind for whoever has seen it as faith to do well as you did.
2. You will get the good habits as good planning, observing, nice and cleanness.
3. Your Place at celestial realm will get more bright and shining. You yourself will be a love one of angles and human kinds.
4. When you want to meditation, you will get calm your mind very fast and easy.

The Self-assessment as low standard for this work:

Cleaning is a kind of work which expects everyone should do as a daily routine. How can you evaluate yourself as you can or you are good with?

1. Choose right tools for the right works
2. Follow the sequences on cleaning strategy and great outcome as cleanness.

2. Wiping Out

When you want to clean a small object, you have to do it fairly different way from dealing with floor, ceiling or the wall. Therefore the dust is on small objects as shine set, Buddha image, and crystal ball. Some of small objects are on the shine set which need to clean once awhile. You should know “how to” and understand about the cleaning methodology as well. All of these objects need your attention on cleaning.

Cleaning objects which related to Buddhist Religion as Triple Gems as Phra-rat-ta-na-tri: Buddha, Dhamma, Sankka. We have to pay respect to all and choose the right tools for cleaning as well and should separate these tools from others. The better way for cleaning, you should keep doing so often as always.

Preparation Your Body: Dress suitable with works**Preparation Materials:**

1. Tooth brush
2. Cleaned rags
3. Feather Duster
4. Bucket

Cleaning Buddha Image:

1. Use dried rags wipe from the top to bottom as gentle
2. In the case, it is very difficult to clean with dried rag. You can use the damp rag first then dried rag later.

Cleaning Crystal Ball:

1. Use dried rag clean it and turn it for cleaning around
2. Use damp rag when needed it

Cleaning Tables & Chairs:

1. Get bucket with half of water
2. Use feather duster wipe out first with one direction only
3. Wipe out with damp rag first and dry out with dried rag later
4. Start on the top view with press on one direction

5. Cleaning under table or chair, use feather duster, brush as need before use damp rag clean over. If it is very dirty, you suppose put it on the plastic sheet for collect the dust very easy. Turn over table or chair should be careful. If it is very heavy, it will hurt you though.
6. After cleaning, don't forget cleaning your rags and your tools ready to use for the next time.

Merit of Cleaning Objects:

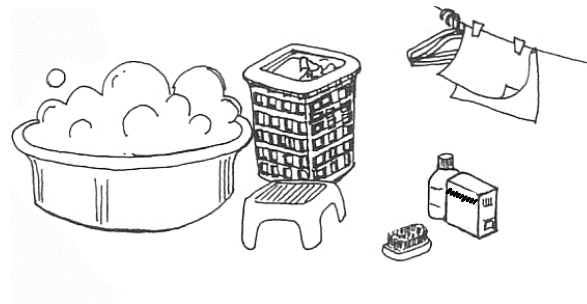
1. Support your good habits as cleaning action on body, speech to others
2. Clear mind and nice skin. Making faith for people who have seen your behavior and you will have good habits on planning, working, cleanness and observation on working very well.
3. You will be a beloved one of angel and human kind.
4. When you want to meditate, you will get clam and get to the center of body so easy.

3.2.3 Laundry as Hand Wash

1. Preparation

1.1 Materials:

1. Big Bowl
2. Laundry detergent
3. Brush
4. Table/chair
5. Clothes Hanger
6. Clips
7. Bucket/ Basket



- 1.2 Before you start to do laundry, you must survey all over the pockets of clothes because it will help to protect:

- getting color from other objects (Bleeding color)
- loosing objects
- wounded from sharp objects



- 1.3 Survey your clothes for torn part which needs to fix before washing. Thus fixing part has been done before washing as always.
- 1.4 Survey the special dirty spot as oil, coffee, ink or others as special care which you should take care before washing as well.
- 1.5 Separate white and color, dirty and heavy duty for easy to do good washing. You should wash the less dirty clothes at first.

2. Washing Process:

- 2.1 Wash with clean water first for screen dust and sweat out from clothes and make clothes get soft easy to absorb detergent. More advantage is textile will be expanded and easy to clean any way.



- 2.2 Put detergent in water as needed as instruction on the detergent box. Sometimes you can add a little bit more on the special spot for make easy to wash also.
- 2.3 Soak clothes in the water at least 5-30 minutes as detergent needed.
- 2.4 Start to wash at the special spot first then move on others zone



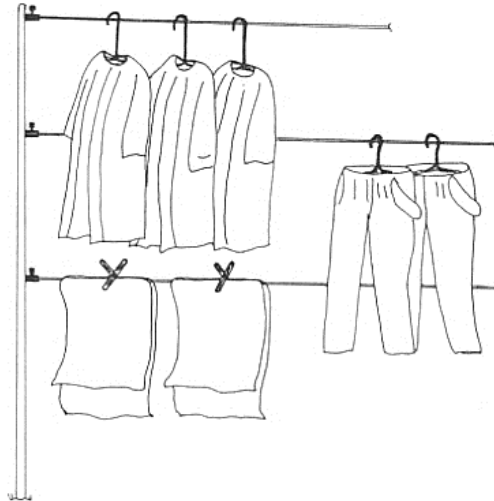
- 2.5 Wash with clean water 2-3 times until no detergent left.



- 2.6 Squeeze water out and spread out on the line for dry out.

3. How to Dry Clothes in the Sun:

- 3.1 Turn inside out to protect the color fade-out
- 3.2 Shaking clothes for make it straight from wrinkle
- 3.3 Hang on the line as the form of them
- 3.4 Make the edge as two levels for getting wind blow in so easy, the short side should be on the top
- 3.5 Use clip help it stay still
- 3.6 Keep picks it up when it is dried to protect the color fade-out



The Lowest Standard on This Work

Washing:

1. Get cleaned clothes and special spot is clear & clean (Collar, shirt cuffs or under arms)
2. Don't twisted the clothes
3. Never soak clothes over night before washing

Drying:

1. Turn inside out before put on the line for drying
2. Hang them as their forms and open space for the wind get through with two levels strategy

3.2.4 How to Taking Care the Bath Room & Rest Room

The rest room is a special place which needs to take care very well as always. It is the first thing that people can make a judgment on you. Cleaned rest room is related to good health and sanitation of life style as well. When you have guests visit your place, they will happy and get good hospitality too. Good impression on you will be occurred. There are 2 parts on this topic. One is "How to use" and other is "How to take care." The main idea of this knowledge is that you are as the **Host**.

1. How to Use the Rest Room:

It is very important on using the Rest Room for your excretion business. Lord Buddha has mention in the Phra Tri Bhi Dok on How to Use and How to Take care it as well but separated how to use & caring bath room as special part.

Using Rest Room at Buddha Era:

Lord Buddha mentions it on how to use and taking care of the rest room in the Vaj-Ja- Gu-Dee- Wat-Ta-Ra¹. The details are as follows:

At that time, there was one monk who didn't want to clean his organs after his excretion because his organ was so dirty. He came from Brahma class and he explained that he couldn't touch it. The odor was so bad. His vajjamak² (anal or ass) had some worms in there.

His colleges kept asking him why you did not clean it after you had done your business. That monk answered "No" as always. The rumor got to Lord Buddha as well. Many monks asked Lord Buddha about this case why he did not do. Lord Buddha had inquired on this case by asking that monk why. The answer was the same "No."

Then Lord Buddha make appointed to be a regulation for all of monks as "If your excretion (feces) has liquid part, you must clean up. Otherwise you will get arbat (Breaking the Monks'rules).

The other case, at that time, monks used the rest room as a sequence of seniority. The one who was senior will get chance to use first. The problems had occurred because the young one kept waiting for until they passed out so often. This case was delivered to Lord Buddha and he pronounced to all as "first come first serve" to fix this problem.

Nevertheless there were too many problems still occur as unsatisfied as members in the community. Too many problems which related to the excretion of the monks got report to the Lord Buddha. Then Lord Buddha has announced as a regulation of monks community as Phra Vinai and is called Vajjagudeevat³

Here we go about the Vajjagudee for the monks as follows;

1. Monk who is outside the rest room supposed to make a notice as asking for "Are someone in there?" The monk is in the room must make notice answer as well.
2. Monk should put Sabonk on Radeiang⁴ line before get in the rest room.
3. Take your time. Don't be hurry and make it very clean for the next person too.
4. Don't rush in the rest room.
5. Don't open the robe before you get in the rest room.
6. When you get in the rest room, you can open up the robe.
7. Don't make a loud noise during excretion
8. Don't brush your teeth during excretion
9. Don't make excrement out of the toilet bowl or feces line.

¹ Vat-Ta-Kan-Tha-Ga, Phrvinaibhidok Julavak, Mor Kor Number 9, Item 434-436, pp. 357-358.

² Vajjamak is a anal or ass. Sometimes is called Vejmak

³ Vajjagudeevat is the practice for using in the rest room for the monks

⁴ Radeiang is a clothes line for the monks

10. Don't urinate (pee) out of the bowl or line.
11. Don't spit Khe-la⁵ (sputum) in the excretion line because it will stick there and look so disgusting for others.
12. Don't use hard wood clean up your anal
13. Don't throw the after used wood in the toilet bowl
14. Sit on the toilet bowl only and cover your body with robe
15. Don't be hurry out of the rest room without clothes cover.
16. Open robe in the Rest Room when you are ready to do business.
17. Don't make a noise from excretion as Ja-pu, Ja-pu ⁶during do your business.
18. Don't let your after used clean-up water in the bowl or container.
19. Please close your body with robe or clothes when sit on the toilet bowl.
20. In the case rest room dirty, you should clean up as well.
21. Should empty toilet basket if it is full
22. Inside Rest room should be clear and clean
23. Outside Rest room should clean and easy to access
24. Water bucket should have water as always
25. These are the regulation for the monks as using the rest room as good for living together.

How to Clean Up the Rest Room:

The Rest Room is a common area for everyone. When you used it together then you need to take care as clean it as well. It is not right for let somebody taking care this business. In general, most of us have some ideas as cleaning rest room is very unpleasant work. It should be for servant working. The other reason, rest room is the place store of unused product from people as excrement objects. Then people hate to clean the public rest rooms which are the place have been used too often as daily. Good or bad behaviors will start from the rest room as well. In the case you have seen the clean rest room and keep the rest room very clean as much as you can either your rest room or public rest room. You will get pleasant mind every time you see it and use it. In contrast you always see or use the dirty rest room everywhere you go how you will be happy and get a peaceful mind. This is the reason why we need to take care of rest room always clean mostly for you and good for everyone.

First impression as hospitality, it starts at the rest room. When you are a guest to any place in the world, you need to use the rest room. Vice versa your guest comes to visit you and you are a host. Rest room is a first place for make a good or bad of first impression very well from all. Why? Rest room can present too many things of that organization or community such as organizational system, style of living, disciplinary on government, morality for living together and good management on organizational structure as well. It does not matter how many of members as small or large but it has showed the strategy and methodology on managing of good living together as a basis. Many Assessment or Evaluation forms for good or bad organization have been focus on taking care of the rest room. Thus Rest room is the most important part of every organization which is always clean, dried and nice.

⁵ Khe-la is a kind of mucus as sputum

⁶ Ja-pu, Japu is sound of push your feces out

Then you should learn how to embed your good habits and get higher morality from know how to use and clean the rest room as follows:

Principle:

1. Clean up from top to bottom and inside to outside
2. Clean up the difficult access at first then move to the easy zone
3. Wipe or sweep only one direction on cleaning
4. Use the right tools for the right works

Strategies:

1. Preparation:

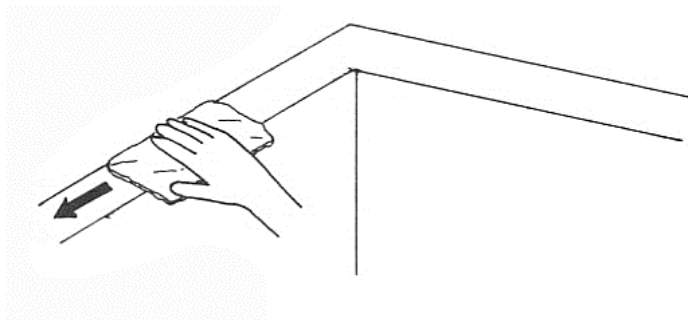
Your body: Dress up suits for cleaning work.

Materials:

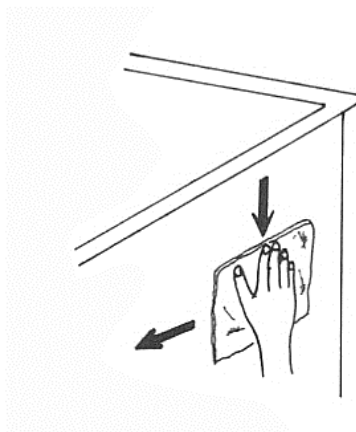
1. Bucket.
2. Trowel.
3. Tooth Brush.
4. Cleaning Chemical or detergent for cleaning.
5. Rags or Towel.
6. Plastic bowls.
7. Sponge.
8. Broom for hard objects.
9. Hand gloves: Cloth or Rubber .

2. Implementation:

1. Clean up from the top edge of rest room.



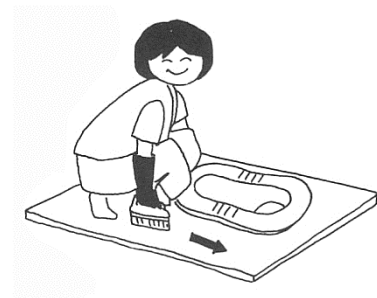
2. Clean up the wall with wet towel or wet rag.



3. Use water in the bucket cleaning the floor and toilet bowl and clean the plastic bowl with towel or rag as you have used.



4. Pour detergent as floor cleaner and toilet cleaner direct to the place. Then you should put rubber glove on when you start cleaning with tooth brush at the small spot and use hand brush at the wide space.



5. Clean the chemical away with clean water until it cleaned but in the toilet bowl needs to use the sponge and brush together depend on the situation of it.

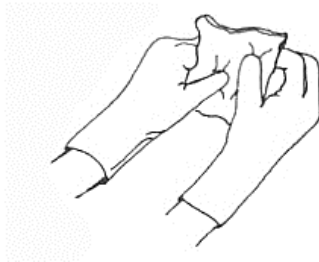
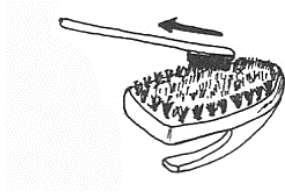


6. Clean up all with clean water again
7. Don't forget cleaning the water running way as well with hard broom and appropriated size of brushes.
8. Clean-up all of tools and let them dried before put them away.

3. Wrap up All Works:

1. Clean up tools (Please do it with glove on for # 1, 2, 3,4)

- | | | |
|--------------------------------|-------------------|----------------|
| 1. Bottle of cleaning chemical | 2. Brushes | 3. Tooth brush |
| 4. Sponge | 5. Rubber Glove | 6. Bucket |
| 7. Plastic Bowl | 8. Towels or Rags | |

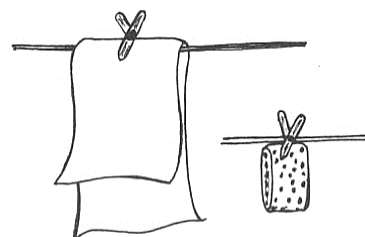
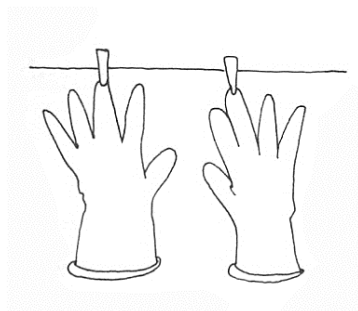


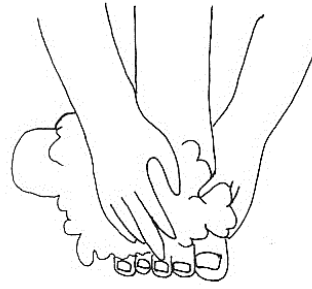
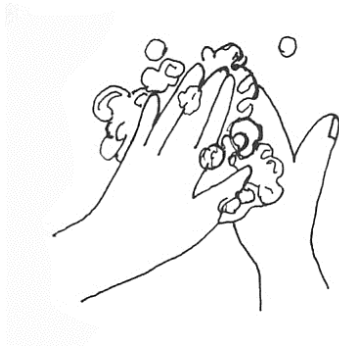
Note: Towels and rags should wash them first and can use them to make tools dried later as well.

2. Use rags wipe out water from the tools before let it dried in the Sun.

3. How to dry in the Sun

- Put away all of brushes, tooth brushes, bucket & plastic bowls as their place.
- Hang Rubber glove at laundry line and put clip on
- Sponge and wet rags supposed to hang at the laundry line as well.
- Wash your hands and feet very well with bar soap as up to elbows and knees





Merits of cleaning Rest Room:

1. Reduce your Ego as rigidity, stubbornness in your mind.
2. You will be a fine detail and good organized in your work with good planning strategy.
3. You will be a beloved one of humankind and angel.
4. Cleared mind so easy when you meditate.

Reminders:

1. Cleaning rest room is a daily routine.
2. Be aware of the odor of rest room.
3. Checking the toilet bowl as flushing water through and make sure it cleans.
4. In the rest room the floor is supposed to dry as always for protecting slippery for elderly person.
5. Don't use the concentrated chemical for cleaning rest room. It will damage the restroom's equipment more than cleaning.
6. Be aware on choosing the right chemical for using the rest room. It is not as one for all detergent.

3.2.5 Cleaning Dishes:

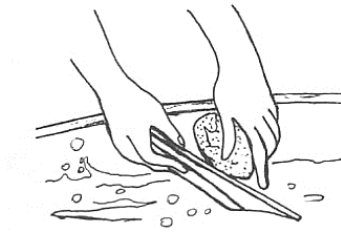
Dishes are containers for serving your foods which you will consume in your body. It means that it be involves with your health directly. It is very important for you to pay attention as well.

Sequencing on washing dishes:

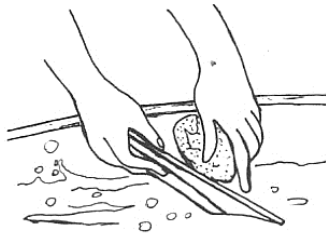
1. Preparation Water: There are 4 containers for water.
 1. Clean Water
 2. Dish Washing Liquid
 3. Clean Water
 4. Clean Water
2. Wipe-out the dirty part as left over foods or grease on containers with rags or paper napkins at starting one



3. Soak dishes in the first bowl and clean them with rag or sponge both sides



4. Then move them in the second bowl which is detergent water bowl. Press rags or sponges over the dishes both sides for cleaning them



5. Clean with clear water in 3 and 4 bowls before dry them out in the Sun or use clean rags wipe-out if needed. Sometimes they used hot water in 3 bowls and sanitation liquid mixed in 4 bowls for sanitation purpose as well before dry with hot air in the washer machine
6. Clean up every bowl after you have done your work with clean water as always. If you have a large number of dishes, you should change water each bowl once awhile. It is not be used only one time for all dishes.



Merits from Washing Dishes:

1. Reduce your Ego as rigidity or stubbornness in your mind
2. Perfection on working as finished up work as always
3. Embed cleanliness habit which extended to your behaviors as body, speech and mind on your performances
4. You will have cleared mind and easy to do meditation

Cause on Human Behaviors:

Dish wash is as a routine for everyone because we always have food at least 3 times a day and we should to clean it up after used it as well. Postpone cleaning dirty dishes will be caused you many things as details as follows:

- Simply one it is very hard to clean up because scummed on the dishes was dried. It will take more time to clean them.
- Those scummed will ferment if it can and produced bad odor all around.
- Bacteria will raise the number very fast and attract more animal join in your place.
- Rats and Ants or others animal will come to visit your place without your invitation as well.

Note: This is only the basic of dish washing. Nowadays there are too many technology invented for help people on cleaning such as a washer machine. Thus the fundamental of cleaning is still relying on human behaviors of cleaning timing and strategy as well. Human is the person who control and manage on cleaning process as must.

3.2.6 Take Care of the Religious Properties:

Religious Properties: There are many categories of religious properties which need different way of caring. The details are as follows;

1. Buildings (Sat-sa-na-sa-taan): Chapel, Vihara, Sithiya (Je-Dii), Sala (Auditorium, hall) and landscapes
2. Equipments (Sat-sa-na-vat-dhu): Shine set, Tables, chairs etc.
3. Documents (Sat-sa-na-dhamma): Doctrines (Phra-Tri-Pi-Dok), Dhamma books
4. Rituals & Ceremony: Sacred ceremony as Arm-offer, Candle Light, Sankathanna
5. Religious 'Members: Monks, Novices, Ubasok, Ubasika
6. All of 5 components above belong to the religious. Human who is as a part of those components. They should perform as caring materials as part of their duties for support others items of religious. Religious will exist and good for them forever.

Common Areas as a Public Zone:

It is the area which everyone can use as a common area. There are many places which are called Public Areas such as park, school, streets etc. Everyone should pay attention on take care of those places not only using but also keep eyes on as cleaning, fixing and support for good shape as always.

Principle on taking care of public zone or religious places, it is everyone responsibility for protect, support and take care for all. People should keep eyes on and support for keep those places being good shape for everyone. Furthermore on the changing direction must be only for better way.

Causes of Decline of Faith and Disappearing of Organization:

The most of the cause is come from members of the organization. It has started as their feeling as nothing belongs to me. They love to use but they had never support or taking care of the place or organization. Nobody take responsibility for support as caring the places, materials and areas. They think that someone will take care of it for them. It is wrong. Lord Buddha said in Kul-La-Sutra⁷ and details as follows:

1. Don't look for the lost items.
2. Don't fix the broken things.
3. Used materials without planning.
4. Promotion Bad person as a leader.

ASSIGNMENT

After students studied Chapter 3: Culture of Using and Caring on Basic Needs, you should do exercise after studied Chapter 3 and activity # 2 in Buddhist Culture Textbook. Then you can move on to the Chapter 4.

⁷Kul-La-Sutra, Ankutaranikaya Jatukanibaht Mor Kor item#35 p.623

CHAPTER 4

THE CULTURE OF HEALTH CARE

TOPICS COVERED IN CHAPTER 4

THE CULTURE OF HEALTH CARE

- 4.1 Health Care in the Tri-Pi-Dok
 - 4.1.1 The Causes of 8 Diseases
 - 4.1.2 Dhamma is the Cause of Short Life or Long Life
- 4.2 Self-reliant Health Care
 - 4.2.1 Locked Tendons at Movement Joints
 - 4.2.2 Workout
 - 4.2.3 Eating & Drinking
 - 4.2.4 8 Principles on Taking Care of Yourself
 - 4.2.5 Gestures & Movements as a Manner
- 4.3 First Aids Care
 - 4.3.1 Characters of Patients as Doctor Like
 - 4.3.2 Diseases Related to Digestion System
 - 4.3.2 Diseases Related to Respiration System

CONCEPTS

1. Health care is very important for everyone. The Lord Buddha has mentioned about the cause of sickness and Dhamma is caused for short and long life as well.
2. Self – reliant on Health care is a foundation for life. People should educate on locked tendons at movement joints, workout, drinking, eating, and understand on the principles of health care related to movement & gesture as a manner.
3. Human Body is as disease storage. When they get sick, they need to see the doctor for cure them. Then people know how to take care themselves as the right and they do understand about the causes of disease, they will have good prepare for prevent sickness as well.

OBJECTIVES

1. Students should understand and make the right implement on health care from the principle and Buddha teaching for their daily life.
2. Students should apply knowledge from contents in this chapter for their health care as appropriated way.
3. Students should understand basics of take care themselves from the fundamental principle on body health care systems.

THE CULTURE OF HEALTH CARE

Health Care is self-responsibility and very important for knowing about “How to.” Therefore everyone should know the basic of health care and understand how to prevent the sickness.

4.1 Health Care in Phra –Tri-Bhi-Dok

4.1.1 The Causes of 8 Diseases

Lord Buddha said that the causes of 8 diseases were as follows:

1. Sick because of dysfunction of gall.
2. Sick because of the phlegm.
3. Sick because of Air element in body.
4. Sick because of gall bladder, Phlegm & air element.
5. Sick because of season changed.
6. Sick because of disorganize or over-used body.
7. Sick because of over act on Forcing for Improvement.
8. Sick because of Karma.

All of the causes of 8 diseases are existence but the misconception groups still believed in only the cause from Karma

4.1.2 Dhamma as the cause of short-lived or long-lived

Lord Buddha mentioned on the 5 Dhamma as the cause of **short-lived** are as follows:

1. Person had never taken care themselves.
2. Person who loves to spoil themselves on laziness.
3. Person who loves to consume foods which hard to digest.
4. Person who loves to go the dangerous or unsafe places.
5. Person who has bad behaviors for living in community.

Lord Buddha mentioned on the 5 Dhamma as the cause of **long-lived** are as follows:

1. Person has a good health and do know how to take care themselves.
2. Person who knows how to control themselves on consuming goods.
3. Person who has good nutritious foods.
4. Person who always goes to safe places at the appropriated time.
5. Person who has good behaviors for living with others.

4.2 Health Care by Yourself¹

4.2.1 Tendon Locked

The cause is come from people stay still with same feature too long as a habit such as typing, sit in the car, writing or painting.

How to Correcting

1. Keep doing exercise as always.
2. Drink water as much as your body needs everyday.

If you drink water less amount as your body need, it will cause to your tendons locked. It is really hard to move or get right function as you need. Sometimes Calcium starts to deposit at that site and made it hard to function also. The sign which you can observe your Tendon Locked from your urine is occurred when you have feeling as need do more urinate after you have done it. The reason is told you that your vein dysfunction because it gets narrows and shrink. Vein and tendon need more water as well. The way to correct or fix it should start as exercise about 2-3 weeks, massage and drink more water. Warmed water will help for good circulation in your body. Keep eyes on and observe yourself as advised. Don't let it goes because it will get hard to fix if you let tendon locked for a long time.

4.2.2 Exercise

It is good and bad on exercise but it is good more than bad anyway. Bad is come from as wrong practice or over-act as too much on exercise. Sometimes people do exercise when your body is not ready to do such as without warm-up, injured body or so exhausted. People are injured from exercise as Yoga, Tai Chi (Martial Art) or any kind of exercises. They used to repeat stroke as they like. They don't follow the steps or sequencing on exercise advised. Awareness on exercise is for good as follows;

1. Doing everyday as schedule.
2. Follow the instruction.

Good exercise is about 30 minutes. Swing your arms, it will be good for you if you do it at least 20 minutes. 4 times of each 5 minutes of turn your hand up, turn your hand down when you do swinging your arms then total will be 1,200 times. The best practice is 2,000 times per day and you should do at the open-air place as front yard. If you don't like swing your arms, you should do something else as sweep the leaves at the yard at least 30 minutes every day as well. It will help you for good meditation also.

¹ Sermon of Phra BavanaViriyakol (Phra PadetTattachevo) Deputy of Abot, Dhammakaya Temple, Pathumthani

4.2.3 Drinking Water and Having Meals

1. Drinking Water

Drink Too Much Water: Urine color is very light clear. Strong color or cloudy still is not a good sign. Suppose to drink right way.

Drink as Right Way: Drink 2- 3 glasses of water after you woke up in the morning. Don't drink water 1 hour before you make a trip don't drink water 1 hour before go to bed

Drink Less Water: You have chance to get twist angle so easy because your tendons is shrunk then it will cause you noxious or headache as well

2. Having Meals

Person who observed Ubosoth Sila or 8 precepts will have only 2 meals as breakfast and lunch. So you should know how to manage the portion of food as enough to survive all day. There is some of procedure of having meals as follows;

Breakfast: Eat just for feeling full, not pretty full. Save room for lunch. If you ate really full stomach, you can't have lunch enough for the rest of the day though.

Lunch: Eat as you make it full but not over as stuff in your stomach. About 10 minutes after meal, you should drink a glass of water helping your digestion.

For the person who didn't observe 8 precepts, you should have meal as dinner or supper as small portion because your body don't need large portion at night. Menu should be light as salad or juice.

Dysfunction of Stomach & Intestines

You should know and observe yourself how the function of your organs on many systems as digestion, respiration or others as always. Having meal is related to digestion system and it means to function of your stomach and intestines. If you feel like these organs dysfunction, you should aware and take care on your behaviors of eating immediately as follows:

1. The cause is from drink less water and then stomach don't digest foods well enough as lacking power to work.
2. Every meal, you should save room for helping your digestion as stop eating 4-5 bites before you feel full. The room in your stomach will help your digestion system working as well as it can.

Holding Your Urination:

If you hold your urination for a while, your body will get high temperature. It will cause problems to your organs as liver, kidneys. These organs will cause to others system of your body as well.

Holding Your Bowel Movement:

The length of time which you holding your bowel movement, it will cause you too many things such as absorbing liquid in intestine back to body (non-profit materials) and to the veins. The outcome will be showed as strong odor, dermatitis, allergy and constipation. If this habit is yours, it will lead you to get Hemorrhoid as well.

Bad habits as “Don’t eat right,” “Holding Urination,” “Holding Bowel Movement,” “No Exercise,” these will bring you go to see doctor more often. You will lose your confident, get exhausted very easy, so nervous. If you want to be a happiness person, good minded and nice person, you should be a healthy person. It will help you to do good meditate and get through Dhamma as well.

Observe yourself is a good habit and you should do it as always. Keep practice on a good habit for make yourself being a good shape and good health as exercise and eat right. Management your times get more function and suitable your life style. It will help you to improve your behaviors to the right direction.

4.2.4 The 8 Principles on Self Health Care**1. Having Meals**

Breakfast: It is very important meal of the day. In the morning our body needs glucose. If you skip breakfast, it will cause you feeling as so tired, moody, headache and unclear mind. The time for breakfast is between 6:00-7:00 a.m. because your stomach is empty for a long time since dinner. If you can’t get any foods, you should drink warm water, juice, rice soup, cereal, milk or fruits. It will help you on rest room business really well. Then you have time a little bit more between breakfast and lunch.

Lunch: This meal is heavier than breakfast. Our body needs more energy for the day.

How to Consume Your Meals

- Chewing foods really fine before swallow its
- Keep moving after finished your meals because it will help good digestion, don’t sit or napping after meals
- Don’t drink a lot of water during meals time. It will dilute the digestion liquid in your stomach. Drink water only a glass then 30 minutes later you can drink more if you need it
- Warm water is better for your body because it has temperature close to body temperature. It will help digestion system and good absorbed of organs as well

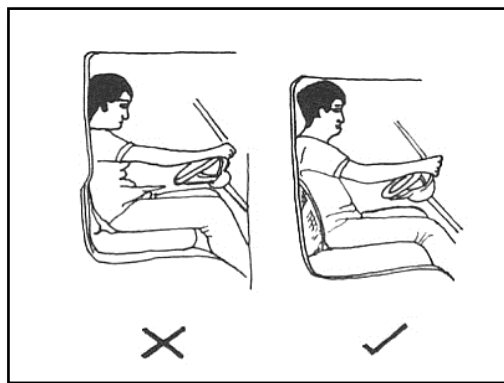
2. **Excretion:** It should be your daily routine.

3. **Dress up:** It should be proper to the seasons. Make yourself warm and feel comfortable with your life style or working.

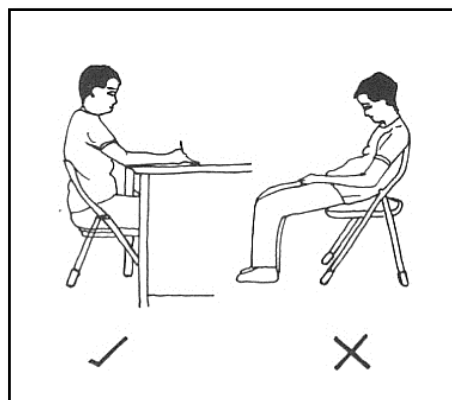
4. **Exercise:** It should be your daily routine as well, at outdoor is better.

5. **Keep Your Living Zone Cleaned as Always:** It will help your living place good ventilation and good environment for your health as well.
6. **Control your Emotion as Clear:** Make it clear and happy as always. It will help you easy on meditation also.
7. **Leisure & Relaxation:** Sleep enough as your age and gender; it will help you fresh for other activities. If you have to go to bed late after 10:00pm, don't keep do it many days on a row because it is not good for your health.
8. **Manners and Customs as Right:** it is very important for your performance working and living with others.

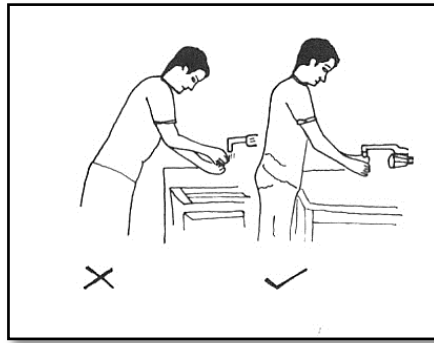
4.2.5 Daily Manners and Performances



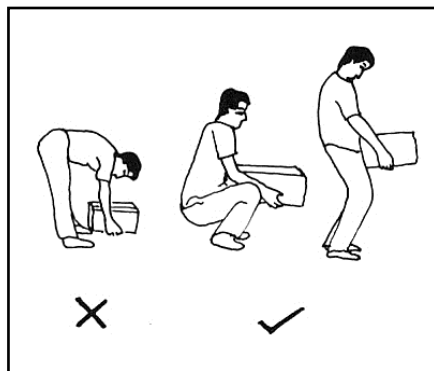
Driving Car



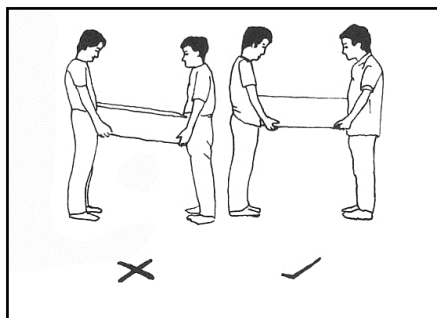
Sit on the Chair



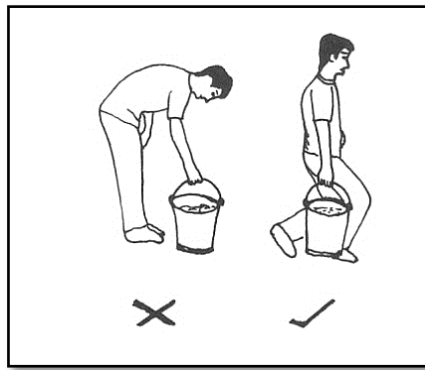
Stand – Up Washing Hands or Dishes



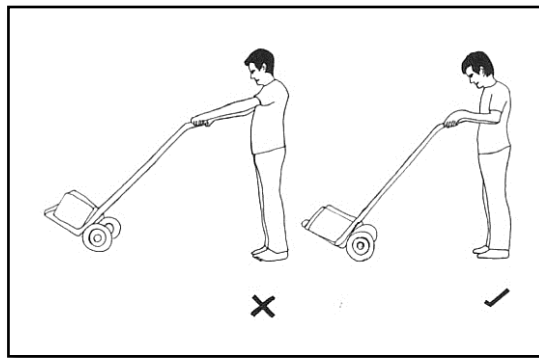
Lifting Heavy Object from the Floor



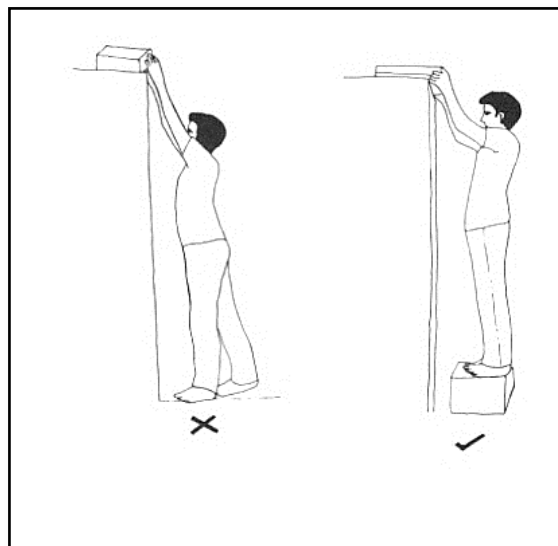
Holding Object with 2 Persons



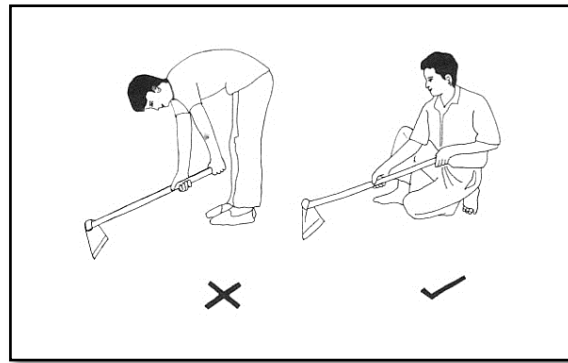
Lifting Bucket from the Floor



Pushing Dolly



Grabbing Object on Top of the Shelves



Digging Ground and Planting Trees

4.3 First Aids

4.3.1 Patients' Performances as Doctors' like:

In Buddhist doctrine, Lord Buddha had taught in the teaching as Paṭhama-Upaṭṭhāka Sutta and detail as follows;

Bhikkhu (Monks) as Patient who was really hard to take care of. There are 5 characteristics as follows:

1. Make a hard time for everything including themselves
2. Don't feel enough for happiness
3. Don't take drugs for healing sickness
4. Don't tell the real causes to the doctors
5. Don't bear the pain from sickness

Bikku (Monks) as Patient who easy to take care of. There are 5 characteristics:

1. Take it easy and so relax
2. Feel enough and understand on the needs
3. Take medicine on schedule with completely
4. Explain the right cause of symptom to doctor
5. Suppression of pain very well

Ideas from Medicine Professional, Prof. Dr. Sanuer Indharasooksri said about patients characteristics as doctors' like and comfortable to take care of as follows:

1. **Friendly:** Based on trust each other and easy to inquiry the cause of symptom which gets to the point of diagnose as the right.
2. **Follow the Rules:** Rules are for healing and schedule on take doses of medicine for cover sickness.

3. **Love Themselves & Belief on the Right:** Patients is rush to see doctor when they found out the sickness and ask for advised. These groups of people are easy to help and better than people who keep delay until get worst then come to see doctor. Sometimes it is too late to cure. They always defense as they have no time, I think it will fine in couple days or I don't want to bother doctor because it is not really bad at all. Please give time for yourself for health and observe yourself as well.
4. **Doctor Is as an Ordinary Person:** Doctors want all of patients knowing that they need information for diagnose the sickness. Doctors are not angel who can make magic or miracle by themselves for healing without knowing the causes from patients though.
5. **Understand on Doctors' Schedules:** Visit doctor should be on the doctor's schedule only except emergency case.
6. **Report Update to Doctors:** This one will help patients and doctors understand and help patients cope with. It doesn't matter get referral to other doctor, patients should update with your former doctor as well. Doctors need to know the result anyway.
7. **Keep Meet with the Doctor on Schedule:** The diagnose for good healing is relied on 3 factors as follows;
 1. Good doctor
 2. Right Medicine and good strategy caring
 3. Patients themselves and their family support

All of these factors are really need for patients on diagnose their symptoms. If it is not completely on 3, it will more difficult for doctor to do as right for their patients.

4.3.2 Diseases of Digestion System

Constipation

Symptom: Persons who always get constipation. They have a rough skin and get allergy on skin such as pimples and rash so easy.

Causes: The main cause is from digestion system as constipation. The large intestine is not strong enough that cause the function of movement on food residues. Women get more than men because women have weak on the strength of intestine than men.

Preventing and Healing: First of all you should care for the strength of intestines either small or large. It will support the good function of them. How to do on this issue, person who has good function of intestine should has good schedule of daily routine, active and eat more vegetables and fruit as well. The restroom routine is always done as habit. It doesn't matter you feel it or not but it is as your routine as schedule. Sometimes habitual actions are as drink a lot of water, drink juice as tamarind drink or prune drink. It will help your evacuation as discharged food residue in your intestine. In the case you have a hard time for this business, you should go to see doctor for medicine as laxative for the constipation though. Don't keep it for many days because it will cause you more symptoms very soon.

Flatulent

Symptom: It is related to the digestion directly. Foods are kept in intestine too long without digestion. Foods get spoil and rot then it produced more gas inside your body starting from stomach and intestine as well. You feel as hard to breath as heart burn inside.

Preventing and Healing:

1. Having foods as easy to digest as fruits and vegetables
2. Avoiding eat deep fried foods and so rich
3. Have meals 3 times a day as schedule of eating
4. Take some medicines help to reduce the gas if needed

Diarrhea

Symptom: The causes are from many things such as food poisoning, dirty foods which have more bacteria or virus. Your body tried to get rid of that why you get diarrhea.

Preventing and Healing:

1. Having soft foods as easy to digesting, not spicy hot and not too rich
2. Drink mineral water or soda with pinch of salt or rice soup or soup for replacement from diarrhea
3. In the case you have fever, you should take a medicine for reduce the fever as well
4. Stop taking medicine or chemical which cause you for diarrhea
5. Go to see doctor as the case
 - It won't stop in 48 hours
 - Throw up or can't drink water or Drink less
 - Get dizzy and pass out

Gastritis

Symptom: It is happened with the cause of wounded in your stomach. Wounded has been from the enzyme in your stomach digest direct to the stomach surface instead digest foods.

Causes: It is an accumulation from bad habits as

1. Having meals out of schedule
2. Depress or upset all the time

Preventing and Healing:

1. Keep having meal as right schedule
2. Avoid spicy hot foods, soda, coffee and tea.

4.3.3 Diseases from Respiration System

Fever

First Aids

1. Take a rest, clean-up your body with wet cloth, and drink more water. Don't shower with cold water.
2. If you can't eat foods as loss appetite, you should have soup or rice soup or juice for supplement.
3. Take some medicine for reducing fever
4. In case in 4 days you still have fever. You have to see doctor right away.

Get Cold

First Aids

1. Take a rest, wipe out body, drink more water and don't shower or bath with cold water.
2. If you lost your appetite, you should have supplement foods as soup or juice.
3. Drink hot ginger drink or take cold medicine
4. In case you have running nose, please clean up and take some medicine.
5. Take reduce running nose medicine as a dose
6. In case you get color on your mucus, you should take antibiotic medicine as doctors' description or advised.
7. Drink warmed water often.
8. If you have coughing, you should drink warm drink. The mixed drink as honey, lime juice as ratio of 4:1 will help holding your cough as well.

Go to see Doctor

1. When you lost your appetite and hard to eat anything.
2. You have more symptom of cold as headache, asthma or fever still with you 4 days already.

Preventing

1. Stay away from others, cover your mouth and nose when you cough and clear your nose.
2. Wash your hands so often for protect from virus.

Allergy

First Aids:

1. Stay away from elements which cause your allergic to such as animal hair, dust or cold weather.
2. Keep work out everyday
3. If it is not serious, try to make a rest.
4. You can take medicine as needed.
5. Go to see doctor when you get better.

ASSIGNMENT

After you studied Chapter 4: The Culture of Health Care, students should finish the exercise and self-evaluation of Chapter 4 as well. Then you can continue to Chapter 5

CHAPTER 5

BUDDHIST ETIQUETTE

TOPICS COVERED IN CHAPTER 5

BUDDHIST ETIQUETTE

- 5.1 Definition of Etiquette
- 5.2 How to pay the respectation of Phra Ratana Tri
- 5.3 How to pay respectation of the Sangha
 - 5.3.1 Standing up to greeting the monks
 - 5.3.2 Providing the seat to the monks
 - 5.3.3 Sending the monks back to the temple
 - 5.3.4 Giving way to the monks
 - 5.3.5 How to greet the standing monks
 - 5.3.6 How to greeting to the siting monks
 - 5.3.7 How to walk follows the monks
- 5.4 Etiquette of visiting the monks at temple
- 5.5 How to make a conversation with the monk
- 5.6 How to use the right words to the right monks' ranks
- 5.7 How to make an invitation to the monk
- 5.8 How to receive object from the monk
- 5.9 Etiquette for Standing, Sitting and Walking
- 5.10 Etiquette for Having Foods

CONCEPTS

1. Before students study on Etiquettes, they should understand the definition and criteria of this chapter as well.
2. Phra Rattana Tri is the highest respectation of Buddhist, and then Buddhist should perform the right to Phra Rattana Tri as Buddhist Etiquette.
3. Sangha is a component of Phra Rattana Tri and delivered Dhamma of Lord Buddha to us. Buddhist should pay respect to them.
4. Etiquette for visiting the monks at the monastery is very important. Buddhist should to perform right as the Sangha discipline.
5. Make conversation to the monk should be known for the right as well. Issues should be related to Dhamma and avoided the general topics of ordinary life.
6. The Sangha has government as well. They will get promotion from the king as different ranks which rely on their knowledge, duties and council.
7. To Make an Invitation to the monks, you should do the right as Sangha discipline. Students should study on the right to perform.
8. Contact with Sangha is as etiquette which needs to know the right as receiving objects, pass things to them or offering something to them.
9. Etiquette of standing, sitting and walking, students should know and understand to do as well for performance in their society.
10. Etiquette of having foods is very important on living in the community and deal with others as well.

OBJECTIVES

1. Student should explain the definition of Etiquette.
2. Student should perform right to pay respect to The Triple Gem or Phra Rattana Tri.
3. Student should explain and perform right about the contacting with Sangha.
4. Student should understand about “How to” make the invitation to Sangha.
5. Student should know about the Etiquette for Having Foods and their performances as standing, sitting and walking as the right.

BUDDHIST ETIQUETTE

The misconception on etiquette is for nice performance to get into the new community only. The fact on Etiquette is for everyone use for living in their community as well. If you have chance to observe or recall all of your activities which you have everyday contacting with others, you will see and understand that your performances will support you in society but your bad behaviors will destroy your destiny. In our body, there are too many things which you don't need to show them all because most of that are not good to present anyway such as your excretions, emotion or bad speech. Those of that will lead you to many problems with others in your community. This is the reason how to control all of dissatisfaction behaviors of members for peace in the community as the Etiquette. In Buddhism there is an etiquette in the doctrine as “Sekhiyawat” as an original of Thai Etiquette.

Sekhiyawat brought to faith of people who have seen it and they are willing to follow Buddha Teaching. Sangha who an agent delivered the Buddha Teaching to people, they should have good performance for people's faith too. This discipline is named “Sekhiyawat” which help Sangha control their behaviors or performances.

Sekhiyawat will help Sangha being raised up the people faith for involving in Buddhism as respect to the Phra Rattana Tri and delivers etiquette to the next generations more and more. According to Buddhism is in Thailand many years ago, and then outcomes of Sekhiyawat as Sangha performances got absorb through people behaviors as etiquette to Thais. Many nations are acknowledged of Thais etiquette because it is very polite and friendly to others as well.

5.1 Definition

“Etiquette” is called in Thai as “Ma-Ra-Yad” and the meaning is as properties of conduct, a boundary, a limit. Then the meaning is related to the discipline for people to do or perform to others as a certain way for peaceful in community.

From Thai Dictionary as Pojananukrom 2542 BC., Ma-Ra-Yad is meant as a right performance as the right time specific on body and speech. Body & Speech is easy to see for everyone on contact.

In this chapter will elaborate on the etiquette which everyone needs to know to perform in public the most.

5.2 How to Pay Respect to The Triple Gem (Phra Rattana Tri)

Pay Respect to others is a Thai Culture which transferred from generations to generations a long time ago. It is a Thai nation symbol. Anyone who knows how to do right, they will gain more respect from others as well.

Therefore ancestors used to teach their children knowing on about how to pay respect to others and followed Buddha Teaching as in the Maṅgala Sutta:

“Ka Ra Vo Ja Ni Va to Ja A Tum Munk Ka Mut Ta Munk”

Meaning is as “Polite & Respective is the Highest Blessings for everyone.”

Thus “Pay Respect” is very necessary for people performance. Who else know how to the right perform will be a good person for making friend. For contrast, who have never known how to do the right perform people should stay away for safe¹.

Phra Rattana Tri is the most benefit us for all. Intellectual person who has known all the right as “Samma Thiti” will pay respect to and they will have clear mind and happy. Anyone who met them will get the happiness and peaceful as well. Therefore students should practice and perform for the right to pay respect to Phra Rattana Tri.

There are many performances on pay respect to Phra Rattana Tri and the details as follows:



1. Unchalee is as put your hands together on your chest. It means that you will pay respect from your heart. It is a general perform when you sit down in front of the monks for listen to chanting, blessing, Dhamma, sermon, conversation.

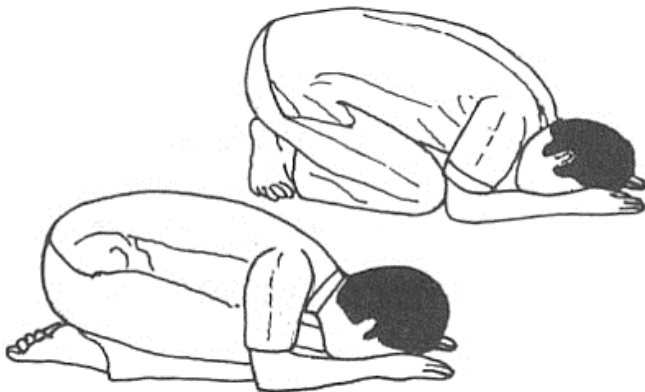
Raise your palms up to the chest and put it together with closed fingers as a lotus flower shape. Straight out your fingers and your elbows touch your body about 45 degrees away from the chest.

¹ Assoc.prof. Nongyao Channarong, Culture and Religions, Bangkok: Ramkamheang University, 2545BC, p.126



2. Namussakan or Wandha (Wai): It is the action as move your hand up to your forehead which means to pay respect up to your head. Head is the highest part of your body which means you respect as the most than everything. You will do it when you saw monks sit on the chairs, stand up, walk by or receiving or offer things from them.

The sequence is started from put your hands up to your chest and then raise it up to your forehead and turn your face down a little bit slowly. You need to do only one time and perform with full mind respective.



3. Aphiward (Krab): This performs is bow or kneel down on the floor with your both hands and elbows as picture. You will perform it when you want to pay respect to the Buddha Image, Dhamma Doctrine and Sangha. Specifically when you want to say good bye to the monks or after you offer things to the monks already.

You have to perform right on the Krab as called as “**The Benjankphradit²**”

Benjankaphradit is meant all of the five things. It is a performance of pay respect with the five parts at the same time. There are two knees, two hands and forehead. All of these parts will touch the floor at the same time. Male and Female do it differently.

For Male

Preparing: Male is kneeling down with make your knees apart about 6-8 inches and sit on your heel with straight up of your feet. Your back is straight up as well.

Step 1: Raise your hands up together to the chest.

Step 2: Move your hands up to your face and put your thumbs touch between your eyebrows. We call this perform as Angel Sit (Thepphrabutr).

Step 3: Bow as Aphiward touching the floor by put your hands down on the side of your body and push it upfront at the same time.

Elbows: Put your elbows in front of your knees.

Your Hands: Put it down on the floor and about 6 inches apart enough room for your forehead touchdown and every finger stay closed to each others.

Forehead: Put it touch the empty space between your hands and stay between your thumbs and index fingers.

Your Back: Straight it up and you will bend it down when you put your hands down only.

You need to do it 3 times for pay respect performance once.

For Female

Preparing: Female is sit as kneeling down on the floor with flat feet as toes stay apart, closed knees and sit on the heels as well.

Step 1: Put your two hands together and raise up to your chest (Unchalee).

Step 2: Raise your hands up to your face and turn your face down tiny bit. Let your thumbs touch between your eyebrows. We called it as Angela Sit (Thepthida).

Step 3: Perform Aphiward as bow it on the floor as put your hands touch down the floor. Put your elbows next to your knees and bend your body down at the same time.

Elbow: Put it next to your knee side-by-side. Not put them in front knee as male perform.

Forehead: Touch at the empty spot between your hand and let it stays the same level of your thumbs.

Your Back: Straight it up and blend down when you bow it on step 1-2-3 until 3 times. You will turn your face up between the step1 & step 2 and step 2 & step 3 as well.

² Phra Dhamma Kittiwong (Thondee Surathesho Po Tho 9, Member of the Royal Institute), Kum Wat, (Bangkok: Seingchieng, 2548 BC), p.483

Caution:

- Bowing is looked more beautiful when your body can do as harmony of your organs and simultaneously with everyone.
- Every single step should do it as not fast or too slow but keep continuum very well.
- Practice more and more with the expertise or friends or by yourself.
- Simultaneously way is very important when you perform with group. It will be drawn the observers' respectively more and more so.

5.3 How to pay respects to Sangha –The Monks

Sangha has their own status as details as follows:

- They are carried on the Lord Buddha teaching by study, memorize and practice as keeping for last.
- Their duties are teaching people to understand the truth of life as the Lord Buddha teaching as Buddhist should know. For example People should understand how to control themselves on action as keep doing more good deeds, avoid or stop do bad deeds, appreciated person who did good things and they should have ability to determine acts which one is good or bad. Nevertheless people should help each other to do more good than bad as well.
- They will be a role model for all humankind on practice and living more feasible based on the Lord Buddha teaching.

Then sangha's status is as a very important person as a great teacher for Buddhist. We must show our respect to them as the right as always.

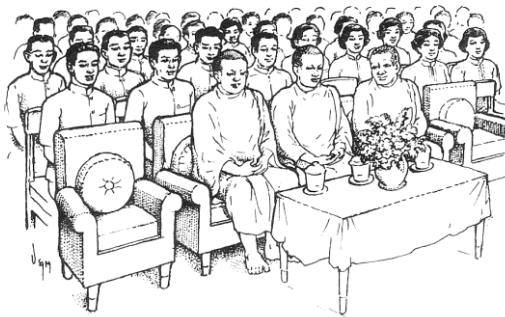
5.3.1 How to Greeting Sangha



When you will stand up greeting monks, you are at the ceremony or in the hall and the monks walk by. You want to pay respect to them then you should do as follows;

1. If you sit on the chair, you will greeting as stand up and perform Unchalee (Wai). When monks get a seat then you can sit down.
2. If you sit on the floor, you don't need to stand up. You just need to perform Wai or bows depend upon the place.
3. If you are a leader or a host or a team work of the event, you should stand at the entrance for greeting the monks and escort them to their seats.

5.3.2 How to Set Up Seats for Sangha



Seated right for Sangha is showed your respect to them as well. This is a kind of Buddhist Etiquette also. We need to know how to do right as follows:

1. Front row is always for Sangha seats when you want them sitting on the chairs.
2. In the case male guests need to seat on the chairs at the same place of Sangka and then they should seat on the left hand side of Sangka.
3. Female guests or members should not sit next to the monks or same level of them.
4. If everyone will sit on the floor, you need to use extra mats for make the monks' seat a little bit higher level from them.

5.3.3 How to See Them Off:

It is very important for you to see the monks off after they have done their duties at your place. It is a kind of Buddhist Etiquette as well.

Buddhist should offer the right to the Sangha when you invited them to your place and you will do as follows;

1. If you sit on the chairs, you should stand up and unchalee (Wai) with high respect to them when they walked pass you.

2. If you sit on the floor, you don't need to stand up just Wai with high respect to the monks.
3. The host and staffs should come along them to their vehicle and Wai them with high respect as well.

5.3.4 How to Give a Way to Sangha

Give a way for Sangha is a kind of Buddhist Etiquette and we can pay respect to them too. Buddhist should do as follows:

1. If the sangha walks follow you, you should

1. Move away from a walk way to the left side of the Sangha.
2. Stand straight put two hands in front and turn your face to the Sangha.
3. Let the Sangha walk pass and perform Wai to them.
4. If the monks talk to you, you should perform Wai during talking with them.
5. If don't have any conversation, you still perform Wai until they pass by and then you can move on.

2. How to do on walking pass each other:

As Buddhist etiquette, you should do as follows;

1. Move to left hand side of the monks.
2. Stand Straight and put hand in front.
3. Perform Wai when the monks walk pass by.
4. During the conversation you should perform Wai as well.
5. Perform Wai and let them walk pass you before you move to your way.

5.3.5 How to Do When You Meet the Standing Sangha: The manner is as follows;

1. Stop walking and standing in front the monk.
2. Perform Wai.
3. During the conversation you should perform Wai as well.
4. Walk away from them at their left hand side.

5.3.6 How to Do When You Meet the Sitting Sangha:

The manner that Buddhist should do as follows:

1. Stop and sit down on the floor or kneel down.
2. Perform Wai with high respective.
3. Wai during conversation with them.
4. Move to the left side of the monks.
5. If in the open air, you saw the shadow of the monk, you have to walk pass.
Please walk away the shadow. Don't step on it.

5.3.7 How to Walk Follows the Sangha

When you have to walk follows the Sangha, you need to perform the respective to them as the most. Buddhist etiquette always does as follows:

1. Walk following on the left side of them.
2. Keep a space between you and them about 2-3 steps.
3. Keep walk slow and quite.
4. Don't need to perform Wai to anyone during walking.
5. Don't need to say Hi or greeting anyone either.

5.4 Manners for Meeting the Sangha at the temple

Meeting with the monks or Sangha is good. You have chance to listen and discuss on Dhamma with them. You need to know how on many things such as the right times, manners and perform as Buddhist Etiquette should be. At the temple, it's the religious place; everyone should pay respect to as much as they can. You should dress as right and control your acts on talking, words or movement as well. In the case you show up before lunch time. You must prepare foods for offer lunch to the monks and get flowers, incense and candle which needed prepare on the tray. If you came in the afternoon, you should bring PANA (soft drink) ready to offer as well. This manner is showed in Phra Dhamma Pa Thataka Tha Part I the translation (Bangkok, Maha Makut Rajchavittayalai, 2542, p.5) as follows:

“The Honorable Anatha Bhinthaka Millionaire and the lady Ubasika Visaka were the Upathak of the Lord Buddha. They always came to visit at the temple twice a day. They had never visited with empty hand. They always awared to the sangha will observe on their hands. If they came before lunch time, their servants will bring foods along. If they came after luncce time, their servant always bring Panja Paesaj (clear butter, butter, oil, honey and sugar cane juice) and Atthaphan which is 8 kinds of Pana juices (Mango, banana with seed, seedless banana, lynches, grapes, lotus root, ma sang and cherry apple or Wha)”

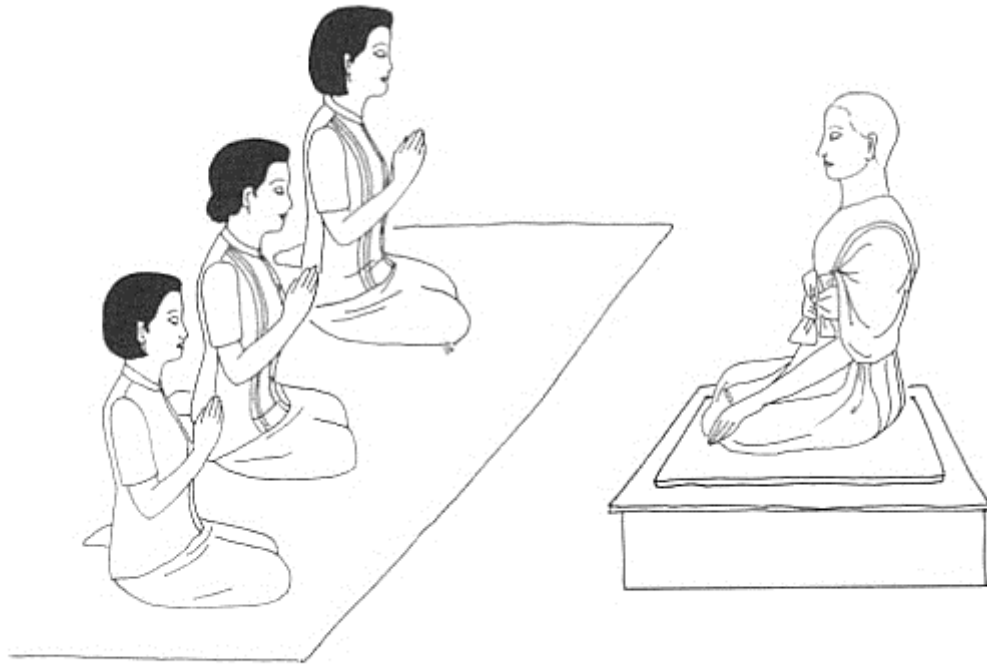
In the case you invited monks come to your house. You must prepare for the set of flowers, incense and candle to pay respect to them as well.

When you arrive to the temple, you should do as follows:

1. Please check with Ubasok as the monk you want to meet is available or not before you show up directly to him. Ask for permission from him also then you can meet him.
2. If you cannot ask anyone when you come to see him, you suppose to make him know that you are there. In case you are female, you cannot get in the Zone of Sangha. You have to wait outside until someone can invite come out to see you.
3. During waiting for the monk, you should keep quiet and speak softly as much as you can.
4. When the monk comes, you will bow as Benjankaphadit 3 times before start talking to him.
5. Then you are ready to talk to him as you sit down lower than him and perform Wai during talking as well.

6. Be careful of you dress and the way you sit. Make it very polite and nice to see.
7. If the monks stay at the low level of the building, nobody should go up stair except the monk allows you to do so. Not at all for female.
8. The best time for meeting with monks at temple is the time before lunch time.

5.5 How to Perform on Talking with Monks



Regard to good practice of the monk as the essential or integral part of the Phra Rattana Tri (Triple Gem). They get train on Buddha Teaching for making better transform behaviors to people for understanding the fact on living as good quality in their society. Monks are the right one for people for offering things and get more merits than others. Then when you perform as make conversation or talking to the monks, you suppose to do right as paying high respect to them with details as follows:

1. Don't talking with unnecessary words as talking with friends.
2. Specially talking with high ranking monks, you should perform Wai during the conversation on the way through.
3. Female, it doesn't matter that you are a relative of the monks. You should be at open place. Avoiding talking to the monks at private zone, it is against the monks' rules.
4. Please keep your time on talking with monks as only the needed one.
5. You should perform 3 bows as Ben Jank Ka Pradit to the monks before you will say good bye to them

5.6 Words for Using with Higher Ranks Sangha:

The monastery has their own government and policy for Sangha since Buddha era. Previous they just used the rules as teachers and students but it has been changed since monastery has enlarged their size. There are many numbers of members living together in their community. Since 236 B.C., Phra Maha Gatsa Pa Dehra who was the leader for the first recalled of Buddha Teaching after Lord Buddha passed away. The monastery had meeting at Raj Cha Kurh City³ (). King Asoka the great had followed these rules as well for the third reinstruction of Buddha Teaching at Pa Ta Le Butra City. All of Buddhist monasteries need to use the same such as ranking on promotion, Sangha Government or Sangha council.

Ranks in Detail

A List of Monk's Ranks (and Rank Fans)

Revised 2541 (1998) According to the Council of Elders (*Mahatherasamakhom*) at Meeting # 6/2541 on the 27th day of February 2541 (1998)

Somdetphraratchakhana

1. Somdet Phrasangkaratchao
2. Somdet Phrasangkarat
3. Somdet Phraratchakhana chan suphannabat

Phraratchakhana

4. Phraratchakhana chaokhanarong chan hiranyabat
5. Phraratchakhana chaokhanarong chan sanyabat
6. Phraratchakhana chan **tham**
7. Phraratchakhana chan **thep**
8. Phraratchakhana chan **raj**
9. Phraratchakhana chan saman
 - Phraratchakhana palat khwa - palat sai
 - Phraratchakhana rongchaokhana phak
 - Phraratchakhana chaokhana changwat
 - Phraratchakhana rongchaokhana changwat
 - Phraratchakhana chan saman parian fai wiphatsana thura (*vipassana dhura*)
 - Phraratchakhana chan saman parian po. tho. 9-8-7-6-5-4-3
 - Phraratchakhana chan saman thiapparain fai wiphatsana thura (*vipassana dhura*)
 - Phraratchakhana chan saman thiapparain
 - Phraratchakhana chan samanyok fai wiphatsana thura (*vipassana dhura*)
 - Phraratchakhana chan samanyok

(in the event of a royal kathin ceremony, an abbot of a certain temple may sit ahead of another monk with a higher rank)

³Sawang Udomsri, **Phra Vinai Pidok 1** which details on mahavipang or Bhikku Vipang, Bangkok: Payoonwong Printing, 2546;pp160-168

Phrakhrusanyabat

10. Phrakhrusanyabat chaokhana changwat
11. Phrakhrusanyabat rongchaokhana changwat
12. Phrakhrusanyabat chaoawat phra aram luang chan-ek
13. Phrakhrusanyabat chaokhana amphoe chan-phiset
14. Phrakhrupalat khong somdet phraratchakhana
15. Phraparientham 9 prayok
16. Phrakhrusanyabat chaoawat phra aram luang chan-tho
17. Phrakhrusanyabat chaokhana amphoe chan-ek
18. Phrakhrusanyabat chaoawat phra aram luang chan-tri
19. Phrakhrusanyabat chaokhana amphoe chan-tho
20. Phrakhrusanyabat rongchaoawat phra aram luang chan-ek
21. Phrakhrusanyabat rongchaoawat phra aram luang chan-tho
22. Phrakhrusanyabat rongchaoawat phra aram luang chan-tri
23. Phrakhrusanyabat phuchuai chaoawat phra aram luang chan-phiset (or the equivalent)
24. Phrakhrusanyabat phuchuai chaoawat phra aram luang chan-ek fai wiphatsana thura (*vipassana dhura*) (or the equivalent)
25. Phrakhrusanyabat phuchuai chaoawat phra aram luang chan-ek (or the equivalent)
26. Phrakhrupalat khong phraratchakhanarong chan hiranyabat
27. Phrakhrupalat khong phraratchakhanarong chan sanyabat
28. Phrakhruthananukrom chan-ek khong somdet phrasangkharat
29. Phraparientham 8 prayok
30. Phrakhrusanyabat phuchuai chaoawat phra aram luang chan-tho (or the equivalent)
31. Phraparientham 7 prayok
32. Phrakhrupalat khong phraratchakhana chan tham
33. Phrakhruthananukrom chan-tho khong somdet phra sangkharat (phrakhru parit)
34. Phrakhrusanyabat rongchaokhana amphoe chan-ek
35. Phrakhrusanyabat rongchaokhana amphoe chan-tho
36. Phrakhrusanyabat chaokhana tambon chan-ek fai wiphatsana thura (*vipassana dhura*)
37. Phrakhrusanyabat chaokhana tambon chan-ek
38. Phrakhrusanyabat chaokhana tambon chan-tho
39. Phrakhrusanyabat chaokhana tambon chan-tri
40. Phrakhrusanyabat chaoawat watrat chan-ek
41. Phrakhrusanyabat chaoawat watrat chan-tho fai wiphatsana thura (*vipassana dhura*)
42. Phrakhrusanyabat chaoawat watrat chan-tho
43. Phrakhrusanyabat chaoawat watrat chan-tri
44. Phrakhrusanyabat rongchaoawat watrat
45. Phrakhrusanyabat phuchuai chaoawat watrat
46. Phraparientham 6 prayok
47. Phraparientham 5 prayok
48. Phrakhrupalat khong phraratchakhana chan thep
49. Phrakhrupalat khong phraratchakhana chan thep
50. Phrakhru winaiton
51. Phrakhru thammathon
52. Phrakhru khusuat
53. Phraparientham 4 prayok
54. Phrapalat khong phraratchakhana chan saman
55. Phraparientham 3 prayok
56. Phrakhru rongkhusuat
57. Phrakhru sangkharak

58. Phrakhru samu

59. Phrakhru baithika

60. Phra samu

61. Phra baithika

62. Phra phithikam

Department of Religious Affairs

27 February 2541

Note: The webmasters have added color to the text to indicate the nature of how the rank is attained.

Orange indicates a rank attained by “merit” (administration, work, or reputation)

Purple indicates a rank attained via educational accomplishments.

Monks’ Ranks and Titles

The special names and titles used for monks can be a very confusing matter. Basically, monks may be referred to according to three “traditions” or tendencies: titles from the Buddhist canon; a developed system of ranks unique to the Thai sangha; and colloquial terms of reverence. The use of these terms would depend on the context of the meeting. When referring to the length of time a monk has been in the order, a canonical reference may be used; in an urban, administrative setting, a formal rank/title might be applied; while out in the village setting, local people would most likely use more colloquial references.

Upon ordination, a monk is given a new name, called a *chaya*. This name usually comes from the Buddhist textual language, Pali. Regardless of other factors listed below, a monk may continue to be known by the Thai generic term for a monk — *phra* — coupled with this new name. The *chaiya* may be based on a part of the persons given name, such as initial consonants. For example, in the case of this Swedish foreigner, the name Olson might go to the Pali name Obhaso — “the shining one.” And so, one might be known as Phra Obhaso. (Strictly speaking, however, some people suggest that a monk should be called Samana _____ or _____ Bhikkhu, until he has attained a title, after which he would be known as Phra + title + name. As with many things, actual practices are something different altogether.) Once a monk attains other titles, these names might be dropped in favor of the titles, as we will see...

Canonical Tradition of Ranks according to the Vinaya (all lists in descending order)

- *samanera* (Thai, *nen* or *samanen*) — a novice monk who has yet to receive higher ordination
- *navaka* — a newly ordained monk
- *nissaya-muttaka* — a monk who has spent five years in the monkhood
- *majjhima* — a monk who has spent between five to ten years in the Order (middle rank)
- *thera* — a monk who has spent ten years or more in the monkhood and is eligible to be a preceptor (*upajjhaya*, one who ordains other monks)

- *maha-thera* — often used to refer to a monk who has spent twenty years or more in the Order

In summary, monks are distinguished by the term *navaka* for those who have been in the Order five years or less, *majjhima* prior to the completion of ten years, *thera* after ten years. *Maha-thera* is occasionally used for monks who have been in the Order twenty years or more. Among laity, the terms *thera* and *maha-thera* are heard most often.

The Developed Thai System of Ranks

After higher ordination:

maha — a monk who has passed Pali grade 3 (*parian* 3) [note: in the past this term was often extended to laity who had been in the Buddhist order and had been “schooled” in Buddhist knowledge. This term may also be used in a fond, somewhat facetious manner to refer to very reverential men who have spent time in the monkhood.]

Divisions of honorific titles/ranks:

I. *phra khrusanyabat*

II. *phra racha khana* (more colloquially known as a *chao khun*)

phra racha khana chan saman (“ordinary” class)

*phra racha khana chan **raj***

*phra racha khana chan **thep***

*phra racha khana chan **tham***

phra racha khana chan rong somdet (“deputy” somdet, also known as *chan phrom*)

Monks with these titles would also have name ranks using the title as a kind of “prefix.” For example, a monk with a **raj** title may have the name/rank of Phra **Rajakawi**; with a **thep** ... Phra **Thepkoson**; and with **tham** may have the name of Phra **Thammuni**. To make matters a bit more confusing and research more challenging, many of these names are romanized according to the monk’s preference, which can often include a mix of Sanskrit, Pali, or Thai. For example, Phra Dhammapitaka romanizes his rank/name according to Pali instead of Thai (which would be Thammapitok).

III. *somdet phra racha khana* (full *somdet* rank)

There are about a handful of monks holding this rank. One of them will hold the highest title of Sangharaja, or Supreme Patriarch, of the Thai Buddhist Order.

Monks move through the ranks based on accomplishment and recognition of service.

Monks may be recognized for scholarly study, assistance to other high ranking monks, or becoming an administrator (especially an abbot) at a (royal) temple. For example, A monk who is the abbot of a major royal temple, such as Wat Pho or Wat Mahathat would normally not have a rank below *phra racha khana chan tham*; or if his rank were lower, upon appointment he would receive a higher rank.

At official functions, monks sit in order of rank. All things being equal (rarely the case) the monk with the most tenure in the Order would sit ahead of another monk.

Some Examples of more Colloquial Thai Terms

luang phi — “Venerable Elder,” a reverential term for a younger, freshly ordained monk

luang ta — “Venerable Uncle,” a reverential term for an elderly monk without titles

luang pho — “Venerable Father,” a reverential term for an elderly monk

chao khun — a monk who holds *phra racha khana* rank (see above) but not used for the Sangharaja

A growing number of people feel that the bureaucracy of the monkhood is ineffective and that there is far too much emphasis placed on rank. At any rate, it is clear the Thai penchant for hierarchy is mirrored in the system of ranks for monks.

When you have to deal with the monks with any business, you need to use the right words for the right rank for your etiquette as well. The main reason is all of the Sangka Ranking that got appointed from the king. The details of using words with Monastery Ranking are different in Thai but in English you just use the Pronouns as “**You** or **Phra Khun Choa** or **Phra Ajarn**” and use “**I**” for yourself.

Some of words are used for special occasions as follows;

Arthamapab	- Monks use for call themselves
Arajthana	- Invitation
Arpard	- Sickness
Arhan Pintabatre	- Foods
UtthaboriKhan	- Monks’ requisites; there are only 8 things as the rule: Sabong, Jevon, Sangkati, Prakod, Bahrt, Razor Blade, Needle and Water Filter
Assana	- Seat cushion
Ankasa	- Offering foods to the monks
Junk-han	- Meals
Thaiyadham	- Things as prepare for offer to the monks
Kilannapasach	- Medicine
Pa-Deang	- Announcement for invitation
Ni-Mon	- Invitation
Chan	- Eat, consume foods
Pra-Kane	- Action offering things to the monks
Chatu-Pat-Jai	- Basic needs as Clothes, Foods, Shelter& Medicine
Yome	- Relatives of the monks
Pa-Va-Ra-Na	- Open the chance for the monks asking for help or Support
Mor-Ra-Na-Pab	- Death

5.7 How to Make the Invitation to the Monks:

1. Ni-Mon: When you need to invite monks come to do and ritual at home after you have set up schedule. You should inform the invitation at least 7 days or more. In the case you want the high rank monks; you suppose to inform the invitation very early which it's better. There are 2 ways to do Ni-Mon by yourself (words) or invitation Card which is called as written form or **Wang Dee Ga**. It will help monk on the clear schedule as time, place, transportation, etc. for both sides. The details are in the invitation card as follows;

1. Objective of your invitation
2. Procedure of your ceremony
3. Place –Address
4. Number of invited monks
5. Transportation-Vehicle, schedule, time
6. What do you want monks doing on your rituals?

You need to provide on details.

Example of written form of invitation⁴

Dee Ga Arathana

I want to invite.....Wat.....
 (And others monks.....) Blessing Chant and Receiving offering
 Breakfast (or Lunch) in the ceremony of.....on
 Date.....month.....year.....time.....which on
 Lunar time.....
 At the address isStreet.....
 County.....
 District.....State.....

 Host Name.....
/...../.....

Note: Transportation (pick-up at.....) or Please come by your vehicle.

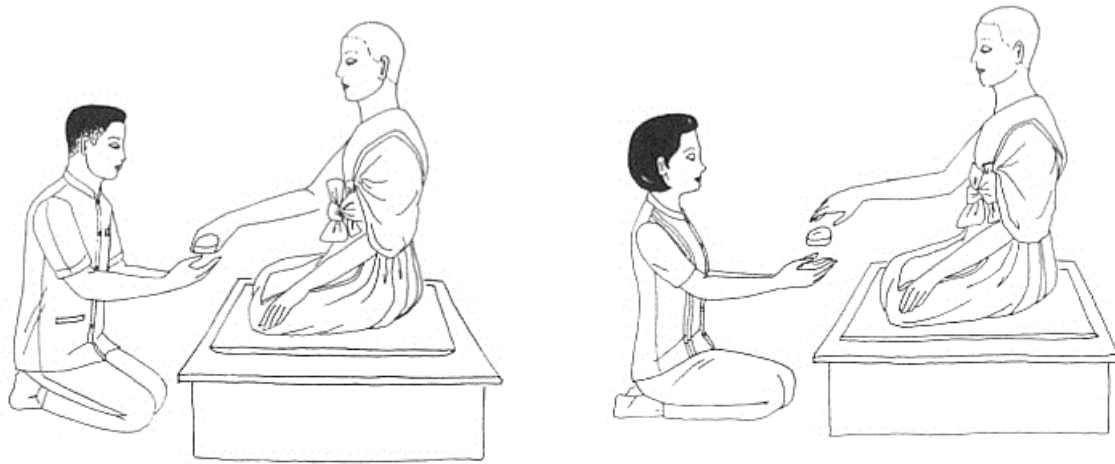
Some Awareness on Making the Invitation:

1. For Blessing, you will notify as Blessing Chanting
 if for funeral you will use for Death Chanting
2. No menu and just say only as Breakfast or Lunch on invitation
3. Number of invited monks

⁴ Phrathamwarodom-Boonma Kunasampanno, Pho Tho 9, **Buddhist Rules**, Bangkok: Arthon Publisher, 2539; p.94

5.8 How to Receive Objects from Monk

Your action is as humbleness and very polite. Don't show as you grab or snatch from the monks.



1. Receive from the Monks as Standing or Sit on Assana

- Stay as the distance as you can receive with your two hands then perform Wai before get object from monk. Male can get it direct from monk. Female will get as the monk drop object on your closed two hands.
- If the object is small and you can perform Wai, you should do one more time before you move away from the monk.

2. Monk Sits on the Chair

- Perform as **the same as** on # 1 but you suppose put the object next to your left side before performing Wai. Then move back with left leg after grab your thing and put your right leg next to your left leg before turn back and walk away.
- You can kneel down on left knee and receive object with two hands.

3. Monk sits on the Floor

- You have to do knee walk to the monk as 2 feet away and bow three times before perform receiving object from the monk.
- Before you move away, you should put object on the right side of yours then bow three times as well before stand up and walk away.
- During you do knee walking; your back is straight and your hands next to your body.
- Knee walking is direct to the monk as two ways as well

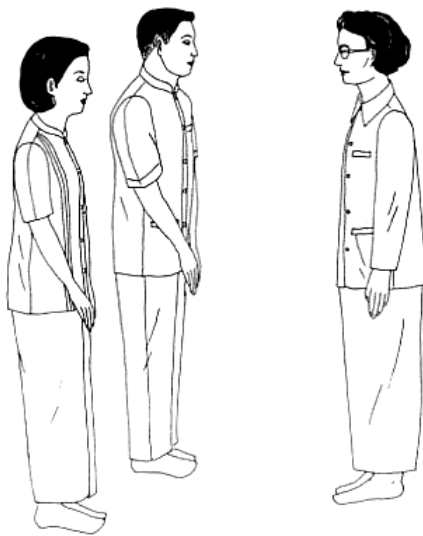
5.9 Etiquette on Standing, Walking and Sit down

1. Standing



1. Standing Alone

You suppose standing with Calmness as two feet side by side and rest your hand in front or beside to your body. Don't put hands in pocket or shaking body.



2. Standing as a group

(In front monks or elderly person)

There are 2 ways to perform as follows;

- a. Standing with humbleness as two feet stay side by side
- b. Rest your two hands in front or beside your body

How to Rest Your Hands

1. Put your right hand over left hand
2. Locked your hand together

2. Walking

1. Walk alone: Walk slowly and look straight and swing your arms with a small angle.
2. Walk along with monks or elderly person: Stay away at the back of left side and keep the space about 2-3 walk way as well and perform as pay respect to them all.

3. Walk into the Hall for Sitting on the Chair

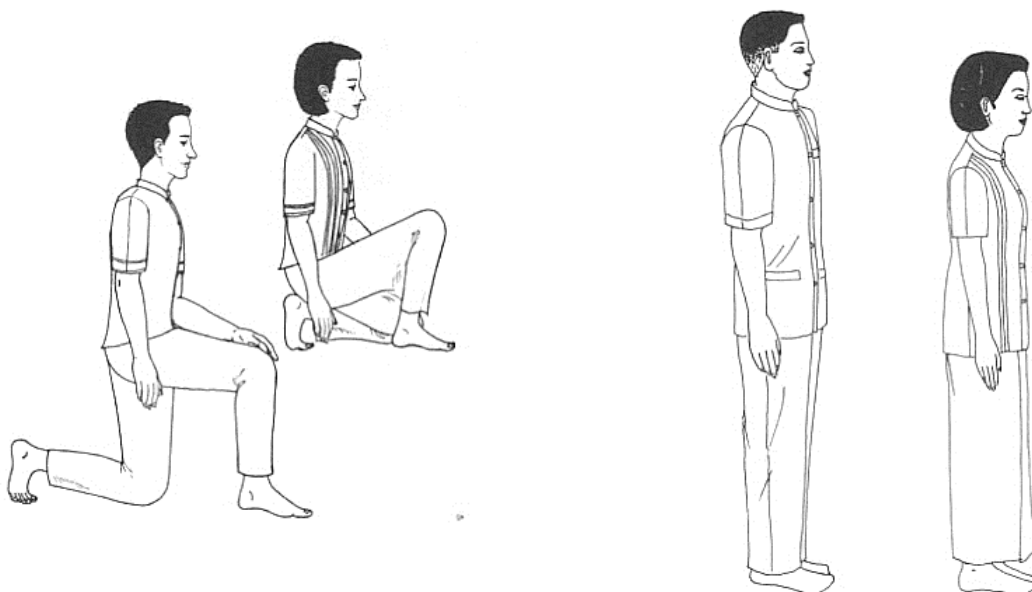
1. Humbleness Walking.
2. Blend your body when you walk pass others. Don't touch them with any part of your body.
3. Pick up seat that for ease for yourself and new coming as well. Don't move chair to your place from set up.
4. Sit at the assign seat if you have.

4. Walking into the Hall for Sitting on the floor

1. Humbleness walking with quietness.
2. Blend your body and space away others seat with careful gesture.
3. Walk straight to your seat.
4. If it is short distance, you can do as knee walk. It's better.

Knee Walking: It means you will walk with your two hands and two knees point your feet out to the back. You will do with short distance. Sometimes you can use only two knees and you will move very slowly. Tips for doing Knee Walking as follows:

1. Sit down on your knees and your body straight up
2. Move with your knee from right to left alternatively and space between the knees not far apart, don't swinging your hands nor dragging your feet. It will make around noise bother others so.
3. When you want to stand up, you should stand with your knee first then you can stand up firmly as picture as follows;



Walking Through the Crowd: You should walk as the same speed or line of front row or make a space for others can walk through as well. Head is the line for standing. It will make good looking for all.

During Ceremony or Ritual: You should be in frame of the group and follow order from the leader. In case everyone needs good decision for solving danger problem or accident then leader needed. Discipline of all will help to safe and move to the right procedure also.

3. Sit Down

1. **Sit on the Chair:** You suppose sit with body straight and lean back to the chair, keep feet, keep knees, put hand on knee or on arm chair. Sit full seat. Not move chair back and force. Specifically female should keep eyes on your dress for nice looking as well.

2. **Sit on the Floor:** Buddhist use to perform sitting as Pab Peab as wrap your legs under your bottom. It doesn't matter point your legs to left or right side. Female should have a piece of clothes cover over their lab. Male can sit as cross legs as Smathi in front of Buddha Image or Monks or Listen to the sermon.

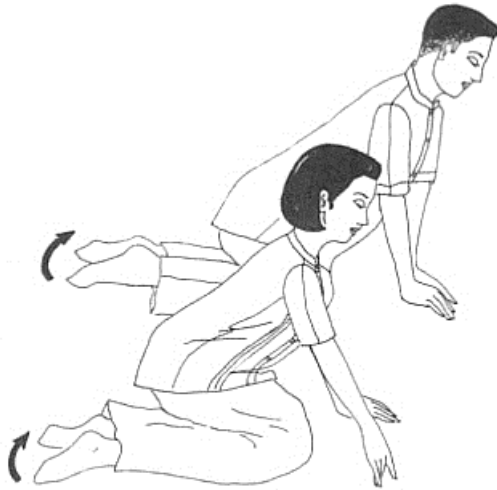
3. **Sit Alone:** Sit and calm is needed. Don't put your feet up front for relax in the hall. You can relax by use your hand support your sitting instead of keep your hand on the lab all the time.

4. **Sit in Front the Monks or Elderly Person:** You can sit as sitting alone but just blend your body down a little bit or put your hand together on your knee and keep your feet too.

Pab Peab Sitting: It is a way of sitting as keep your legs under your bottom and points your feet to either left or right side as you like. Your back is staying straight and put your hands over your knee. If you put your knee apart a little bit, you will feel more comfortable. Don't need any support from your hand.



For Female: Usually this style of sitting is for female. It is looked so nice and calm. Elderly and sick person can use hand for support.



How to Change Sitting When You Need to:

You should use your two hands touch in front and moving with your knees during switch direction of your legs from left to right or right to left at the back. It is not polite if you put your legs upfront for changing it.

5.10 Etiquette on Having Foods

Having foods is not only consumed foods but also interaction with others as well. Family members, organizational member, community or society will have interaction during having foods. Then some notations on having foods as follows:

- When we have foods with others, we should control our speed as their speed for good manner.
- Don't disturb anyone during eating.
- Perform as good manner on eating as much as you can.

Lord Buddha made a rule for Sangha on having foods. Regard to the discipline for living together and peace in community as well. Tradition has been changed to be policy for organization. The main thing is for the monks or Sangka who is as the true faith for Buddhist and become a good faith for new member at the same time⁵. We can apply the rules for our life style on having foods as details as follows:

Bintha Barte (Receiving Foods)⁶:

- | | |
|---|---|
| 1. Bhikkhu should know that
Implement | you will receive the Bintha Barte with Respective.
Welcome all kind of foods without rejection. |
| 2. Bhikkhu should know that
Implement | you can't compare with others.
No turn left or right during receiving foods or having foods. |
| 3. Bhikkhu should know that
Implement | you will receive foods as you need only.
Don't keep your favor one with you. Provide to everyone as the same. |

⁵ Sawang Udomsri, **Phra Winai Bidok I: Maha Vipang or Bikku Vipang**; Bangkok: Prayoonrawong Printing, 2546; p.21

⁶ **Phra Winai Bidok 4**, Mor Kor # 4; pp. 901-902

- | | |
|--|---|
| 4. Bhikkhu should know that
Implement | you should receive foods only full your bowl.
Get foods just enough to eat all. |
| 5. Bhikkhu should know that
Implement | you will eat foods with respective.
Perform good manner on eating with full respect to people faith. |
| 6. Bhikkhu should know that
Implement | you will take care foods only in your bowl.
During having foods you should focus on eating only. |
| 7. Bhikkhu should know that
Implement | you can't scoop rice from the center.
Eating food with care. Don't make a mess. |
| 8. Bhikkhu should know that
Implement | you should get foods as enough only.
Get foods as right portion as enough to eat all. |
| 9. Bhikkhu should know that
Implement | you can't scoop foods from the top.
During eating should aware of cleanliness as the most. |
| 10. Bhikkhu should know that
Implement | you should hide any foods under rice for get more.
Don't cover foods with rice for getting more. |
| 11. Bhikkhu should know that
Implement | you should not asking for foods if you're healthy.
Don't pick up only good and expensive items.
You should eat all of foods. |
| 12. Bhikkhu should know that
Implement | you can't peek in others bowl during eating.
During eating if you peek in somebody bowl then it will lead you for jealousy. |
| 13. Bhikkhu should know that
Implement | you can't have a big bite of foods.
Big bite will make you open wide mouth for eating. It will make you look not good. |
| 14. Bhikkhu should know that
Implement | your each bite will be a good size to eat.
Popper size of foods will help you easy to eat and clean. |
| 15. Bhikkhu should know that
Implement | you should not open your mouth waiting for foods.
It is not looked good for open mouth waiting for foods. |
| 16. Bhikkhu should know that
Implement | you can't put your finger in your mouth during having foods.
If you need it, you should have cover with cloth or hand and use tooth pick. |

- | | |
|--|--|
| 17. Bhikkhu should know that
Implement | you can't talk when you have food in your mouths.
When you have foods in your mouth and talking, it's not look nice. Not only talking but also adding more foods in your mouth while you have food full mouth. |
| 18. Bhikkhu should know that
Implement | you can't throw food in your mouth at all.
It does matter any kind of foods which is easy to throw in your mouth such as round shape, candy or others, you can't do it at all. |
| 19. Bhikkhu should know that
Implement | you can't have a big bite of foods.
Big piece of foods should cut it small as you can put in your mouth. In case foods on a skewer, you should get it off from a skewer before you have it. |
| 20. Bhikkhu should know that
Implement | you can't have too much foods in your mouth.
You can't have a big bite of foods because it will make you look less good manner to others. |
| 21. Bhikkhu should know that
Implement | you can't shaking your hand or finger during eating.
If you are shaking hand or finger, foods will split to people around you and make a mess. |
| 22. Bhikkhu should know that
Implement | you can't sprinkle foods in bowl or on the floor.
Sprinkle foods anywhere is not a good manner and make a mess. |
| 23. Bhikkhu should know that
Implement | you can't put your tongue out during having meal.
You should not put your tongue out during eating because it's not looked good at all. |
| 24. Bhikkhu should know that
Implement | you should not make a loud noise during eating.
Sip soup or chewing foods with loud noise is not a good manner for having foods. |
| 25. Bhikkhu should know that
Implement | you should keep quite during eating.
Hot soup or hot foods, you should be careful when you have it because you will make a loud noise. Be careful especially liquid foods. |
| 26. Bhikkhu should know that
Implement | you can't licking your hand or finger during eating foods.
Licking things during having meal is not polite at all. |
| 27. Bhikkhu should know that
Implement | you can't lick surface of bottom the bowl (hitting noise).
Noise from having foods is not polite at all, it does matter from eating or hitting plate ware. |

28. Bhikkhu should know that **you can't use your tongue get foods on your lips during eating.**

Implement

Licking foods with tongue especially on your lip lips is not good manner. You can use napkin or paper towel cleaning your mouth or lips.

29. Bhikkhu should know that **you should not handle glass of water or pitcher of water with dirty hand.**

Implement

Dirty hand from touching any kind of foods, it will stick on the glass or handle of pitcher and it is really hard to clean up. Sometimes glass will slip and fall down so easy too.

How to Clean Up the Bowl:

30. Bhikkhu Should Know that **you could not pour dirty water with having some foods on the ground nearby.**

Implement

You should have all foods in your bowl and clean up with cloth or paper towel before washing it.

(It will help cleaning greasing part out). About left over foods should scrape it out before washing it as well.

ASSIGNMENT

After you have finished study Chapter 5: Buddhist Etiquettes. Students should finish exercises after study as well then you can continue to the Chapter 6.

CHAPTER 6

RELIGIOUS RITUALS

TOPICS COVERED IN CHAPTER 6

RELIGIOUS RITUALS

- 6.1 Buddhist Ritual
 - 6.1.1 Alms Offering
 - 6.1.2 Sanghathanna
 - 6.1.3 Procedure on Buddhist Ceremony
- 6.2 Offering Things to the Monks
- 6.3 Making the Libation and Receiving the Blessing from the Monks
- 6.4 How to Set Up the Altar Tables Set
- 6.5 Ritual on the Buddhist Special Days
- 6.6 Procedure on the Special Day
 - 6.6.1 In General Ways
 - 6.6.2 Funeral

Concepts

1. Ceremonial Procedure is formed the traditional faith for members in every religious. Especially in Buddhism the procedure will support all of members respect to Phra Rattana Tri (Triple Gems) and recognition to the Lord Buddha.
2. **Sangha** is a Lord Buddha disciple and their duty is teaching Dhamma. They have to follow the doctrine very strict that why they can't cook foods by themselves. Members need to offer foods to Sangha as the right way as help them to follow the rules and support them to do good practices as well.
3. Making the Libation is always done after every ritual. It is for sharing the merits to others who passed away. Members supposed to know on the procedure and make it right both making the libation and receive the monks blessing.
4. Knowing how to set up the Altar table set is very important for members because it will show off the respect and knowledge on kind of sacred objects.
5. Special Day in Buddhism is very important for members. They will perform the respect to the Lord Buddha and practice follow the teaching (doctrine) as much. Members can focus more than their ordinary days.
6. Funeral Ceremony is not only for the dead person but also reminding everyone for understand life cycle as well.

Objectives

1. Students should understand the knowledge and can explain to others to do the right.
2. Students should understand the knowledge and can explain the principle and methodology on offering things to Sangha, making the libation and receive the monks blessing.
3. Students should understand the knowledge and can explain the principle on setting Altar tables set.
4. Students should understand the knowledge and can explain others about the procedure of Ceremonial Buddhism. Students should perform right when they attend the Buddhist Ceremony as well included on Funeral ceremony.

Religious Rituals

6.1 Buddhist Rituals

Ritual is a religious ceremony which is changed to be a tradition from general to next general. There is a procedure to perform as a way related to the religious and respect to the Master as well. Buddhism has their own ritual and members should follow the procedure with understanding for the right.

Religious Ceremony is very important for the faith and members will recognize Phra Rattana Tri for their good deeds. Buddhist members need to understand and do it right for transition to others as built up their faith as well.

There are 4 categories in Buddhist Ritual and the details as follows:

1. Gusol (For Good Deeds) Ritual

This ceremony is focused on doing good deeds for members only such as declared to be a Buddhist member, candle clockwise circumambulation, observed five precepts or eight precepts and mores.

2. Boona Ceremony

This ritual is related to family activities which are reflected to their life cycle in society as birth, getting old, sickness and death. There are 2 types as follows;

- 2.1 Ceremonials for Good Deeds - Boona Gusol or it is called **Ngan Mongkol** which is doing for good life.
- 2.2 Funeral Ceremony - **Ngan Amongkol** which is related to death person and family members want to provide more merits for the death person. However people will aware of the death as well.

3. Tanna Ceremony

Tanna is meant the giving as the Buddhist basic of doing a good deed for humankind. There are many ways to do such as Offering Sanghathanna — Dhawai Sanghatha (Clothes, Drugs, tooth paste, tooth brush etc.)

4. Miscellaneous Ceremony (Pakinnaka Rituals)

There are various ceremony in Buddhism excluded 3 categories above but some are a part of them too such as Ritual Asking for Silla, Offering things to Monks.

6.1.1 Alms Offering Ceremony

This ceremony is offered foods to the Sangha as put in their bowls (Batre) usually doing it before breakfast time or lunch. Sangha has duty as doing Bintabatre in the morning every day and special occasion as invitation. This routine is for help people do boona as giving things to others as alms offering with foods to the monks.

First of all you should be prepared yourself as clear minded and ready to do Boonna as Alms offering. Merits will be as the highest yield as you feel happy all the time since start

as preparing foods through the end and after as well¹. Foods as fresh should be packed in the closed contained and not suppose too hot temperature because Sangha will accept with metal bowl. It will hard for them to carry on. Before you put foods in the bowl, usually people raise foods up to come to get food from you as Nimon. The other thing is important as well. You should do this mantra before do alms offering as follows;

Sutinnang Wata Mae Tanang Arsawag Kayawahang Hotu

It means “This Tanna as I made for good deeds as cleaning my Arsawakilasa out off my mind.”

After you did alms offering then you can make the libation for provide merit as sharing to others.

6.1.2 Offering Sanghathanna

This offering is providing Basic Needs to the Sangha without specific person. In the case you prepared for specific monk, it is called “Patikabukalikthan.” Don’t need to do complicate procedure. For Sanghathanna is offered for general then ritual will perform in certain way as offering and anumothana as well.

Sanghathanna has been existed since Buddha Era. Monks or novices are selected from Sangha and you should perform as right for the ceremony. It doesn’t matter taking place whereas you do with full of joy and happiness to offer. Basic Needs and foods are the components of Sanghathanna to offer to monks. Quantity is not the main ideas but your intention is a key of it.

Sanhathanna offering procedure starts from light the candles and incenses for pray respect to Phra Rattana Tri, then asking for observe sila, receiving sila. Starting offer Sanghathanna is as mantra Namō 3 times and follows the offering mantra for Sanghathanna then offer things to the monks.

After you have offered the Sanghathanna to Sangha, Sangha will do blessing to you. They will start with mantra as “Yadha Wari wa ha....” then you can make libation and stop when Sangha said “Manee Chotiraso Yadha.” You should perform Wai toward the end of blessing (Details will explain later).

Mantra for Asking for Sila and Receiving the Sila

The procedure of this ritual is for prepare readiness of people in the ceremony. The details are as following:

Bhucha Phra Rattana Tri, Asking for Sila (BanjaSil), Receiving Sila, Arathana Phra Parit, Monks chant Phra Buddha Mon, Pray Namō 3 times, Offering Sanghathanna, Handle things to Sangha, Monks make blessing.

Pray the mantra for Sila or offering can do by a leader or together, it is alright. Sometimes people need to have a sermon from the monk. Host has to make the detail on the invitation for the monk too and need to ad arathanna for sermon as well.

¹ Thanna Sutra. Ungkuttaranikaya, Mor Kor # 36 item#308, pp.628-629

Words Asking for BenjaSila..5 Precepts

Bandit Tang Rai said precept is the basic of the foundation of all of good deeds. It will be a leader of all of Dhamma. Who else observed as a purify precepts, stop doing bad things, make their mind really clear. Then they will get to Nivana as well.

Please pay attention and follow asking for 5 precepts together.

Mayam Pande	Visuk Visuk	Rakkanat Thaya,	
Tisarane Nasaha	Banja Sila	Niyajama,	
Dhuti yambi	Mayam Pande	Visuk Visuk	Rakkana Thaya,
Tisarane Nasaha	Banja sila	Niyajama,	
Tatiyampi	Mayam Pande	Visuk Visuk	Rakkana Thaya,
Tirasane Nasana	Banja sila	Niyajama,	

Words for Offering Sanghathanna

Introduction:

Lord Buddha said good ordinary person will giving foods and water to lay person as always which bring more merits to them. The persons who always provide basic needs to Wiseman, they are as giving all of 5 things as Aryu (Ages), Wanna (Nice Skin), Sukkha (Happiness), Pala(Healthy) and Patipan (Intelligence) to others and they will get back as the same. Everyone should aware that only merits (Boonna) always support and back up your life style. Hence for your life, you should pay attention on offering Sanghathanna together right now.

Words:

1. Han Tamayam Buddhassa Pakawato Bupphapa Kanamakakaram Karomasae
2. Namo Tassa Pakawato Arahato Samma Sambuddhtassa (3 times)
3. Imani Mayam Pantae Pattani Sapariwarani Bikku Sanghasa Onochayama
Sadhu No Pantae Bikku Sankko Imani Pattani Sapariwarani Patikanhatu
Umhakang Theekarattam Hitaya Sukkaya Nipanayaja
5. For all the Sangha we want to offer foods and others to Sangha. Please accept our foods and things for our benefit, happiness and Nivana forever.

Beside of the words above, there are words which you should know and will use for asking blessing from Sangha as Phra Buddha Mantra Chanting. It is called “Phra Parit” and we used to ask for this chanting before Sermon or Aphidhamma Chanting.

Words Asking for Phra Parit

Vipatti Pati Pahaya	Sappha Sampatti Sitthiya
Sappha <u>Tukka</u> Vinasaya	Pha Rittam Plutamam Kalam
Vipatti Pati Pahaya	Sappha Sampatti Sitthiya
Sappha <u>Phaya</u> Vinasaya	Pha Rittam Plutamam Kalam
Vipatti Pati Pahaya	Sappha Sampatti Sitthiya
Sappha <u>Ro Ka</u> Vinasaya	Pha Rittam Plutamam Kalam.

Words Asking for Sermon

Promma	Ja Rokattippi	Sahampati
Gutunchalee	Untiwalam	Ayajatha
Sateeta	SattabParaChakkhaChatika	
Thesae	Dhammam	AnuKampiMam
Pachang		

6.1.3 Procedure of Good Deeds Ceremonies:

These ceremonial good deeds are as Ngan Monkol which for enhance their life style with get more merits from the religious rituals. There are for good deeds and happiness such as Anniversary, Wedding, New House or Various Celebration Ceremony. Indeed the procedure is very important to follow the rules.

1. **Arathana Sangha:** (Invitation); When you have set the exactly date for the ceremony; you should make the invitation monks at least 3-7 days before the event. Invitation purpose of ceremony and map as needed. If you can do in a person with handing the card, it will make more efficient way though.
2. **Number of Sangha:** For this invitation, 5, 7 and 9 are the number of monks for invite. The favorite one is 9 which people use the sound 9 as Kao (Thai's pronunciation and meaning is = go forward or encouraging) which has a good meaning for life. Wedding ceremony is used invited as odd number as for a couple as 6, 8 or 10. In general for wedding always invite 8 monks. The number for Royal Ceremony should invite 10 monks.
3. **Set-Up the Altar Set:** Usually set on the right hand site of Sangha and turn the face at the same direction of Sangha. If you have enough space, East or North is preferable direction of the altar. Buddha image is not really small or big for the altar set without the case covered. Number of the vase with flower is as 3, 5 or at least 1-2 pair depend on the size of the set, a pair of candle and a bowl of sand or rice for put 3 incenses in too. if you can put some wag as a touch at the top of incense and candle, it will help as easy lighting it so.

4. **Bowl of Holy Water:** Container will be a bowl, or special container which depend on your preparation which one special candle stick at the edge of the bowl, ½ bowl of clean water, 5 each silver leaves and golden leaves, a bunch of grass leaves (Yaa Ka) or 9 Mayom stems. In case you need to bless by anointing with fragrant powder. You should to prepare the container with fragrant powder and put at the side of holy water bowl. Sometimes need to use gold-leaf then you should prepare it in a tray and put next to the holy water bowl as well.

5. **Holy Thread:** There are 9 strings of cotton thread as a bunch. It will use for wrap around house or area as clock wise and end at the altar set around the base of Buddha image then put the holy thread bunch in the tray next to holy water bowl nearby monk leader.

Don't put your part of body cross over the holy thread because it means you don't pay respect to The Lord of Buddha. If at the funeral your performance is not respect to the death, you should be aware of it.

6. **Sangha Seats:** Usually Sangha seats are set over the mat or carpet which **Nisritthana**² is spread over the mat or carpet first then put the Sangha seats on the top as well. Sangha seats should higher Sangha seats for make the level difference from people.

Tips: Sangha seats are always set higher than people and set at the special place in the same room. Using pillows or Cushion make a notice to your guests as a number of Sangha. Make a space between Sangha seats and people as proper.

7. **Miscellaneous Items:** When you prepare place for ceremony, you should set miscellaneous items for Sangha also such as drinking set- hot or cold (glass, thermos, teapot, napkins, or a spittoon). One set for each monk and put at the right hand site of them. You can offer to Sangha when after they got seat.

8. **Cleaning Sangha Feet:** Use water and dried with clean towel. This activity starts at the time Sangha arrives to your place. We don't let monks do by themselves because it against their rules.

9. **Offer Things to Sangha:** When Sangha got seats then you can offer the drinks set one by one and from inside to outside until all set.

10. **Light Candles and Incenses:** Host should do by you for virtue. Light candle the left hand first and follow with the right hand then you will light the incenses later. Wedding ceremony, Groom & Bride light candle each one and light 3 incenses separately. Groom sits at the right site and Bride sits at the left. Bow 3 times and offers the Holy Thread to the leader monk too.

² white cloth for Sangha sitting on

11. **Aratthana Sila (Asking for Observed the Precepts):** asking for observe 5 precepts, you should perform as pay respect to Sangha and follow their words with mindful. at the end you will say “ A Ma Pan Tae” or “ Sadhu Pan Tae.”
12. **Aratthana Phra Parit:** When you finished asking for 5 precepts then you bow 3 times before you start Aratthana Phra Parit as blessing from Sangha.
13. **Light Holy Water Candle:** You will do when Sangha start chanting Monkola Sutra as “A Sae Vana Ja Pa la Nang.” Host starts light the candle at Holy Water Bowl and offers to the leader monk. It is a procedure of ritual and will provide merits as blessing for you.
14. **Offering Foods to Lord Buddha:** Foods breakfast or lunch always offer to Sangha after the Monkola Sutra chanting is over. Wedding ceremony is different when monks chant to “Bha Hongsaht Sa Ma Bhi Him Mita Sawu Tan Tam,” groom & Bride will come out to do Alms Offer as holding the spoon together. Before you say to offer foods to Sangha, you should offer foods to Lord Buddha first as mantra as follows;

Imang	Sopapayanchana	Sampannam
Sareenam	Pochananaja	Utthakam
Waram	Sambhaddhudhassa	Buchema

I want to offer fine foods and drinks to
The Lord Buddha with my highly respect
(Bow three times)

Tips: Offer foods to Lord Buddha is always do before offer meals to Sangha and Sangha will ask foods from Buddha also before having foods as “ **Sae Sam Mankalam Yaja Ma.**” (3 times)

15. **Offer Foods to Sangha:** You should hold foods with two hands and raise it up above your forehead before handing foods to monks. You should stay away from Sangha at least 1 foot and keep distance from Sangha. You can't touch foods which you have offered. In case you accidental touch it, you have to offer to Sangha again otherwise Sangha can't have that foods. Wedding ceremony, Groom & Bride will offer foods together and Sangha will accept with a piece of cloth as women offering.

While the monks eat, host will take care of them in general as stay nearby. Replace the main course with desserts, fruits and hot drinks (Coffee or tea). Don't forget serve dessert spoon when you offer sweet & fruits.

16. **Offering Thaiyadham:** Usually offer after meals. There are many items of Thaiyadham such as Basic Needs set, flowers and incense, robe etc. Host should offer to the monks' leader first then others. If you want to donate money to the Sangha, you should put money in the envelope as always.

It will get more easy way, if you put the Thaiyadham set in front of each monk before offer to them. You and your family members or friends can do it as the same

time. Some temples you can't offer money direct to the Sangha. You will write the offering form as how much you want to offer and you provide the cash to layman of that temple.

17. **Making a Libation:** This activity is for sharing your merits to your late family members, guardian angles and others. Therefore you should make the best wishes for yourself and family member as well. Water as using for the libation is clean water and put in the clean or special container also. You suppose to have container for pouring water in too. It will start to do it when the Sangha start chanting as "Yatha Waree WaaHa..." You will pour water to the container until empty. Then you can perform Wai through the end. Water will pour over the root of big tree or cleaning outside of the house.
18. **Holy Water:** Sangha will provide sprinkle holy water to you and everyone performs Wai during this ceremony. Host can help holding the water bowl leading the monk to the places as you want to. Others activities as using the golden leaf or bless by anointing with fragrant powder, you can do at this time.

For wedding ceremony, the couple should set in front of the leader Sangha for getting the Holy Water first then others will get later. Parents are only persons who perform blessing them with anointing of fragrant powder.

19. **Bid The Sangha Farewell:** Host should take care Sangha for vehicle back to temple or escort them up to their vehicle.
20. **Returning Temple Things:** Many people have to borrow many items from temple for their ceremony at home. After you have done your ceremony, you should return them back to temple as clean and good shape. In case it has broken or lost it. You should make it good as new and clean before returning back.

About **Holy Thread**, there are not many people know on the history of it. It is the necessary item for the ceremony as Buddhist Ritual. In the Tripitaka is mentioned on Holy Thread details as follows:

Once at Phra Bodhisatariya was born as a youngest prince of King BhrammaDat at Bhramranasee who was really pay high respect to the Lord Buddha. One day he had conversation with the Pajedha Lord Buddha and asked about his reigned for the next king. The Lord Buddha had known that it won't be continued but he will be a king as Takkasila. It was not safe at Takkasila because he will get hurt from Yaksinee. The Lord Buddha blessed him for safety and be careful as get away from seeing, taste, smell, touch and sound which Yaksinee had set it up. In case he got that trapped which will cause his life until died. Phra Bodhisatariya asked for blessing from Lord Buddha. All of Pajedha Buddhas blessed Phra Parit Mantra and provided him some Paritawalika (Miracle Mantra sand) and Paritta – Sutra (Holy Thread). When the time came, he planned to Takkasila with 5 fellows.

When they came to the deep forest as Yaksinee place, she saw him then she had changed as a beautiful girl. His 5 fellows felt in love with her and forgot the warning from the Lord Buddha. The person who loved figure then showed love her body at first sight then got killed. Next was happened as loving sound as her voice then got

killed too. All of 5 men got killed from their Kamakon. Now only Phra Bodisatariya had alive. Yaksinee could not do anything to him just followed him step by step. She cannot stay close to him because of the Miracle sand and Holy Thread which he got from Phra Pajedha Buddhas.

When he arrived Takkasila, he put a pinch of sand on his head and wrapped the holy thread around his lodging as well. Yaksinee could not get close to his area until dawn. Meanwhile King of Takkasila came and saw her then he felt in love with her. Finally he got killed as 5 fellows because of his kammakon. Now Takkasila needed king and they looked for the new king. Takkasila people had seen Phra Bodisatariya and loved him. Then they invited him to be their king since then³.

The holy thread of this case has become an essential component of the Buddhist Ritual. Buddhist beliefs on the miracle of Holy Thread for prevent and protect all of bad deeds to them.

Holy Water is an essential component of the ritual also. People use for blessing them for good on every ceremony and protect bad things getting close to them. The story on Holy Water in the Buddhist Doctrine as Tripitaka and the details are as follows;

At the time when the Lord Buddha was at Rajchakhur, Rachchee was a capitol of Vasalee where had drought. Too many people died with this problem and had no place to bury them. It was very hard for living in town because of bad odor and dead bodies around everywhere.

The leader of Vasalee invited the Lord Buddha come to visit and stayed in town for peace. Buddha and Sangha came to town with the invitation via King Pimpisan. They came to Vasalee by boat. When the Lord Buddha arrived to town, he stepped on with his bare feet, and such heavy rain poured down. Water flushed the debris away. Everywhere of Vasalee cleaned as a magic way.

Then the Lord Buddha arrived to the gate of Vasalee. He asked Anandha set up Holy from the chanting mantra as “Rattana Sutra.” Not only Sangha chanted Phra Parit but also walked clockwise around town. Phra Anandha walked with holding the Holy Water Bowl and poured Holy Water on over ground in town. Since then Vasalee had changed for good again⁴. Buddhist ceremony has used Holy Water as an essential component in every ritual since then.

6.2 Offering to Sangha

Prakane is called for offering to Sangha which offer with high respect to the monks. Buddhism Rules don't allow Sangha pick up things by themselves. People should hand as offer them special foods items except water for drink. The reason of offering is for make sure that things are preparing for Sangha. Offering things to Sangha is help them observed their Sila or follow their rules as well.

³ Chataguttakatha: Utthagatha Chadok Akanibathe, Mor Kor, item 56 p.363

⁴ Atthakatha Rattana Sutra: Khuttaka Nikaya, Mor Kor item 47, p.7

How to Offering Things to Sangha as a Buddhist Rules⁵. There are details as follows:

1. Things which you want to offer to Sangha are not too big or heavy which people can't hold it up by them.
2. Offering person should stay a foot away from Sangha and offer with two hands up front (Hattabas).
3. Offering person performs with humbleness to Sangha.
4. Offering will be performed with hands or spoon and put things in the bowl or bag.
5. Male can hand direct to the Sangha. Female offers on the receiving cloth which Sangha has prepared for.

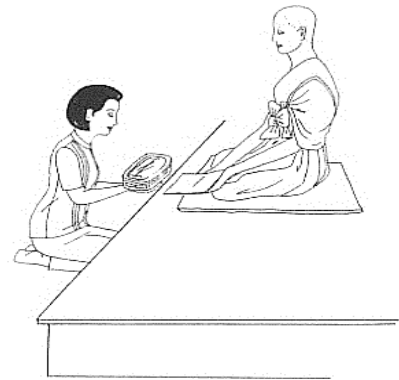
The offering is right when the performing is based on the 5 rules above. The different way is not count for right offering.

How to offering Thing to Sangha

1. Male should knee down in front the monk and keep a foot away from him then hold object offering to the monk as in picture.



2. Female should put thing on the receiver cloth as the monk preparing for with two hands as in the picture.



3. After you have done offering, you should perform Wai one time or Bow 3 times.
4. In case you need to stand up for offering things because Sangha sit on the chair or stage, you should take your shoes out before offer things.
5. Don't touch the offered thing, Sangha will arrange them. If you are accidentally touch it, you should offer them again.
6. For meals, we will offer only foods items but we don't offer utensils, plate ware, napkins or spittoon.

Be careful on donation money; as above has mentioned that you should put in an envelope or offering form with the number which you need to offer. The cash should hand to the temple layman (Wiyavajakorn)

⁵ Thantapona Sikkabod: Phra Winai Pidok Ma Ha Wipang, Mor Kor, Item 4 p.562

Example of the Money Donation Form⁶

Bai Pavaran Dawai Pajjai

I want to offer the Basic needs to you as.....Bahts.....Satang, Which I was handed to your layman. If you got it and need to use it for necessary things of Sangha, please ask it from your layman.

Name _____

Date _____

Items Which You Can and Can't Offer to Sangha

1. Foods Items Which You Can't Offer to Sangha

There are 10 items of meat which are not good for Sangha. It does a matter you cooked them.

- | | |
|--------------------------------|------------------|
| 1. Human meat (included Blood) | 6. Lion meat |
| 2. Elephant meat | 7. Tiger meat |
| 3. Horse meat | 8. Leopard meat |
| 4. Dog meat | 9. Bear meat |
| 5. Snake meat | 10. Panther meat |

Raw meat can't offer to Sangha for meal. Allow only cooked meat for offering for meals. If Sangha have seen the process killing animal for making food, monks can't have that meat either. Others meat items Sangha can consume only people cooked for them as preparation as foods.

2. Items That You Can Offer Before Noon

Foods item as meals: main course, sweet and fruits.

1. Fresh items of foods for meals.
2. Dried foods as rice, dried fish, dried meat
3. Can of foods, instant coffee or drinks, milk, jam

⁶ Phra Dhamma Rodom: Boonma Kunasampanno PT9 **Buddhist Rules**: Bangkok Athorn Karnpim, 2539, p.138

If you want to offer these items after noon, you just tell the layman who take care of monks to offer it next day. Don't offer direct to the Sangha. It is not right.

3. Things Which You Can Offer at Any time:

Drinks items, drugs, Buddha named them as a medicine such as Melted Butter, Butter, Oil, Honey and Sugar cane Juice.

4. Anamas (Things are not allowed Sangha touching) is the name of items which the Lord Buddha don't allow Sangha touch them.

1. Female Things: Body (included baby), clothes – dress, pictures, sculptures or female various figures.
2. Gems stone (10 items): Gold, Silver, Opal, Crystal or Pearl, Ruby, Black Ruby, Topaz, Jade, Moon stone and Conch with solid gold decoration on.
3. Weapons for destroy life
4. Animal traps
5. Music Instruments

6.3 Make a Libation and Receiving the Blessing

Making the Libation in the ceremony is meant as sharing merits to others and makes the best wish for life. This activity is performed in every Buddhist Ritual.

Libation: It is pouring clean water which mean as your attention on making good deeds to other container as for sharing your merits to others such as your late family members, friends or others as well.

Receiving the Blessing: It is your perform as humbleness as listen to the Sangha chanting as blessing for good health, wealthy or prosperous, successful and happiness to you.

Before you will know how to do right as libation or receiving the Sangha blessing, you should know on their history for your understanding. It has been performed since in the Buddha era and mentioned in Tripitaka : Atthakatha Monkonlasutra and the detail as follows:

At that time the Lord Buddha named Budsa. There were 3 princes of King Chaiyasane at Gasik Nakorn. They had offered foods to Sangha every day. They had spent a lot of their fortunes for their faith. Sometime they invited friends and family members' donation as join with their merits. Good friends were willing to help but the bad one kept some part of materials for making foods. Offering bad quality of foods to Sangha but kept the good for them. Princes knew it but they had never complaint at all. They kept doing the good deeds to Sangha until they passed away. They reborn were being a population in present Lord Buddha (Phra Sammana Kodom) as princes of king Pimpisan at Raj Cha Kour of Makoj State. Bad friends who had stolen good things and offered bad quality things to Sangha at that time, then they reborn in hell as Asurakaya as Pe-ate (ever hungry ghost). They were awaited for merits from human to get better many life time of the Lord Buddha.

King Pimpisan always offered things to Sangha such as built temple named Varuwan Maha Vihara (Ma Ha Khanthaka: Phra Vinai Bidok Ma Ha Vuck, Mor Kor #6item 63, p.117). It means Bamboo Garden Temple. He has done so many things for Buddhist special Sangha. Everyone knew him as the great Buddhist philanthropist but he had never sharing his merits to anyone. The ghosts who were his friends and late family members waited for his merits to get better life. Until one night they had showed and asked for merits from the king Pimpisan. It had made him really scare and worry about this appearance.

Next day King Pimpisan came to see the Lord Buddha and asked for the cause of it. Lord Buddha told him and advised him to share his merits to them. King Pimpisan had willing to do as Pouring Water to the ground (Lhang Tak Si No Thok = Sharing merits to the death: Thai Dictionary 2542, p.518) after he had done offered meals to Sangha and chanted the mantra as “ Itang Mae Yatinang Hotu” which it means that I want to share my merit to my friends and family members who passed away. Since then King Pimpisan always share his merits to others after had done good deeds. His late friends and family members got it and had changed to be a better realm with their own capability as well and they had never come to bother King Pimpisan any more⁷.

The making libation is very important and has been doing more than 2000 years. We still always do it after we have done offering things or meals to Sangha. It is for sharing merits to others such as your relatives, friends or others. Student should know the right procedure for this performance on the details as follows;

How to Make a Libation:

1. Get the clean water is as rain water, drinking water without any color in there.
2. Container: Special container or glass or small bowl. If you use glass or a small bowl, you will need other container for pouring water in as well.
3. After host offered thaiyadham to Sangha then you can ready to perform the libation and stay away from Sangha about a foot too.
4. When the leader of Sangha chants as Anumothana as “Yatha Waree Waha....” then you can start pouring water to the receiver container with mindful and share your merits to late persons as you want to and chant the mantra as

⁷ Tiro Kutapaeta Vadhu: Kuttaka Nikaya Pe-ate Vadhu, Mor Kor # 49 item 90, pp. 37-48

Itang Mae Yatinang Hotu
Sukhita Hoyu Yata Yo

I want to share my merits to my relatives and friends and I wish for their happiness and peaceful life.



5. Words for make the libation can be any forms or you just think about what you want to do for whom that is fine as well.
6. If you use the wide container as a bowl, sometimes we use our finger for let the water run down to other container and prevent water splash too.
7. When you want to share your merit to specific person then you can name that person during you are pouring water with mindful.
8. You will stop this activity as pour all of water to other container when sangha start chant as “Sap Pee Ti Yo.....” then you perform wai and listen to the chanting as blessing with humbleness.
9. During Sangha chant as blessing, host is not supposed to do anything except listen to the Sangha toward the end.
10. Perform Bow three times after Sangha has done blessing then pour water at the tree outside the house as asking the Mother Earth (Phra Mae Thoranee) bring your merits to your wishes persons.
11. Making the Libation, you can do any time after you have done your good deeds (Don’t need to have Sangha there) such as offering things to the poor, Donation Construction Materials, Chantjng etc.
12. It is getting better if you will know the meaning of words (Bali) of Libation. Regard to your understanding the meaning then you will get more appreciation from the activity as well.
13. The benefit of making the Libation is depended on your intending and mindful. Sometimes in the ceremony, your friends will touch your elbow while you do it and it is alright too. Your mind and Intention is the key for this activity.

One more thing should be concerned. The receiver container for pouring water to in this activity, it should be cleaned one as well. Don't use spittoon for it at all.

6.4 How to Set Up the Altar Set:

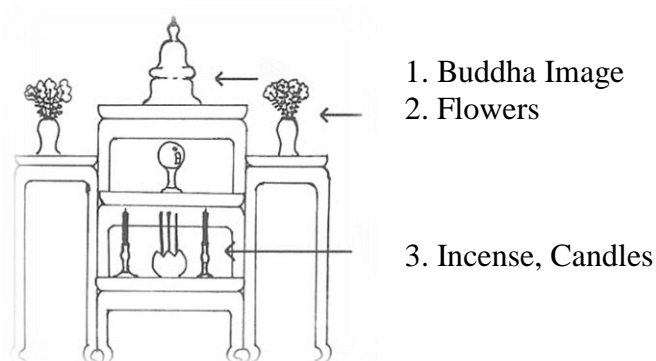
Setting the Altar set is a Thai Culture but there is not the reference for history on it. Now every ceremony with related on Buddhist ritual is needed to set up the altar as right. It is for put the Buddha Image on and others component. In the past, the Lord Buddha was there with Sangha that why they don't need the altar set. We need to have all of Phra Rattana Tri as Buddha (Buddha Image), Dhamma and Sangha. The altar set is a part of Buddha which is an essential component of the ceremony.

Therefore the altar set is created for put the Buddha Image and ornaments such as vases of flower, candles and a sand box for three incenses. Some place host put a tray of Holy Thread on the altar table too. Previously they used small tables put these things but it has been changed as a set of Altar which it is looked more sacred for the ritual.

There are 2 styles on setting the Altar set and the details are as follows:

1. Buddhist Ritual
2. Salute the Royal family on Special days such as King's Birthday, Queen's Birthday and so on.

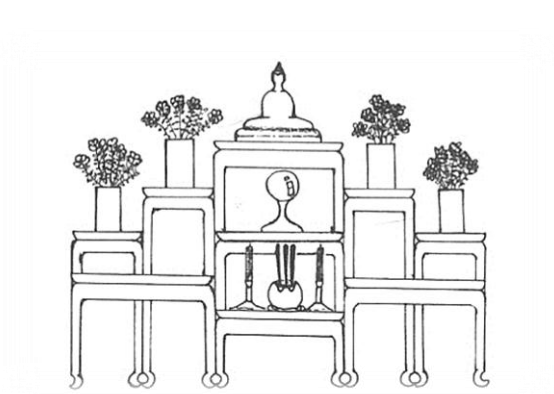
For the paraphernalia of altar set is depended on the set as number of table and size of them. The reason is focus on looking good and appropriate for the ceremony as a sacred place. There are many numbers of the set such as 4, 5, 6, 7 & 9. The other concern is a space which you want to set it up. Favorite number is 5, 7 & 9 and in this text will focus on the detail of these three set and you can apply for your right implement when you want to do it at your place or guide someone who need your help for knowledge on setting up.



Set of 5



Set of 7



Set of 9

Cautions:

1. In case you don't use a set of Altar, you can use small table which it is not too big or too high for using in your ceremony. It is very clean as well.
2. Soak top of incense and candles with oil, it will easy to light it up.
3. On the altar, don't put things block the Buddha Image and decorate as nice and clean for sacred looked.
4. Altar set is always at right hand end of Sangha row next to the leader of monks. In case you have small space, altar set can turn face to the Sangha on the opposite site of Sangha row.

The Paraphernalia for Phra Rattana Tri

In the ceremony as a Buddhist Ritual, there are 3 items as,

1. Incense.
2. Candle.
3. Flowers.

Incense

1. We will use 3 sticks of incense which for pay respect to Phra Panyathikun (Intellectual), Phra Borisutthikun (Purity) and Phra Ma Ha KarunaThikun (Kindness).
2. Some explain as pay respect to Previous the Lord Buddha, the Lord Buddha in the future and the Lord Buddha at present time.
3. Fragrant of incense will help people control their mind as mindful and appreciated as understanding on Buddha Teaching.

Candles

We will use a pair of candles and use it as the meaning of Dhamma or Buddha Teaching. There are 2 categories as follows:

1. Phra Vinai (Disciplinary) which help Sangha keep follow the Buddha Rules as controlling their Behaviors and Speech.
2. Phra Dham which helps Sangha controls their mind. It will lead them to have high level of the Intellectual or knowing or understand things very clear.

Flowers

Arrangement flowers in the vase or container will be looked nice and beautiful for all audiences.

Sangha as the same of flowers, they were not all very nice or clam before then they have changed as Sangha who have more discipline and know how to control themselves on actions. Their performances make more faith on Lord Buddha who is the founder of Buddhist. People want to practice and follow the Buddha Teaching more and more from observed Sangha.

Kind of flowers can use to decorate at the altar. They should be fresh, good fragrant and nice. That the reason is why we have to change flowers every day as fresh as always.

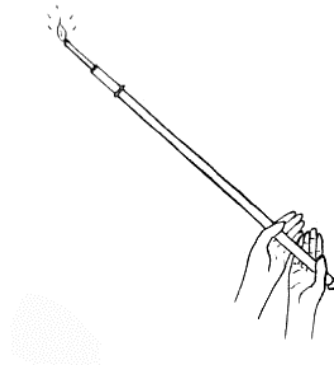
Procedure on Handling lighter to the Host

It is showing in the pictures as follow:

1. Handling with right hand or two hands as picture.
2. Don't hold it at the middle of the stick. It is hard for host grab from you. Host will grab at the middle of stick.



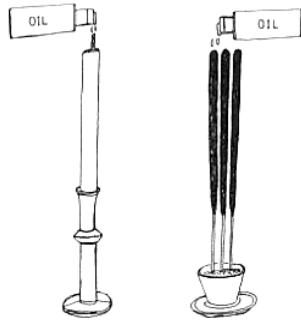
Handle the short stick



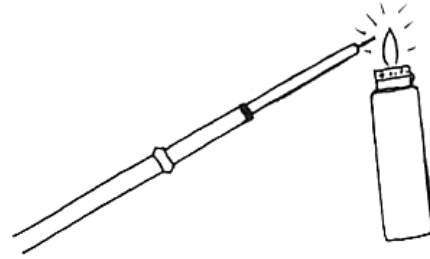
Handle the long stick

How to Handling Lighter to the Host

1. Checking candles, incense are ready to light them up then prepare for it.
2. When host of leader of ceremony come, you should greeting as bow and light the lighter ready to start.

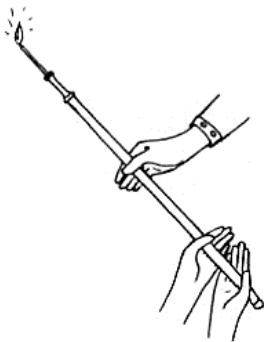


Put some oil on the top.

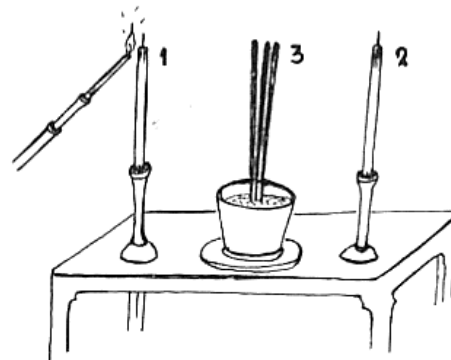


Light the lighter.

3. Leader or host stand in front of the altar but you should kneel down on the floor as need and handle the lighter at the left hand of him.
4. After you hand the lighter, you should step back and wait there for helping as needed.



Leader Receive lighter



Procedure on lighting

Receive the Lighter Back:

1. After host or leader has done on lighting candles and incense, you can take from him from his left hand as well. Stand up or kneel down, it is depended on his perform.
2. Receive with your right hand or both hands from him then step away and blow the lighter out.

6.5 Ritual Procedure of the Buddhist Special Days:

Vesak Day

It is on full moon of the sixth month (Lunar Year). It is Buddha Birthday, Enlighten and Passed away. Buddhist should do good deeds as alms offer, Listen to the sermon during daytime but at evening they will bring their paraphernalia for the Lord of Buddha as flowers, candle and incense to do the walking clockwise the chapel or vihara and chanting as well.

Rain Retreats

(First Day & Last Day)

At the Buddha Era, the first time of rain Retreats was occurred at RajchaKurr. It was rainy season and Sangha travel back and force from the temple to others places. They stepped on the rice at the rice field and got complaint from people. Then the Lord Buddha made a rule to keep Sangha away from destroy the crops for 3 months start from the 1st of new moon on eight month (Lunar Month) until the mid of eleven month. Sangha can't stay overnight anywhere except really necessary case (Vassupana Yik Kantha Ka: Phra Vinai Bidok Ma Ha Vaac, Mor Kor #6 item 205-206 pp. 511-512).

Wan Kao Bansa

(1 The First Day of Rain Retreats)

It is a Buddhist special day. Buddhist should make more good deeds on three months such as observed Ubosod Sila as 8 precepts or have activities at temple every day.

Sangha have different activities from people and they will start since the day one. They will preparation their place as cleaning and focus on Buddha discipline more and more. All of activities are chanting, meditation, sharing knowledge from each others as study from the doctrine and meeting with Sangha in the temple. The last day they will do confession and forgiveness to each other's and listen to the Abbot sermon.

Wan Ook Bansa

(Last Day of Rain Retreats)

Sangha will perform Bavarana instead of Ubosod activity. It is as provide their caution to others and accepted for change as well. Sangha can stay overnight starting from this day. Buddhist members will do alms offer, observed 5 or 8 precepts, meditation and listen to the sermon at the temple.

Kathina Day

Kathin: It is the embroidery frame.

Kathina Robe: It was made from use the embroidery frame and ready to offer.

Kathina Ceremony: It is a time limit ceremony because only a month after the last day of Rain Retreat as Full Moon on the eleven month up to full Moon of the twelve month. It is followed the Buddha Doctrine.⁸

⁸ Kathina Khanthaka: Phra Vinai Ma Ha Vaac, Mor Kor # 7, p.193

Magha Puja Day

It is very special day in Buddhist Community because there were 4 things befall on this day. It was called “Chaturonka Santhibatre” event⁹ which meant as a meetings with 4 great things and it is as follow:

1. The Full Moon Day of the third month of year (Lunar).
2. There were 1,250 monks join the meeting without invitation.
3. All of monks are Arahantha Sangha and Apinya Level
4. All of them are “A Hii Bikku” whom got ordained from the Lord Buddha.

The more special of this day was announced from the Lord Buddha for his last day being as Pra Rinibana because it was his last year of humanize also.

On this day Buddhist perform too many activities as well such as Alms Offer, Listen to sermon, Light the candles, Walked clockwise around the chapel or Vihara or Stupa (Jadee). They usually prepare candles, incenses and flower to pay respect to Triple Gem as Buddha, Dhamma and Sangha. They will do chanting and meditation together in the hall too.

6.6 Rules for the Inauspicious Ceremony**6.6.1 Procedure of the Ceremony**

The inauspicious Ceremony is about funeral whereas family members or friends want to do for the late person on 7 days, 50 days, 100 days or whenever they want to. Most of details procedures are the same except some items fairly difference such as the ceremony is for reduced the sadness or blessing for better as good deeds for them. The details are as follows:

1. **Number of Sangha:** For chanting “Phra Abihamma” needs only 4 monks but for others as Sangha Thana or chanting “Phra Buddha Mantra,” you can invite more as 10-20-50-100 or more up to your feasibility.

Sermon at Funeral is always inviting 1-2-3 monks and there are 4 monks for chanting “Phra Abidham.” The number of Sangha is depended on the host.

2. **Chanting:** Don’t need to set the bowl or Holy Water Bowl neither Holy Thread. Need only the cloth for put robes on start from casket and line in front of Sangha.

3. **Schedule:** When the monks came, host or leader will light the candles and incense at the altar then at the Abidam case later. Asking for observed 5 precepts then asked for Phra Abidham Chanting later.

If host want the Sangha blessing, you should arathana Phra Parit. The sermon will ask for after host light the candles in front of sermon place. The special case at the funeral, royal tribute set (Kruang Thong Noi) should turn face to the casket but the rest turn face out to the guests and will light it only for the sermon. It is special for pay respect to the Dhamma.

⁹ Utthakatha Thethana Chana Sutra: Machim Pannart, Mor Kor # 20, p.485

4. After Chanting and Sermon: Host and guests offer Thaiyadham first and then offer robe as a Bangsakula robe on the receiver cloth was line in front of Sangha. The Bangsakula robe should put across over the receiver cloth line which it is very convenience for Sangha to grab it too.

5. Offering Thaiyadham and Others: Sometimes people confuse on the time when it is for offer things to Sangha. For example Sangha finish chanting Phra Buddhakul in the evening, host can offer robe and donation paper (money) to them. Thaiyadham should do on the next day after meals breakfast or lunch. It should be better.

6. Evening Chanting & Sermon: It is alright for the host invites a group of Sangha who did chanting in the evening come back for breakfast on the next day. Host supposes offer Thaiyadham to Sangha after chanting though.

7. Cremation Ceremony: Before the cremation time, offering robes (Bangsulura robe) will perform before cremation time. Host usually put them around the casket and invite special or VIP guests doing it. The person who will be light the fire, he/she will be a last person to offer the robe. After guest offer robe, she/he should pay respect to the corpse as well and stand there until monk left.

Special or VIP guest should perform Wai while monk gets the robe. The number of robes is not so many because it will take time for other guests. The three robes are favorite number for this ceremony.

6.6.2 Others Activities on Cremation Ceremony

Cleanse the Corpse

This ceremony use to do before put corpse in the casket. You are a guest then you should do right as follows;

1. Dress as same way of people in that community.
2. It is a way of asking forgiveness from that person.
3. Persons can perform pouring water to the corpse should be older or friends of corpse.
4. Younger friends or family members just be in the ceremony but can't perform pouring water.

Procedure of Cleanse Ordinary People

1. Sit down and perform Wai asking for the forgiveness from the corpse which you did with physical, wording or mind.
2. Pouring the water with your two hands on the right hand of corpse.
3. Perform Wai and Said to corpse as "Go to Heaven or Sukati Realm."

Procedure of Cleanse Sangha Body

1. **Bow** (Benjankapradit) 3 times and ask for forgiveness.
2. Then pouring water with two hands on the right handoff corpse and think as body is a corpse and forgiveness will be as the water that I pour it through.
3. Perform bow 3 times and said to the corpse as **“Go to Heaven or Sukati Realm.”**

Attend to the Funeral Site

1. Dress as right for that community.
2. Wreath or flowers is always brought to the funeral place for pay respect to the corpse.

Performing Respect to the Corpse

1. If you are older than corpse after you put wreath then you can bow as same as you wear officer uniform. Others just perform Wai only.
2. In case you bring a vase of flower with you. After you put flower at the place then you will get one stick of lighted incense, you put incense in the pot. You can ask for forgiveness at this time as well.
3. Because of you sit on the floor in front of casket, you will perform Krab(put right hand down in front then put your left hand next to your right hand on the floor, put your head touch over your two hands) and you can make a wish for corpse to go to heaven realm.

Note: If the corpse gets honor from the Royal Family, you don't need incense when you perform the respect to.

Perform Respect to Sangha Body

1. You need to dress as right as funeral ceremony.
2. Sit as a Angel Style for female and Kneel down for men as well. Perform respect with only one of lighted incense and ask for forgiveness. Put incense in the pot.
3. Perform Krab 3 times and make a wish for the better realm.

Going to the Funeral

You should dress right as the community does.

Procedure for Walk Up to the Crematory (Maru)

1. For the Honor Ceremony, VIP guest or higher ranks will go up first then everyone can do later.
2. In general elderly person go first and then everyone do later.

On the Crematory for Cremation

1. Stand one step away from the casket and put dried flower on the place then perform bow (Wearing Officer Uniform) or Wai before step down.
2. Before you put dried flower on the place, you should ask for forgiveness from the corpse one more time and wish for the better realm for him/her as well.
3. It has done for guest at the funeral but close friends or family members still wait for the real cremate there.

Note:

1. Walking up to crematory for put dried flower, everyone should line up for convenience of all guests and walking down should do the same.
2. Go to the funeral ceremony is for the forgiveness to the cor[se. Not only you can ask for the forgiveness but also you will understand about the Dhamma as born, old, sick and died are fact for us (Jarern Morana Nusati). It is the tri Rak Rule as thins always change and disappear toward the end as Anatta. Now we are alive. We should do more good deeds as Tanna, Observed Sila and Meditation with accumulated more and more.

ASSIGNMENT

After student have finished study Chapter VI: Buddhist Rituals. Please finish exercise after studied Chapter VI then students can continue the Chapter VII.

CHAPTER 7

THE CULTURE OF BEING TOGETHER IN THE COMMUNITY

TOPICS COVERED IN CHAPTER 7

THE CULTURE OF BEING TOGETHER IN THE COMMUNITY

7.1 Sangha Ha Watdhu 4

7.2 Aparihaniyadham 7

7.2.1 Foundation on the Teaching Aparihaniyadham 7

7.2.2 Essential details on Aparihaniyadham 7

7.2.3 Aparihaniyadham 7 and Team work

7.2.4 Efficiency of the Team work

CONCEPTS

1. Living peaceful in the community is kind of everyone want it the most. Members should have rules for glue it together and Buddhist Dhamma will be a key for glue them together very well. The Lord Buddha provided the rules for this way with Sangha Ha Watdhu 4. There are Tanna, Piyawaja(Good Speech), Utthajariya and Smanattata. This Dhamma is for human and suppose to have it as always then they will live with friends and family with peaceful way.
2. The successful organization is as the same. Members will work and live together with peaceful and enjoy working as a good team work as well. Not only in the organization but also family members should have opportunity sharing and talking on the information for understanding the same and move on to the right direction. The Lord Buddha has taught this rule for human living together with peaceful way in their family and work place. The Aparihaniyadham 7 is the rule for make an efficiency team work.

Objectives

1. Students should have this knowledge and can explain on how to live peaceful with others by using Dhamma Sangha Ha Watdhu 4 for implementation in their ordinary life style.
2. Students should understand the Aparihaniyadaham 7 and implement for their organization on the efficiency team work and live with others with peaceful way.

THE CULTURE OF BEING TOGETHER IN THE COMMUNITY

There are many items of Buddhist Dhamma which people can use for stay with others as peaceful way nowadays. In this Chapter will mention only 2 items. There are Sangha Ha Watdhu 4 and Aparihaniyadham 7.

These two items are really well known for Buddhist and members of many organizations. The differences are as called them in differ name. Some people use it as a Training technique in seminar or written in the book as a tip for making peaceful place in the world. You can see these 2 items in many sources of books such as Good Human Relationship, Successful working as a Team, How to Live Together etc. The fact is the essential ideas are relied on Buddhist Dhamma 2 items which are Sangha Ha Watdhu 4 and Aparihanitidham 7 as well.

7.1 Sangha Ha Watdhu 4

Sangha Ha Watdhu is the methodology for make coherence of people good mind together. There are 4 parts as follows:

1. Tanna ...Giving, Providing
2. Piyawaja...Good words, speech
3. Utthajariya...Well behave and good supportive
4. Smanattata...Take care your own business with high quality

These 4 Dhamma above is very powerful. The people who have more practice with these Dhamma as kind of their life style, they will get more respect and trust for all of their company. It doesn't matter higher or lower ranks from them and they will be the beloved of everyone as well.

Phra Vabhana Yiriyakun(Phra Padet Tatta Chevo) is the Deputy of Dhammakaya Temple who has written in the book named “ Live Together with Peace.” This book has been discussed on Buddhist Dhamma which people can use as a methodology for living and working with others as peaceful way. There are too many implements for reality views which are good for practice on everyday life.

Study Dhamma for more details will help you understand clearly and ease to practice. The more you do understand then you can apply it on the situation as a right way. You will have time look after your friends and family members rather than just for yourself.

7.1.1 Problems in the Working Place

The Lord Buddha has found that the fundamental of problems among people is **misunderstood** in everywhere home or work place. The cause will lead to more complicate problems later on. Then the atmosphere of living together should be unhappy with no peaceful.

The causes: The Lord Buddha mentioned that the causes of 4, if you can fix them then you can do for all.

Causes of Four: There are always occurring in working place.

1. Lack of Budget, materials, utilities and apparatuses
2. Lack of Intention & Spirit
3. Lack of Power
4. Insecurity

Each item of the four is come from a little bit of cause. When it got ignore then it has been changed to be a big problem pretty soon. It does have cause and look like so tiny thing but you need to know about it.

I. Lacking of Budget, materials, utilities and apparatuses:

In education, if we are lacking on these items, education can't move on. May be some students have faced with this problem. It will drag you get more problems very soon.

For example, you found a textbook which rich of knowledge as much as you need. You keep telling your friends about it but nobody pay attention. They said that they don't have time.

Then someone came to see you and want to borrow it but you didn't give to them. The Reality at our work place, the lacking of materials, apparatuses are very necessary on working such as papers, pens & pencils, computer etc. It is really hard to do a good job as high quality outcome.

The details are showed on these problems only 2 ways as follows;

First Cause: Really Lack of Budget then accumulate to others problems later on.

Second Cause: There are plenty of things but nobody can use it. Most of them are broken or don't allow to use them. Then you will know why the quality of good work will not be happened.

You will see the point that there are two ways of this problem. Buddha has taught us how to deal with this problem. Please aware that it is not only you have them but also you don't have them for use in work. In fact the Budget or others are not the real cause. The real one is human behaviors as a worker who is the important one. Why did you make it work or you ignore it as to make it work. Sometimes greedy, selfish, ignorance or working spirit in the work place or organization is a real cause.

How to change those bad habits:

Tanna as giving or helping mind is a key for working together in organization. Person who love to give usually make friend to others very easy. Thai ancestors always teach us to do Tanna at the first thing before you go to work as Alms offer to the monks.

Meanwhile everyone needs to observe yourself that your behavior is cause the achievement of your organization or not. If it is right then you should start fix yourself before look around for the other cause. Ideas on self assessment can do as follows;

1. Did I devote myself enough for this work?
2. Am I greedy, stingy to others at my work?

On about the sharing items, manager should pay attention and make it fare deal for everyone as well; workers' manners will be a part for sharing materials too.

Things Cause Human has Bad Behaviors

There are many things which will cause people having bad behaviors until lose everything in their life. It is called "Abaiyamook" and there are 4 things as follows;

1. Liquor (Sura): People who love drinking as their habits then it will cause them on perform, speech, making decision, ability of working and others. It had never been true as a drunken person can do thing right as normal one. Their words usually came directly out from the spirits not their brain at all.

2. Women (Naree): This is about woman. The real cause is a gallant behavior of male and female. Person, who focuses on a gallant behavior, will lose ability of others and cause more problems very soon.

3. Phachee: This word is meant as a horse or a vehicle. The real meaning is fairy different from the word. It is imply as laziness, lack of responsibility on work, Postponing as always and too many complaining as never appreciate at all.

4. Gambling (Geera Bud): Words is meant paying cards. The content is direct to the gambling behaviors which drag their life down until they lose everything in their life.

One good example: A smart lady is graduated an honor bachelor degree from Faculty of Arts. She is an excellent employee in her organization and she gets raises 2 levels every year for 3 years. When the forth year she should get it as well but she told her boss to give to others. Boss has denied and told her that nobody is qualified. She suggests getting the candidate from employee voting. Her boss provide grant for going aboard to her instead in the fifth year. This is good example because she doesn't want to get more but she wants to share to her college as well. Jealousy is very sensitive in working place because observe outsider instead of do self-assessment and improve it.

The employer should be careful for this sensitive item and provide more good training being good employee more often for organization too.

2. Lacking of Intention & Spirits

The real cause of lacking intention & spirits on every kind of things is wording as speech. Some words can kill good people because it will get through their inner thought without defensive. The other side of coin, words will be built power for people to do good deeds as well.

Some cases as a couple who married many years, they get divorced at the time they turned to 60 year olds and the cause is words.

Lord Buddha has mentioned on using words for good better than kill people with words. He named it as "**Piyavaja**" which it means using sweet words. Sweet words can imply to a speech for cheer up or help the audients feel get more power to move on.

In the case you want someone to improve something. You should talk with them with their good thing as you are really appreciated first then you can raise items which you want them to improve. It will work more than you just make only complaining. By the way you should give people a chance to change as well then your organization will be a peaceful place for workers though.

How to Criticize Someone

By nature everyone love to get award more than punishment. There are many kind of punishment and one is the most or higher powerfulWords on criticize which can put them down as a loser. You should be aware when you have to make denounce someone.

Arts of make a Criticized to Someone

There are 5 things to concerned as follows:

1. Pick up the right time; it is very sensitive and dangerous at the same time. You should observe and choose the right time for the audient which can help both sides to understand the content and the improvement.
2. Raised up a good thing first before you mention on the item for improvement. Person who got denounced will understand your content as right. Otherwise they will lose their mind and get angry with misunderstanding your words.
3. Greeting with nice smiling; you can straight to the point with soft voice. Then you can present your supportive to the audients before you give them the details which they should be approved for better outcome of works.
4. All of items are only the fact. You should check them for sure before you use for criticize someone.
5. The criticized item should be made more benefit to your organization or works. Otherwise this activity is worst and hurt both sides as well.

When you got criticized, what should you do?

An activity of criticized someone is not easy. It is really hard for receiver to accept it but it always happens on our life all the time. You should thank you to the person who criticized you because they always keep eyes on you.

Improvement your behaviors after criticized are very powerful both of yourself and your organization. The Lord Buddha said that you should see the criticizer as a person who gives you a treasures' map to you and love you as well"

Caution during the criticizing period, you knew the part of that person which needs to improve also, don't do it at the same time. The atmosphere will change to argument than friendly discussion immediately.

3. Lacking of Power

Everyone has much kind of powers. Some call it an energy which supports you on working various activities. There are details as follows;

1. **Physical** source is your body organs
2. **Intellectual** part is from study, practice and knowledge etc,
3. **Ability** part is from experiences, training or skills.
4. **Networking** is from your friends, family, background and your behaviors.
5. **Virtue** is from your keep doing all of good deeds as your behavior from now and then as always.

Each of the above can call treasure of people. When you deal with anything, you will use your treasure to do it until success. In the past our ancestors made an analogy this kind as a problem on living with others as follows;

You are very strong	but you had never helped
You are smart	but you still keep quite never share
You have experiences	but you perform ignorance
You have network	but you had never helped any

We call them as a selfish person who you can see them around. They don't care what happen in their community or who they can give them a hand for something. Nobody wants to have people like this stay with or work with at all. The Lord Buddha taught us for changing to good as follows;

1. We have to rise up our power as improving knowledge, skills as always.
2. Open minded for get more power as helping others as needed in your work place or community.

The simultaneous helping people as needed are a good behavior. Don't wait from asking for help otherwise you can do vise versa ask them as need your help or not. It will be a better way for all. One more thing which is very important when you have done for someone, please don't wait or expect them return to you. If you have thought that way, you will lose your intensity on doing good deeds then. So our parents take care of us without asking the returning and they did with love to you. This is a good example.

Sometimes we will see on the natural way as people cut down the tree at home because they thought that tree is not to have. They didn't get any benefit from that tree at all. In the work place, the same solution will be take place once awhile. May turnover happen so often of the big company because their employees should make more benefits and more active as well. Organizations as boss or employer focus on outcome or their products because they thought the important issue. The fact is human behavior that the most thing to focus on. Happiness of worker is the key for every organization which it can accelerate too many good things to organization very well.

The Lord Buddha mentioned on Inner power of human very powerful for activities. Nobody can buy it but you can have it via supporting, sharing, understanding and helping each other in your work place or community or organization either in your family. Everyone needs peaceful and happiness for pursuing their life in the world. Lord Buddha called this strategy as "**Uttha Kririya**" and the meaning is made yourself as more asset of the company or workplace.

4. Insecurity

Usually this issue will show up when the time is go by. Workers get know each other and they lose of the manner for keeping a good friendship. Some bother others too much because they thought they are closed friends. The fact of closed friends is not meant that you can bother every business of your friends. The distance from you and friends for privacy keep exist. Don't forget the more you have closed friends and the more good etiquette should be for friends as well. Lord Buddha called this issue as “**Samanattata**” which it means as everyone does as the right thing on your duties as the best. The consideration on working together will be happened and show high responsibility on work then the company will get good product with high quality.

Sangha has 2 duties as important as follows;

1. Study Dhamma and practice follow the Buddha Doctrine (Phra Dhamma Vinai).
2. When Sangha gets train themselves good enough then provide the Buddha Teaching to people to understand and use for their good quality living.

The Lord Buddha made a plan for Sangha's responsibility on the works as follows;

“My Sangha..You have to make a trip for providing Dhamma to people and their benefit on supportive, sharing, happiness and understand the Dhamma. Please provide Dhamma as good since start, middle and toward the end. Contents (Uttha) and transform (Payanchana) of people by decrease their ignorance. Provide the opportunity to them for their benefit with listen to the Dhamma which help them getting better. The Sangha should make a trip to see people. I(Lord Buddha) still provide Dhamma as a trip to Uru Vala Saenanikom for sermon.”¹

Sangha has their responsibility to provide Buddha Teaching as Dhamma to people. Students have duties as well. observe yourself on the issues which need to improvement then do it, change it for better performance to your family, your work place, your organization or your community as always. The Dhamma for this issue is called “Saj-Ja.”

Saj-Ja is the truly intention on working or duty as high level of response. The meaning of Saj-Ja is accurately and intention as follow;

1. **Truly intention on your duty:** When you are in the community or your family and you know very well who you are such as father, mother, son, daughter, husband or wife. Husband should be sincere to your wife and perform your duty very well. Policeman should do well on policeman jobs.
2. **Work on the details of work as much:** Different works have different details. You should know the details and procedure of your work and pay attention on that as much.

The Lord Buddha said for the story about this issue as;

“Lion: when they want to kill elephant for food. They will do it very careful and pay full attention to their work as the best. Then when they want to kill smaller animal than elephant as tiger, Lion still do it very careful as well. Every animal got kill from Lion with full attention as fairness.”²

¹ Ruang Pont Jak Bounge: Phra Vinai Pidok Ma Ha Vaac, Mor Kor #6 item 32, p.72

² Manorodburamee: Utthakatha Ankuttaranikaya Panjakanibat, Mor Kor #36

Therefore you should work as truly attention on the details and your duty. The outcome or production will turn to the best which none can do like you.

3. **Accurately on the time:** Use time on working as more functioning every single minute. Don't let the time go by without anything.
4. **Honest to your company:** Many people in your work place, you should be honest to everyone as fairness or as a good friend for them. Don't make a fraud for friendship at all.
5. **Beyond on Good Deeds:** Sincere is a kind of good deeds as Dhamma. When you want to help someone, you should realize that it will be good for all. In case it will cause other at the same time, Dhamma will help you make a right decision on doing it as well.

This Dhamma will help you understand the point that you should spend time to survey and observe yourself for get the right content on your duties for life. Have you done it better? Did you perform and take care of them good enough or need to change for better? Human's duty is for family, community, organization and society until the world.

Duty on Dhamma: Special Buddhist should observe and survey yourself as often. Have you understand and practice this Dhamma yet? How can I get know more on this Dhamma? Where can I get it?

Students; have you known that? Since you are born you have seen things around you but it is really hard to see yourself. The Nature as Dhamma keeps telling us that people love to make criticize to others more than criticizes your own sake. Then people act more selfish and feel so proud themselves more than others as well. But the fact is you as the worst.

How to know yourself; you can do it just close your eyes and make your mind really calm and clear as **meditation** then you will see yourself and understand the truth as fact for life as right more and more. Closed your eyes will help you for controlling seeing things around which make you lose attention. Chanting mantra can help you can focus on your mind very well too.

Note: Key of knowing yourself as seeing very clear. Meditation will help you have ability seeing inner yourself.

The Head Start for Changing Your Behaviors: Chanting every day before go to bed should do it as the first, it will be better if you can do together with your family members. Spare time for observing and inspecting yourself is feasible for your life on life style and Dhamma. It is the starting point for secure your life everywhere at home, work place, organization and community as well.

Neither you know about your weak point on yourself nor someone keep telling you on the items which you need to change or improve, it is not easy to accept it. However you will know how to evaluate or do self-Assessment on 4 items above, then it will help you understand and make improvement as ease. The 4 essentials way to make friends as follows:

1. **Tanna** and good manners
2. **Piyavaja** as use good speech as always
3. **Utthajariya** as perform yourself as a good facilitator or supporter
4. **Smanattata** Take care the business with the best responsibility either your own business or your company.

Ordinary person is not perfect. They always have bad behavior or personality but the criticism is not the favorite one to them. When you have to make a criticized to anyone, you have to understand that it is very sensitive and hurt more than friendly. You should aware and concern to the receiver person based on the fact for the benefit of community or organization as the most.

7.2 Aparihaniyadham 7

When you have to take care a big job, you need many people help you finish the job. Everyone will pull brain and energy on working then some problems will show up such as conflicts, clashing or dislike habits etc. They came from different background such as family, education and environment and no directions. If you want to make a job done as a great job, you have to use the Buddha Dhamma as “Aparihaniyadham” on your working place for achievement,

7.2.1 The original of teaching Aparihaniyadham:³

The Lord Buddha taught the first time of Aparihayadham to king of Rijchavee at Vatchee State. Lord Buddha gave a teaching when he stayed at Sarantha Stupa nearby Vasaree town. All king asked Buddha for help on set up the King Parliament of Richavee.

Ancient time of India at Buddha Era: There are too many states and they have different political practice on theirs’ government as well. For example King Pimpisan of Makoj state and King Pasaenthikosol of Koson State governed as absolute monarchy. King will be only one person on any state business. Some state the king did not have power on the political affair at all but his civil servants or councilors did make decision them all and let the king agree on later.

Vachee State has a king parliament. There are many kings in the King Parliament and only one leader as the president of parliament who was the King of Richavee. When they knew about the Lord Buddha will make a trip nearby Vachee State, they invited the Lord Buddha for Dhamma for develop their government as the best. Lord Buddha gave them a sermon on Aparihaniyadham 7 and details as follows:

7.2.2 The Content of Aparihaniyadham 7

This is a brief of the content which Lord Buddha gave sermon to the King of Richavee at Vasaree State as follows:

1. Keep meeting more often.
2. Do everything as meeting as all unison and make it done together as well.

³ Phra Varanaviriyakul (Padet Tatta Chevo):Efficeincy Team Working with Aparihaniyadham,Bangkok: New Nitek, p.1

3. Respect to the rules, don't make the new rule against the old rules and follow the rules firmly.
4. Pay Respectful to the Seniority person and follow their words.
5. Don't abuse or harass anyone special others' family members.
6. Pay Respectful to Stupa and Ancients place. Don't forget to make it nice and clean. Keep changing the set of offering such as flowers etc.
7. Offer the security to Sangha and protect them very well.

7.2.3 Aparihaniyadham for Team Work

At the work place as a big organization, there are too many people work together and there are too many problems among workers or from others anyway. The causes of problems are come from as follows:

1. **Human Behave:** the Improper behave will take place anytime because they came from various places & background and they have to work together at the same organization.
2. **Management:** there are too many departments or divisions and they have their own style working on the organization rule for outcome.
3. **Unity & Relationship:** many people stay together but they don't have unity or good relationship then problems will come up pretty soon.

The above three main causes are very well known every work place or everywhere and very dangerous to handle.

7.2.4 Efficiency Team Work

Aparihaniyadham is an essential for everyone included the small family. Each unit of community member needs to understand and practice otherwise it will get broken apart also.

Some family didn't know the cause of problem. They live together but they had never joined on any kind of activities. Children always fight and make more trouble to parents. Husband or wife has behave as dishonest to the beloved one then it bring more problems to their family as so fast too. If you have time to search deeply in this problem then you will know about the cause. They lack of the Aparihaniyadham at least one item. The causes of problems on family life are;

1. **Never been together as union:** They missed the item number1 &2 of Aparihaniyadham. If they have time together and have chance to talk and discuss on many issue, they should understand each other more. The activity is good for meeting in family such as having meals. The fairness as helping and sharing will perform when they contact with others outside family. Selfish habit is come from having meals at home as well because they have different time for eating. Some get good but some get worst then some get upset because they don't understand the fact. They have no chance to clear the puzzle with others member then the little one has changed to a bigger one too soon.

The real cause is from lacking of have the activity together. Family have no having meals together usually have more fighting and more problem as well.

The other example on family issue; one couple always make arguments and fight. They had never known the real cause or rather check on themselves. Wife enjoys her life style and performs less on wife's duty. She had never joined family activity as visiting her in-law side with her husband then the love bond between them is turned to very tiny one. Finally this couple will be a part.

This point of view on living together as peaceful, it is very important to teach your children to understand and know how to implement from the Dhamma to real life. Teaching children in your family via having activities together is the best way. Chanting is a kind of unity for family as well. Being together is very important for family life and need to be once awhile because new life style force people for rush and urgent to do thing and forgetting the good relationship with others. Parents will lose time for teaching children for right or wrong then children grow up with confusion on their behaviors. When problems occurred in the family, the complaint s has point to others without self-assessment for good at all.

Meeting is a key to solve this problem because it will bring the understanding to members and move to the same direction together.

2. The inconsistency behaviors of Family members: this is lacking on the 3 item of Aparihaniyadham which mentioned on the rules. You have to follow the rule and don't make the new rule against the old rule. Don't cancel the old rule as well. Straight to the point, Parents should be a role model to your children. Do things with intention beyond the rule and don't do them with your emotion. It will cause you as inconsistency on doing which make others confuse and hard to follow.

Especially habit of parents on punishment and award to your children is very meaningful to them too if your children understand the cause and outcome of it. The Reflection on their understanding will deliver to their work place and community for peaceful way.

In contrast, parents always use their emotion to fix problems in family. Children love to get favors from parents without honest to the facts which build up their selfish and bad behaviors for others in the community. Not only selfishness but also Jealousy will adapt to your children. The benefit of this Dhamma is your children will know the right or wrong for their performances.

One example, a little one asked her uncle on the punishment as she got from her parents. She said she got spank from parent. It was not fair because she broke only a glass then both mother and fathers spank her as twice.

This case is warning us that every rule needs consistency as fairness without emotional judgments.

3. Not show respectful of elderly: this is lacking of the fourth item in Aparihaniyadham as pay respectful of elderly and follows their words. Performance for thankful or grateful or appreciation to others will transform to your children as well.

Parent should bring your children with you visiting your parents (Grand Father & Grand Mother) or cousins more often and bring along such as foods, fruits, clothes or others to them. Children will immitate parents' behavior when they grow up in the future. It is a

benefit for both children and parents as well. Near future our community will get more good citizens and perform right.

Most of Thai Children have absorbed this culture from generations to generations and they still keep perform very well. The parents who raise kids in USA worried their kids about this issue. Their child is 15 years old and parents plan to bring kid back to Thailand before their change behavior to some which not good.

At school teacher asked their kid as follows:

“What do you want to do for your parents when they get old?”

American children answer as the same as

“Sending them to Elderly House”

Their child gave an answer as

“I will take care of them at home.”

It is very strange answer for the class.

Teacher called kid to the front and asked for the reason why you answer that way to friends. Their kid can explain on the reason as making thankfulness to parents and want to take care of parents more than parents provided to. Teacher really appreciates and understands to the point because teacher sent her parent to elderly house. Western families usually send parents to elderly house when they get old but Thailand is quite different because the Buddhist Culture formed us with Dhamma.

4. Having more husbands and wives: the leader of family is husband love to have affair with many women including his own house mate, this family will have more trouble and lacking of peaceful & happiness in their life. Parents are a role model of children and provide happiness to them as well. Be careful on your performances because your children will immolate your characters to outsider as your reflection of teaching though.

5. Don't pay respectful and worship to ancestors: Thai ancestors have taught their next generation to pay respectful to Phra Rattana Tri. It is the great for doing it. You should have high attention on doing so. Keep meditation until seeing the Buddha Image in your inner side then you will get to Nirvana as the Lord Buddha.

Globalization world is focus on technology and materials. The misconception science thought Science is more modernize than Buddhism. The fact is that can't proof with any kind of equipments. In Buddha Teaching, there are many facts which have showed the cause and effect of things to people and have written in Buddhist Doctrine: Tripi Takka. Everyone can study and practices follow the Dhamma for better life.

For the person who has looked down their ancestors, they will lack of knowledge to do good. They will be a new group of ignorance in community.

6. Not showing respectful to others: Sangha is a representative of Buddha and deliver Buddha Teaching to people. Not only is that Sangha still practice following Buddha teaching for getting more fine knowledge also. The Dhamma is delivery to people that will help them get better of their life as peaceful and happiness.

Thailand is peaceful because of the Buddha's Dhamma. The Lord Buddha has been passed more than 2000 years but his Dhamma still transfer from then to now by Sangha and 4 Buddhist components as Sangha, Bikkunee, Ubasok and Ubasika. Bikkunee is a small number around the world. We have to support them as much as you can for extended Buddhism for last long. The humbly way to do is showing respect to them.

ASSIGNMENT

After students completed study the Chapter 7: **The Culture of Living Peaceful with others in the Community**, you should finish an exercise after Chapter 7 also. Then you have done this text.

