



Amaravati Lay Buddhist Association (ALBA) Information for online retreats

Noble silence gives us the opportunity to not engage in conversation depending on your circumstances. It helps to quieten the mind and gives the space to reflect inwardly

We suggest you do not use and switch off mobile phones, laptops, iPads and all other devices apart from that which you are using. We also encourage you to avoid television, radio and other forms of entertainment and distraction.

Precepts: All participants are expected to keep the Five Precepts whilst on retreat. They offer a way of living morally, ethically and harmoniously.

1. Not intentionally taking the life of any living creature.
2. Not taking anything that is not offered.
3. Refraining from sexual misconduct.
4. Avoiding false, abusive or malicious speech and idle chatter. Whilst on retreat keeping Noble Silence.
5. Refraining from any intoxicating drinks or drugs that lead to carelessness.

There is the option to take the eight precepts as well **as printed in bold.**

1. Not intentionally taking the life of any living creature.
2. Not taking anything that is not offered.
3. **Celibacy:** refraining from any sexual activity.
4. Avoiding false, abusive or malicious speech and idle chatter. Whilst on retreat keeping Noble Silence.
5. Refraining from any intoxicating drinks or drugs that lead to carelessness.
6. **Renunciation:** not eating after midday.
7. **Restraint:** not wearing make-up, perfume, jewellery or immodest clothing; not texting, emailing, making telephone calls or using the internet; not playing or listening to music, or watching TV.
8. **Alertness:** refraining from overindulgence in sleep.

Sitting and walking meditation: These are 40 - 45 minutes. If you find that you are suffering from excessive discomfort, feel free to take up a standing posture.

Questions: There will be opportunities to ask the teacher questions. Please email these to alba.amaravati@gmail.com

Reading books: The retreat is an opportunity to be present with your own experience. However, it is okay to read books about Buddhism in your free time if you find this helpful.

Chanting and bowing: Chanting during pujas is in Pāli* and/or English. Joining in with the chanting is completely optional. Bowing is also optional. Bowing to the shrine is done out of respect and gratitude to the Buddha, the Dhamma (his teachings) and the Sangha (those who have embraced his teachings); it is not an act of worship.

* *Pāli is the language of the scriptures of Theravada Buddhism.*