**A Guide to Monastic Etiquette at Atammayatarama Buddhist Monastery**

**Monastic Code**

In our tradition, monks and nuns lead lives of total celibacy. The monks wear orange, yellow, or brown robes and the nuns are dressed in all white. They are completely dependent on the laity for many things including food and shelter.

Generally, no one should ever touch a monk or a nun. It is strictly forbidden for a female of any age to touch a monk; it is also strictly forbidden for a male of any age to touch a nun.

Monks and nuns are only allowed to collect and consume their daily meal in the period between dawn and noon. They are not allowed to ask for food or other items, the only thing they are allowed to ask for is water or tea. All food and other items to support them and the temple must be given freely.

**Offering**

Anything given to a monk, must be placed onto a small cloth they set out in front of them, or into something (alms bowl) in direct contact with their hands.

**Respectfulness**

Before entering the temple or the house, it is necessary to remove one's shoes.

Although visitors are not obliged to, there is the custom of bowing three times to the Buddha or to the teacher. The triple bow, is usually done upon entering or leaving the meditation hall. When in the meditation hall, care should be taken in moving with as little noise as possible.

It is considered impolite and a sign of disrespect to point your feet at Buddha, monks or at other people.

**Addressing a Monk**

The designations below may or may not be, followed by the ordained name of the individual.

The abbot is usually addressed as "Luang Por” (Luang means "royal" or "venerable" and Por means "father”). The abbot here may also be addressed as "Chao Khun" (The King of Thailand bestows this title to acknowledge special acts of service & distinction).

Any monk, senior or junior can be called "Bhante", a more general term of respect. They can also be called "Ajahn" (a Thai word meaning "teacher").

**Anjali and Bowing**

"Anjali" is a gesture of respect. The hands are held together in prayer-like fashion raised to the slightly lowered forehead. To bow correctly, kneel with the buttocks on the heels and with the hands in Anjali. Bring the palms to the floor about four inches apart, then bring the forehead down to touch between the palms, the elbows close to the knees. Bow three times.