

Rules and regulations for inside the Sun Lun Monastery

孙伦寺院内的规则和条例

Those yogis who come to meditate in the Kabar Aye Sun Lun Monastery must follow the rules and regulations of the monastery.

所有前来卡巴耶孙伦寺修习之禅修者，都必须遵守寺院的规则和条例。

(1). Those yogi staying in the Monastery must meditate three times per day.

Morning Session 7:00 Am to 9:00 Am

Afternoon Session 12:30 Pm to 2:30 Pm

Evening Session 6:15 Pm to 8:15 Pm.

留宿寺院内的所有禅修者，必须每日禅修三座。

第一座（上午）： 07:00 A.M. 至 09:00 A.M.

第二座（下午）： 12:30 P.M. 至 02:30 P.M.

第三座（晚上）： 06:15 P.M. 至 08:15 P.M.

(2). All yogis must meditate in the meditation hall only.

所有禅修者只可在禅堂内进行禅修。

(3). Yogis are required to meditate full time every Session and cannot leave the meditation hall without permission.

每次禅修，禅修者都要坐毕全程，不可擅自中途离开。

(4). All yogis must follow the instruction from the instructor who looks after the meditation session.

所有禅修者都必须遵守当值禅修导师之指导

(5). All yogis must not sit on any kind of cushion or thick blanket or towel. They can use thin mat or thin towel.

所有禅修者不可使用任何种类之厚垫、厚毡或厚毛巾等坐具，但可使用薄垫或薄毛巾。

(6). In the meditation hall, all female yogis must wear Myanmar longyi (sarong) or long skirt. Female yogi must not wear short pants, short skirt or long pants. Male yogis must not wear short pants in the meditation hall. In the monastery compound, all female yogis are not permitted to wear short pants, short skirt and long pants.

在禅堂之中：所有女性禅修者必须穿着缅甸长及脚踝之腰布、筒裙或长裙。女性禅修者不可穿着短裤、短裙或长裤。男性禅修者不可穿着短裤。

在寺院范围内：所有女性禅修者也不可穿着短裤、短裙或长裤。

(7). Singing, dancing, and any kind of music are NOT permitted in the monastery compound.

在寺院范围内，不可唱歌、跳舞或听任何种类之音乐。

(8). Breakfast (5:45am to 6:20am) and Lunch (10:45am to 11:30am) will be provided. All yogis are required to eat within the stated time in the dining hall. The dining hall will be closed at 12:00Pm. It is a self-service system and all yogis must clean their own plate and place it at the indicated place.

寺院每天提供：早餐（05:45 A. M. 至 06:20 A. M）与午餐（10:45 A. M. 至 11:30 A. M. ），所有禅修者必须在预定的时段内，在食堂内进食。食堂于正午（12:00 P. M. ）便会关门。食堂内是自助式服务系统，所有禅修者必须于餐后，清洗自己用过之餐具（如盘子、碗、杯、匙等），并将之放到指定的地方。

(9). All yogis staying in the monastery must ask permission from the presiding Sayadaw to go out.

留宿寺院内的所有禅修者，外出前必须请住持师父批准。

(10). No smoking is allowed in the public area. You can smoke only inside your room.

禁止在公众地区吸烟，只可在自己的房间内吸烟。

(11). Electricity and water should be used systematically as to avoid wasteful using.

要有系统地节约用水与用电，避免浪费。

(12). Using of alcohol, intoxicant and drugs are strictly prohibited.

严禁饮酒或服用任何麻醉毒品与麻醉药物。

(13). Male yogis are not allowed to go into female yogi's dormitory and female yogis are not allowed to go into monk and male yogi's dormitory.

男性禅修者不可进入女性禅修者的宿舍，女性禅修者不可进入出家比丘或男性禅修者的宿舍。

(14). Cleaning of room, bathroom and toilet is a self-help basis.

房间、浴室与厕所等之清理，皆须自行负责。

(15). Rubbish should be put in at the appropriate waste bin.

垃圾与废物要放到适当的垃圾箱或胶袋之内。

(16). Cleanliness of the room, dormitory and monastery compound and buildings is a priority for all yogis.

要保持房间、宿舍、寺院建筑物与寺院范围内的清洁，这是所有禅修者的首要职务。

(17). The purpose of the stay in the monastery is meditation. Political or business activities are not permitted inside the monastery compound.

留宿寺院之目的是为了禅修，因此，不允许在寺院内进行任何政治或商业活动。