

Welcome to Online PODL!

Bringing the Dhamma into ordinary daily life.

Schedule

09.00 General intro.

Refuges and Precepts

Guided Standing and Sitting Meditation.

10.30 Walking

14.30 Sitting

11.15 Short Talk

15.10 Walking

11.45 Walking

15.30 Metta and Joy

12.15 Sitting

16.15 Discuss PODL & Q&A

13.00 Lunch

17.00 Blessings

You may wish to commit yourself to the day's practice by taking the Three Refuges, followed by the Training Rules below. This can be done just for the day and does not make you a Buddhist!

Refuges and Precepts

Buddhaṃ pujemi Dhammaṃ pujemi Sanghaṃ pujemi

I bow to the Buddha, Dhamma and Sangha

Namo tassa Bhagavato Arahato Sammāsambuddhassa

Homage to the Blessed, Noble, and Fully Self-Enlightened One

Buddhaṃ saraṇaṃ gacchāmi

Dhammaṃ saraṇaṃ gacchāmi

Saṅghaṃ saraṇaṃ gacchāmi

I go for refuge to the Buddha, to the Dhamma, to the Sangha

Dutiyampi ... Tatiyampi ...

For the second time.... For the third time ...

Sikkhāpada

The Five Training Rules

Pāṇātipātā veramaṇī sikkhāpadaṃ samādiyāmi.

I undertake the training rule to refrain from killing living beings.

Adinnādānā veramaṇī sikkhāpadaṃ samādiyāmi.

I undertake the training rule
to refrain from taking that which is not freely given.

Kāmesu micchācārā veramaṇī sikkhāpadaṃ samādiyāmi.

I undertake the training rule to refrain from sexual misconduct.

Musāvādā veramaṇī sikkhāpadaṃ samādiyāmi.

I undertake the training rule to refrain from false speech.

Surāmeraya-majja-pamādaṭṭhānā

veramaṇī sikkhāpadaṃ samādiyāmi.

I undertake the training rule to refrain from intoxicants.

During the day, the Chat Line is open and as questions about the practice or the Dhamma come to mind, just put them up there and we can spend some time at the end of the day answering as and when needed.

Following Sunday

Meet at 09.00 for practice and metta

Share our experience at 10.00

Close with Resolutions

Join Zoom Meeting

PODL

Meeting ID: 844 9261 9897

Passcode: 802212

Try the link. Any problems, do email me.

Preparing for Online Retreat

Here is the link for the updated [Puja Book](#) which has general instructions and [Encouragements to Awakening](#).

Minimising disturbance

To prevent interruptions during the retreat, tell family, friends, neighbours, WhatsApp groups etc. what you are going to do and about your need for silence.

The more silent, the better e.g. switch off your mobile phone for the day.

Don't expect the same level of concentration you might get on a residential, but you may surprise yourself! If there are 'disturbances' think of these as an opportunity to integrate practice into daily life.

Sila

We shall recite the Five Training Rules before we start the retreat.

No beverage that disturbs mindfulness (coffee for some excites too much.)

Consider eating vegan or vegetarian food during period to strengthen commitment to the first precept.

Zoom for Sitting, Chanting and Group Q&A

If you're not familiar with Zoom do one of their on-line tutorials before the retreat e.g. <https://support.zoom.us/hc/en-us/articles/206618765-Zoom-Video-Tutorials>

Be on time for the sitting sessions – other people rely on your support. If, on occasion, something delays you, its Ok to join late.

Make sure you are muted, even during chant.

Use 'Gallery view' rather than 'Speaker view'.

Wave to speak – normally there should be no need to speak except during Q&A sessions.

Sit in a way that is comfortable; its OK to sit to the side or have the light quite low, but make sure you can be seen even if it only your back! Otherwise, we won't build a sense of support for one another.

Please, don't eat or drink in front of Zoom screen and dress modestly – treat this as you would the Satipanya shrine room.

If teacher is not present, bell will ring at the end of the sitting period.

Please keep pets away from visible Zoom area – pleasing but distracting!

Contacting the teacher

Spiritual or psychological difficulty: Feel you can't support the state that has arisen.
Phone anytime – 44 1588 650752 (landline). It takes a while for it to come through as email and then I will call you back.

Mobile best: 07 968 291 653

We can then either phone or set up a meeting on Skype (my name – bhantebodhidhamma) or WhatsApp preferred.

Home preparations

Decide on a dedicated place to sit and walk – sometimes moving furniture about supports commitment.

Walking meditation may be more challenging than on retreat because of distractions. Is there anywhere quiet in your house or garden? Would walking barefoot help maintain focus? Will lowering the light level help?

Can you do 10 mins fast walking somewhere in your house (walk up and down staircase) / garden to start the walking meditation periods? If not, can you do another form of exercise to lift physical energy e.g. Chi Gong, Yoga, stretches?

Organise food in advance i.e. prepare meals.

Start as you mean to finish!

Moment-to-moment mindfulness is the secret of success!
The Ven. Mahasi Sayadaw

Please, consider a Donation to Satipanya during these lean times.