

Buddhist Life A Monks Diary

Though not all Buddhist monasteries have exactly the same routine, this diary entry gives a description of a typical day in the life of a Buddhist monk.

Today the wake-up bell rang at 4am. I quickly got out of bed, washed and cleaned my teeth. I then dressed in my robe, made my bed and walked through the temple to the main hall.

At roughly 5am all the monks gathered in the main hall. We then meditated and chanted as a group. This helps me focus my mind and follow in the footsteps of the Buddha. It is often difficult to do this as it is very early in the morning. However, meditation is not supposed to be easy and requires great effort.



At about 6am, I go out into the local village with several other monks. We receive gifts of food and other necessities from the local people. I feel lucky to live amongst such generous people! We then take the food back to the monastery and breakfast is prepared. We then eat and tidy away our plates.

At 7.30am I attend a study class on the teachings of the Buddha. It is very interesting and the older monk who is teaching us sets reading for us to complete later. I then perform my chores. This week, my job is to sweep and clean the main hall.

At 11am the monks begin to gather for our main meal of the day. We are not allowed to eat after 12pm as we need to avoid anything that can distract us from our meditation.

From midday onwards, I spend my time meditating and studying. By the time 7pm arrives I am tired but feel calm and that I have learnt a lot. I then join the other monks in the main hall for our second session of group chanting and meditation.

At 8pm, I return to my own room and complete the reading my tutor set earlier. By 10pm I am ready to sleep. It has been a busy but rewarding day.