

## **Residence At Pa Auk Meditation Centre Guide**

### **The Facilities**

Pa-Auk Tawya comprises 3 monasteries namely, the Upper Monastery, the Middle Monastery and the Lower Monastery.

The main monastery is the Upper Monastery. This is of relatively recent origins, dating back to the early 1980s. It covers a range of hills along the Taung Nyo mountain range. This is where the large two-storey meditation hall *and sīma*, alms-giving hall (*Piṇḍapātasala*), refectory, clinic, sick-bay, *Pāli* School, library building (which houses the Saṅgha Office, computer room, dormitory), the Foreigners Registration Office, the reception hall and the dwelling of the Venerable Pa-Auk Tawya Sayadaw (collectively referred to as the Sayadaw *kuṭi* ), and over 220 *kuṭis* (single meditator huts), among others, are located. Only men reside in this monastery.

The Middle Monastery is situated on flat land and is relatively small. It has a modest meditation hall and *sīma*, a *cetiya* (pagoda), and a small number of *kuṭis*. Only *bhikkhus* reside in this monastery.

The Lower Monastery is the original monastery of Pa-Auk Tawya. Situated here are a small two-storey meditation hall and *sīma*, a *Dhamma* hall, 3 *cetiyas*, the office of lay administration (commonly known as the Lower Monastery Office), clinic, kitchens, and *kuṭis* for *bhikkhus* and male lay yogis. Quarters for *silashins/bhikkhunis* and female lay yogis are located only in this monastery. A large meditation hall for women, *Mettavihari*, has recently been completed.

Since the 1990's, Pa-Auk Tawya has expanded greatly, with improvements in the number and the quality of the facilities. Presently, there are in total over 280 *kuṭis* and other single lodgings, in addition to multiple lodgings and dormitories. *Kuṭis* are continually being built to keep pace with the increasing number of residents.

There is electricity supply in every *kuṭi* throughout the Monastery (Voltage is 220V AC). The quality and constancy of the water supply has also improved.

The main road leading from the highway through the Lower Monastery to the Upper Monastery has been upgraded to tar road

### **For residence application/correspondence**

The Venerable Pa-Auk Tawya Sayadaw (or the Registrar *Bhikkhu*)  
Pa-Auk Tawya Meditation Centre, Mawlamyine, Mon state, Myanmar.  
Tel : : (95) 57- 22853

## **Residence Application**

For those who wish to take up residence at the Monastery:

1. Please write a personal letter to the Venerable Pa-Auk Tawya Sayadaw, requesting for permission to stay at Pa-Auk Forest Monastery and to practise meditation under his guidance. At the bottom of the page, please print your current mailing address; be sure to include your e-mail address, in case we need to contact you right away.
2. Download the Monastery's Letter of Agreement, fill out and sign the form. Mail the completed form along with your written request to:

The Venerable Pa-Auk Tawya Sayadaw  
Pa-Auk Forest Monastery  
Mawlamyine, Mon State  
Myanmar

It is advisable to apply at least 6-8 weeks beforehand. The Monastery will usually respond fairly soon after receiving your written request and completed Letter of Agreement by mailing you our Sponsorship Letter, which you can use to obtain a meditation visa from the Myanmar Embassy. (Please refer to Visa).

Upon arrival at (and departure from) the Monastery, foreign female meditators are to register with the Monastery *Kappiya* (Steward) at the Lower Monastery Office, and foreign male meditators are to register with Venerable *U Kuṇḍadhāna* or Venerable *U Candimā* at the Foreigners Registration Office , the Upper Monastery.

After having taken up residence, the yogi may ask the Sayadaw for permission to extend his stay, if he so wishes.



Lower Monastery Office



Foreigners Registration Office