

## Muttodaya Forest Monastery

The name “Muttodaya” means “Liberated Heart” in Pāli, the language of the Buddha. It is an expression of the goal that we are trying to attain. The monks practise strictly according to the Vinaya and the standards of the forest tradition as can still be found in the Theravāda Buddhist countries (Thailand, Sri Lanka, Burma, Laos, Cambodia).



Muttodaya is also a poetic name that was given to Tan Ajahn Mun Bhuridatto who was an eminent meditation master of the forest tradition in Thailand. He and the other great masters of the so-called “kammaṭṭhana lineage” serve as the example we are trying to follow.

The forest monastery is a place where people can learn and practise a selfless way of life which leads to the complete cessation of greed,

hatred and delusion. It is a place for developing the Noble Eightfold Path, so that the mind can reach liberation and realize the Deathless (Nibbāna). Both monks and laypeople can stay here in order to meditate, study and discuss the Dhamma together. However, the monastery is not a retreat centre, a seminar centre or a temple serving a particular cultural purpose. It gives an opportunity for all those who are seriously interested to study and practise together on the basis of Dhamma-Vinaya.

## The Sangha

**Ven. Ajahn Cattamalo** is the senior monk. Born in Germany, he was ordained in the Wat Nong Pa Pong tradition of Venerable Ajahn Chah, N.E. Thailand in the year 1988. He spent 7 years in various monasteries throughout Thailand practising and studying with different meditation teachers of the forest tradition. For 13 years he lived at Bodhinyana Monastery in Perth, Australia. The last 5 years he was the vice-abbot there, helping Ajahn Brahmavamsa.

**Ven. Mettiko** was born in Germany and ordained at Wat Pa Nam Rin, Chiang Mai province, Thailand in the year 2004 and spent four years with Luang Phor Thong Daeng Varapañño at Wat Phra Jao Ton Luang in Chiang Mai province, at Wat Pa Nanachat and at Vimutti Monastery (New Zealand). He went on thudong in Thailand, Germany and New Zealand.

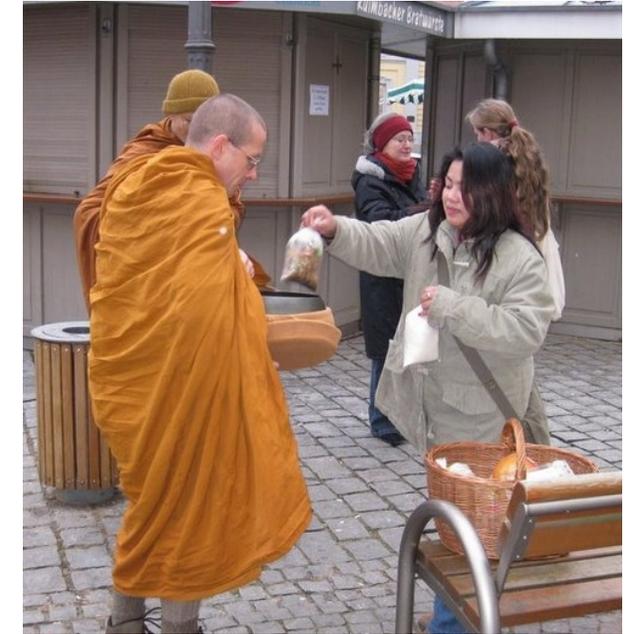
Both resident monks speak Thai, German and English fluently.

## Daily Routine

- 6.00 a.m.: Morning pūjā (only on the Uposatha days and on Saturdays)
- 7.00 a.m.: Breakfast (optional)
- 7.30 a.m.: Work meeting, followed by 30 minutes of daily chores and a two hour work period (the monks will go on alms round on four days of the week).



- 11.00 a.m.: Offering food / the meal
- 12.00 noon: The senior monk receives guests.
- 1.00 p.m.: Quiet time for individual practice
- 6.00 p.m.: Evening drink
- 7.00 p.m.: Evening pūjā (on Uposatha days including Paritta chanting, on Saturdays followed by a Dhamma talk, sutta reading or Dhamma discussion)
- thereafter: Quiet time for individual practice



## Guests in the Monastery

The monastery is located beautifully in a forest among rolling hills, in an area called “Naturpark Frankenwald”, which is most suitable for a quiet, contemplative lifestyle.

Daytime visitors are most welcome to use the meditation hall and library any time between 6 a.m. and 10 p.m. It is possible to meet a monk for some Dhamma conversation after the meal or by appointment.

We receive a limited number of guests who can live and practise with us. If possible, each guest will have his or her separate accommodation (room or hut), although this can not always be guaranteed.

### Requirements:

1. Registration by letter or email, confirmed by the monastery.
2. Willingness to follow the 8 precepts, the daily schedule and other monastery rules and routines (see the Guest handbook available on our website).

## 8 Precepts - expected of lay people staying in a monastery

1. To abstain from killing living beings
2. To abstain from taking what is not given
3. To abstain from any sexual activity
4. To abstain from lying
5. To abstain from taking intoxicants
6. To abstain from eating food after noon
7. To abstain from entertainment and jewellery/cosmetics
8. To abstain from indulging in too much sleep

## Support

The monastery does not have an income and does not charge fees for accommodation, teaching and other services. It is run entirely on donations. This is the principle of generosity (dāna) as taught by the Buddha.

If you would like to help support the monastery, you can do so in various ways:

**Food donations** can be brought any day before the meal at 11 a.m. and be offered to the monks. They can also be brought in the afternoon, put in the kitchen to be offered to the monks by a lay person on the following day.

**Material items:** a list of things needed can be obtained from the monastery or the website.

**Financial support** can be given either by using the donation box in the monastery or by bank transfer to the association "Buddhistische Gesellschaft Frankenwald e.V." which is the financial steward of the monastery. The bank account details are:

Name: Buddhistische Gesellschaft Frankenwald e.V.  
Bank: Sparkasse Hof  
Bank No: 78050000  
Account No: 220711444  
BIC/Swift: BYLADEM1HOF  
IBAN: DE 29780500000220711444

Please do not send money in an envelope or offer money to the monks directly. According to the Vinaya monks cannot receive, handle or use money themselves, and we follow these rules strictly.

If you wish to sponsor larger building projects, such as a hut (kuṭī) or renovation of the main building, please contact the monastery directly.

## Directions

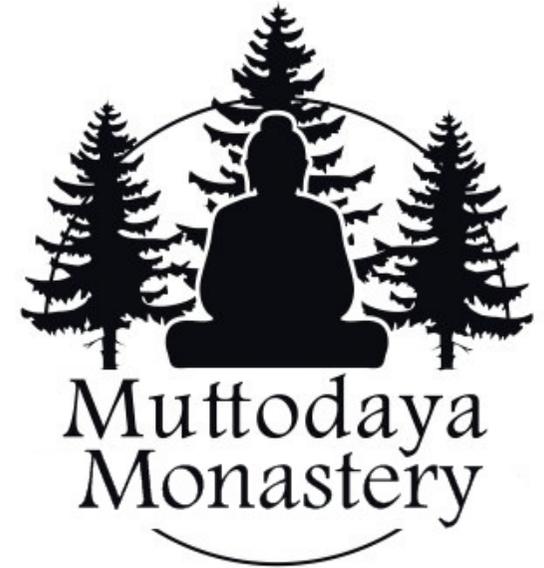
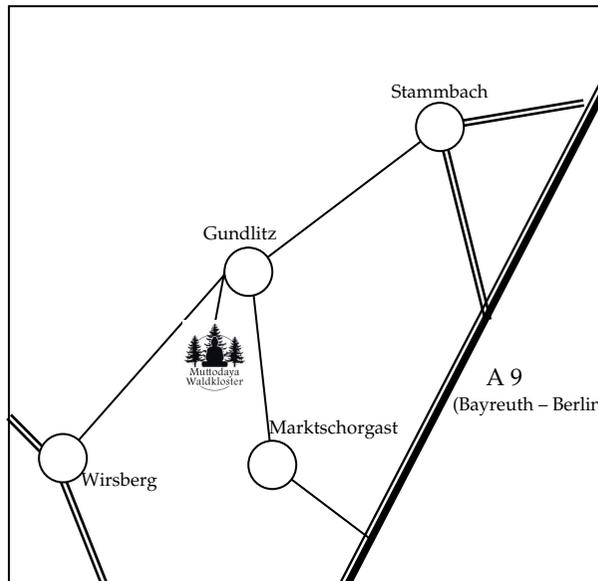
The monastery is centrally located in Germany near the city of Bayreuth in Northern Bavaria. It can be reached from most major cities within a few hours.

**By train** to Marktschorgast or Neuenmarkt – Wirsberg station. From the train station by taxi or walking. For walking directions see our website.

### By car via highway A 9:

**From the South:** take exit No. 38 to Marktschorgast, follow the main road through the town, then via Ziegenburg to Gundlitz. At the T-junction turn left, at the end of the village turn left again to Herrnschrot (follow the monastery sign).

**From the North:** take exit No. 36 via Stammbach to Gundlitz, at the end of the village turn left to Herrnschrot.



Muttodaya Buddhist Forest Monastery,  
Herrnschrot 50, 95236 Stammbach, Germany  
phone: +49 (0) 9256 960435  
Email: [muttodaya@googlemail.com](mailto:muttodaya@googlemail.com)  
Website: [www.muttodaya.org](http://www.muttodaya.org)

