

# Sil Programme 4

Those who subdude their mind are free from the bond of Māra  
- Citta Vagga



**Act Out**

## Let's meditate

*(It is a Poya day, Pavara and all his friends have observed Sil. Now they are listening to a sermon at the preaching hall.)*

Venerable Mangala : Today, I'll speak about meditation. First, tell me, do you know what meditation is?

Pavara : I think it's about breathing.

Venerable Mangala : Well! Do you have any other ideas?

Isuru : Venerable Sir, it's a skill gained through practice.

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Venerable Mangala : A good attempt. In brief, it's the process of developing the mind.

Daham : Venerable Sir, how should we start meditation?

Venerable Mangala : First, focus your mind on what you do in your daily life. For example, when you walk, you can count your steps. After some time, you can fully concentrate your mind.

Pavara : Venerable Sir, I think, meditation helps us to pacify our minds.

Venerable Mangala : Yes of course, shall we meditate for a while and see how it works?

Pavara : Really, it would be much wonderful.

### **Activity 1 -Reading**

Answer the following questions.

1. Where are Pavara and his friends?
2. What are they doing?
3. What is the topic of their discussion?
4. What is meditation?
5. How can you start meditating?

### **Activity 2 -Pair work**

Pronounce these words, which are underlined in the dialogue. Pay attention to the initial two letters of each word.

start, skill, speak

Copy this table into your writing book. Together with your partner write down words that are pronounced in the same way in each column.

### *Pronounce the words*

Speak	Start	Sweep	Snack

sparrow, swiftly, stars, straw, snow, sport, swallow, swim, stream, spout, steady, snake, stir, sweet, stand, snag

( Now complete Activity 1 in workbook Unit 4 )

### **Activity 3 -Reading**

The alms-giving stalls (Dansala) is a famous practice of Buddhists in Vesak, Posen, and Esala seasons. An alms-giving stall provides a massive social service during these seasons. The history of a typical alms-giving stall dates back to the era of the Buddha. The king and other upper class leaders offered alms for the poor people



during those times. Today the situation regarding alms-giving stalls has been changed. They are open to every person in society. Today we see many young people participate in organizing alms -giving stalls. Different food items are served to people in alms -giving stalls, such as rice, noodles, biscuits, ice-coffee, cool drinks, etc. Alms -giving stall is an ideal place to promote harmony and equality among people of different walks in society.

Fill the grid with the information given in the above paragraph.

Seasons for organizing alms –giving stalls	
The history of alms –giving stalls	
Present situation	
Food items served at alms-giving stalls	
In the past, alms-giving stalls were organized for	

#### Activity 4

Mark true (T) or false (F).

1. You can buy what you want in alms –giving stalls. ( )
2. It provides a social service during religious festive seasons. ( )
3. During the time of kings, there were alms –giving stalls. ( )
4. Alms –giving stalls are only for poor people even at present. ( )
5. Different kinds of meals are served in alms –giving stalls. ( )

#### Activity 5

Read the text again and write three changes in practices found in modern alms-giving stalls.

1. .... .....
2. .... .....
3. .... .....

### Activity 6 -Writing

The Chief Incumbent told Mr. Saman (chief-devotee) to draft the Poya day Programme. Now he is discussing it with the Chief Incumbent .

Saman : Venerable Sir, good evening! Here is our Sil programme for tomorrow.

Venerable Mahinda : Good evening! Let's see. Mmm.... Shall we have the meditation programme before lunch?

Saman : That's good Venerable Sir. Any other changes?

Venerable Mahinda : (continues reading) 8.30 am. –Dhamma Discussion, 9.30 am - Reading Jathaka Story. What about a sermon?

Saman : Oh! I forgot it. Shall we have it before tea?

Venerable Mahinda : Sure! but, the Buddha Pooja and other Buddhist rituals should be there as usual. Now, it's fine, isn't it?

Read the dialogue carefully and fill in the grid with the information given in it and add the events related to a typical Poya day programme. The first one is done for you.

Time	Programme
6.30 a.m.	Beginning of the Sil programme

## Learnig Point

### *Reflexive Pronouns*

We use a reflexive pronoun:

- ✓ as an object when the object is the same as the subject of the verb:

*e.g.* I (subject) am teaching **myself** (object) to chant Pirith.

- ✓ at the end of the clause when we are using it for emphasis:

*e.g.* **We** whitewashed the classroom **ourselves**.

- ✓ We often use “by + reflexive pronoun” When we want to say that someone does something alone or without any help from others.

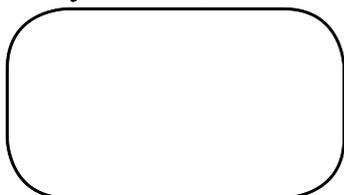
*e.g.* I sweep the temple premises by **myself**.

### **Activity 7 - Grammar**

Select the words given in the grid and write them in the relevant box.

itself	I	it	she	he	themselves	ourselves
yourself	myself	You	ourselves	we	they	herself

*Reflexive Pronouns*



*Personal Pronouns*



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### Activity 8

Select the sentences with reflexive pronouns and copy them into your exercise book and underline the reflexive pronouns in each sentence.

1. Mother prepared the alms for twelve monks by herself.
2. Sirimal went to the temple to invite the monks.
3. We cleaned the house by ourselves.
4. Our neighbours helped to arrange the house.
5. Mother offered food and flowers to the Buddha.
6. Sirimal arranged himself the Poya day plan.
7. The Chief Incumbent conducted the Sil programme.
8. He cut himself while shaving his head.

*(Now complete Activity 3 in Unit 4 of your workbook )*

### Activity 9

Fill in the blanks with the correct reflexive pronouns.

1. Venerable Sir, you'll have to do your homework by\_\_\_\_\_.
2. I introduced \_\_\_\_\_ to my new friend.
3. Students, can you arrange the class\_\_\_\_\_?
4. The Chief Incumbent decided to repair the temple \_\_\_\_\_.
5. We can move the pulpit by\_\_\_\_\_.
6. You don't need to help them. They can do it by\_\_\_\_\_.
7. I saw \_\_\_\_\_ in the mirror.
8. You publish the notice of the Sil programme today \_\_\_\_\_.

itself / himself / ourselves / myself / themselves  
/yourselves/yourself

### Activity 10 - Pairwork

Tell your class about a personal experience that may be funny or generate curiosity. Use as many reflexive pronouns as possible in your story. You can start like this.

*One day, I was walking by myself on the road and no one was around. Suddenly, I heard a scream from a nearby wood....*

### Activity 11 - Pairwork

Given below is the story of the quail. But, the sentences are jumbled. Rearrange and write the story in your writing book.

The fire spread further and further. It came closer to the quail's nest. The heat was spreading and the smoke seemed to suffocate the birds.

One day they heard a great noise. They saw a cloud of smoke. There was a forest fire breaking out. The animals and birds of the forest were helpless and frightened.

Once the Bodhisattva was born as a quail in a bird's nest. He was the youngest in his family. His feathers had not grown. He could hardly use his wings to fly.

Finally Bodhisattva with a deep sigh thought as follows, "I have never done the slightest harm to anyone. By the power of this truth, may I be saved along with the others!" Suddenly, the fire stopped spreading and saved the lives of all.

### Activity 12 - Listening

Before the Sil observation of Samadhi Pirivena, a list of instructions was sent to the students. While you listen to the instructions you will hear a stressed word in each sentence. List out the stressed word you hear in each sentence.

	stressed word
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

### Activity 13

Your teacher will read five pairs of sentences. Listen to the sentences carefully and underline the stressed word in each of them correctly.

1. I came yesterday evening.  
I came yesterday evening.
2. She saw him going home.  
She saw him going home.
3. They didn't tell any lie.  
They didn't tell any lie.

4. My father bought a car at the auction.  
My father bought a car at the auction.
  
5. Do you have any other idea?  
Do you have any other idea?

### Activity 14

The newly built shrine room was declared open by the Chief Prelate. The pictures of the Jataka stories were painted by a well-known artist. The marbled meditating statue of the Buddha was placed inside it. Our Chief Monk delivered a sermon in the newly built shrine room. The devotees listened to the sermon attentively.

Write the questions for which the following will be the answers.

1. Who .....  
By the Chief Prelate.
  
2. How .....  
Devotees listened to the sermon attentively.
  
3. Who .....  
Our Chief Prelate delivered the sermon.
  
4. Where .....  
In the newly built shrine room.
  
5. What .....  
The marbled meditating statue of the Buddha .

**Learning Point**  
***Active and Passive Voice (Simple Past)***

- Each sentence begins with a subject.  

e.g. Our Chief Incumbent delivered a sermon in the newly built shrine room hall.
- When the subject is a person or a thing doing the action, then we use an active verb.  

e.g. The devotees listened to the sermon attentively.
- When the subject is not the agent (is not doing the action), then we use a passive verb.  

e.g. The newly built shrine room was declared open by the Chief Prelate.

The beginning of the sentence is “The newly built shrine room”. But it is not the doer of the action. (doer- the Chief Prelate.)

**Activity 15**

Copy out the following sentences in the correct column of the given table.

1. A planned programme was carried out by village temple for the Poya day.
2. Most of them stayed in the temple until morning.

3. Sil was renewed by the devotees in the evening by observing the eight precepts once again.
4. They continued Sil until next morning.
5. New robes were distributed to monks on the Poya day.

Active Voice	Passive Voice

*Complete the Activities 4 & 5 in Unit 4 of your workbook.*

## Activity 16

Following texts are the different ideas of people about Poya day and its rituals.

Read them carefully.

1.

Last Poya day I walked to the temple clad in white early in the morning to observe Sil. I offered a basketful of white flowers to the Stupa, at the Bo-tree and to the Buddha in the shrine room. I listened to a valuable Dhamma sermon for an hour. I think, every Buddhist must have the experience of observing Sil to get away from this restless life at least for a few hours.

2.

Poya day is the most auspicious day for Buddhists. Because it has a great religious importance. People mainly practise charity(Dhana), good conduct (Seela) and meditation (Bhawana) on a Poya day. Many listen to Dhamma sermons and discussions at home and at the temple. All these activities help to develop our mind.

3.

If you visit any temple in Sri Lanka on a Poya day you can see many things. People sitting on the ground and listening to Dhamma sermons. Some will be lighting lamps and incense sticks. Others might be meditating in different places in the temple premises.

4.

The word Sil is a Sinhala word. It is believed to have originated from Pali. The word Seela means good conduct. Any follower of the Buddha must first observe Seela.

Write the correct number against each topic.

Topic	Text Number
(a) An introduction to Sil	
(b) How I see a temple on Poya day	
(c) My experience of observing Sil	
(d) Many religious activities on Poya day	