



A Morning Health Check

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Excerpt: Height and weight recorded, small concerns asked about, and some comparing of who had grown the tallest. Much of caring for a community consists of these quiet, ordinary moments.

Tags:

DAILY RHYTHMS

MONASTERY

Read original article at: <https://dzongplum.netlify.app/en/living-monastery/daily-rhythms/02-a-morning-health-check>



For the younger monks, monastery life includes many things besides study and prayer.

Recently, they gathered for a general health check. Height and weight were recorded,

basic examinations carried out, and there was time to ask about any small health concerns.

For children growing up in a monastic community, regular attention to health and wellbeing is an important part of everyday care.

With a large number of young monks in its care, the monastery pays close attention to prevention: small things noticed early, checkups kept regular, and nothing left to become a larger worry later.

The atmosphere was relaxed. There was some curiosity about the equipment, a little waiting in line and, inevitably, some comparing of who had grown the tallest.

Much of caring for a community consists of these quiet, ordinary moments of attention that help ensure the younger monks can study, practise and grow in good health.

Gallery



Time to ask about any small health concerns.