



Before the Monastery Wakes

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Excerpt: Long before most of the monastery has begun its day, the kitchen is already at work. By the time the monks arrive, everything appears almost effortless.

Tags:

DAILY RHYTHMS

MONASTERY

Read original article at: <https://dzongplum.netlify.app/en/living-monastery/daily-rhythms/03-before-the-monastery-wakes>



Long before most of the monastery has begun its day, work is already underway in the kitchen.

Large pots are placed on the stoves, water is heated and ingredients are prepared for the first meal. Cooking for a monastic community is very different from preparing breakfast at home: rice, vegetables, tea and other ingredients have to be prepared in quantities large enough for many monks.

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The kitchen can be one of the busiest places in Dzongkar Choede, but there is also a familiar rhythm to the work. Tasks are shared, vegetables are chopped, pots are stirred and meals gradually come together.

By the time the monks arrive, everything appears almost effortless.