

## The Sangha

The **Sangha** is the community of monks, and dedicated practitioners who practice, and preserve and live the Buddha's teachings. They devote their lives to studying the Dhamma, practicing meditation, and guiding others on the path to peace and wisdom.

For laypeople, the Sangha is a source of inspiration, support, and spiritual friendship. Their presence keeps the teachings alive and helps the community grow in kindness, mindfulness, and understanding.

The Sangha is the community of monks and practitioners who preserve the Buddha's teachings and guide others on the path of wisdom and compassion.