

Practice Guidelines

Samatha-Vipassana Retreat with Upasaka Culadasa

Please note:

- The retreat is a silent environment. Long-term retreatants need to be at ease with both silence and solitude.
- There will be no opportunity to leave the retreat site for routine medical treatment or procedures and we will not be able to fill prescriptions for you.
- We offer a simple, balanced vegetarian diet. Our capacity to accommodate customized diets is limited. You will need to make arrangements in advance to meet any special dietary requirements.

PRACTICE GUIDELINES

Dharma Treasure Buddhist Sangha offers this unique opportunity for qualified individuals who wish to undertake a period of intensive practice under the guidance of Upasaka Culadasa.

RETREAT GUIDELINES

This retreat will have a structured schedule of formal sitting and walking periods set by the teacher. Retreatants will be asked to take the Ten Precepts of the dedicated lay practitioner for the period of the retreat.

EXPECTATIONS FOR PRACTITIONERS:

- Adherence to the ethical guidelines of the Ten Precepts (see below)
- A commitment to use all activities of the day as opportunities for practice
- **Maintenance of silence** by refraining from verbal and written communication
- Sustained and continuous practice
- A commitment to being fully at the retreat, with no outside activities
- Completion of a daily work meditation
- Participation in scheduled interviews and Q&A sessions
- Participation in the retreat schedule as set by the teacher
- Refrain from eating outside of scheduled meal times

ETHICAL GUIDELINES:

We ask that you abide by these ten Buddhist precepts for dedicated lay practitioners while at this retreat:

1. I undertake the precept to refrain from harming or destroying living beings.
2. I undertake the precept to refrain from taking that which is not given.
3. I undertake the precept to refrain from sexual misconduct.
4. I undertake the precept to refrain from wrong speech.
5. I undertake the precept to refrain from the intoxicants that cause carelessness.
6. I undertake the precept to refrain from sources of livelihood that bring harm to other beings.
7. I undertake the precept to refrain from acting out of ill-will or taking satisfaction in the misfortune of others
8. I undertake the precept to be open-hearted and generous in all my relationships with others.
9. I undertake the precept to act with loving-kindness and compassion in all my relationships with others.

10. I undertake the precept to live with mindfulness and follow the Eightfold Path through daily study, meditation, and reflection.

NOBLE SILENCE:

After registration and orientation you will enter the silent space of the intensive retreat environment. The buildings and grounds are in silence at all times. Yogis are also asked not to read, write, or keep a journal other than for the purpose of practice reports to the teacher.

COMMUNICATION WITH THE OUTSIDE WORLD

The experience of being on retreat is a rare opportunity for silence and solitude. All personal and business obligations must therefore be taken care of prior to arrival.

WORK MEDITATION

As part of your retreat practice, you will be asked to engage in mindful work practice. The work will consist of 30 minutes a day at tasks such as helping in meal service, washing dishes, cleaning bathrooms and shower facilities, sweeping outside walkways and porches, etc. This work meditation, a form of service, is also vital: it enables us to maintain relatively low retreat fees, and it allows you the opportunity to practice mindfulness in daily activities.

DANA

DANA, an ancient Pali word meaning generosity, giving, or gift, is central to the 2,600-year-old tradition of Buddhism. The teachings of the Buddha have been offered freely since the time of the Buddha. There was and is no way to put a price on the teachings of the truth - they are valuable beyond any fee one could set.

Dana is not only a practical matter; it also plays a crucial role in the spiritual life of a dharma practitioner. Generosity is the first of the six paramitas, or qualities of character, to be perfected in spiritual life. The very act of giving is of immeasurable benefit to the giver, for it opens the heart, lessens self-absorption, and serves the well-being of others.

The fees for this retreat only cover basic expenses and operating costs. The teacher(s) offers the Buddha dharma without any set fee, and totally depend of the generosity of students for the support of their daily life needs. Supporting the teacher's work, from the heart, however it feels appropriate, is the practice of Dana. You may also wish to offer dana to Dharma Treasure to support operating expenses of future retreats.

At the end of the retreat, dana envelopes will be provided. All dana checks should be made out Dharma Treasure with a clearly written designation on the check who the dana is for. Dharma Treasure Inc is 501(c)(iii) tax-deductible charitable organization. Dana checks made out to Dharma Treasure and intended for the teacher are tax deductible.