

# The Mountain Hermitage



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## Meet the Teachers for the Spring 2006 Hermitage



MARCIA ROSE is the founding and guiding teacher of *The Mountain Hermitage* and founding teacher of *Taos Mountain Sangha*. She has been studying and practicing Buddhist teachings and meditation with Asian and Western teachers since 1970, primarily in the Vipassana-Theravada (Path of the Elders) tradition. Her own teaching reflects a strong influence from the Burmese Mahasi Vipassana tradition of Sayadaw U Pandita. Since 1987 she has also studied and practiced in the Dzogchen Tibetan Buddhist tradition with Tulku Urgyen Rinpoche, Nyoshul Khen Rinpoche, and Tsoknyi Rinpoche. Marcia was resident teacher for staff at the *Insight Meditation Society (IMS)* in Barre, MA from 1991-1995. She has been one of the teachers for the annual three-month retreat at *IMS*, and is currently a visiting teacher at *The Forest Refuge* in Barre, MA. Marcia also teaches Vipassana and Metta retreats in other U.S. and international venues, and is dedicated to offering these ancient and timeless teachings in

ways that make them accessible and authentic for contemporary culture.



ANNIE NUGENT returns for the second year as visiting teacher for *The Mountain Hermitage* spring practice period. Annie has studied and practiced in the Theravada and Tibetan traditions since 1979 under the guidance of a range of teachers including Sayadaw U Pandita, Tulku Akong Rinpoche and various western teachers. After leaving South Africa, her country of origin, she lived in England for some years, and has recently emigrated to the U.S., making her home now in Barre, Massachusetts. Annie was the resident teacher for staff at the *Insight Meditation Society* from 1999-2003, and has since taught elsewhere, including the annual *IMS* three-month retreat and *The Forest Refuge*. Her teaching style aims to reveal how our lives are opportunities to develop a clear understanding of the truth.

*"The Mountain Hermitage will help water and nurture the seed of peace, wisdom and compassion for those who practice there, cultivating the intention to benefit all."*

*-Joseph Goldstein*

*"There's an understanding by staff and teachers of the combination of structure, freedom, and deep/simple teaching supportive of the practice of liberation."*

*-Hermitage Retreatant*

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## With Greatest Joy - Second Hermitage Scheduled Scholarship Program Expanded

The Board of Directors of *The Mountain Hermitage* has opened registration for its second annual Hermitage experience from March 15 to April 12, 2006. Experienced practitioners are invited to apply for either a two- or four-week residency at the *San Geronimo Lodge*, the historic Taos, New Mexico inn *The Hermitage* will call its home for the second consecutive year.

Yogis have exclusive use of this beautiful building and grounds, which offer the privacy, quiet, and harmony that is most conducive to deep spiritual practice. "We're delighted to renew our partnership with *San Geronimo*," said Board president Jean Smith. "While we continue to work toward creating a home of our own, we are able to go forward with this project in a way that has already reaped great rewards."

"It was my deepest practice experience, and rewarding in more ways than I could have imagined." - Hermitage Retreatant

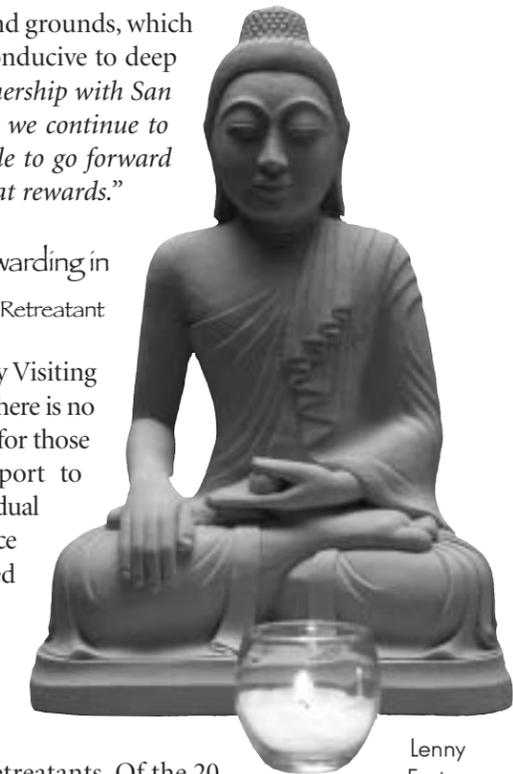
Guiding Teacher Marcia Rose will again be joined by Visiting Teacher Annie Nugent for the four-week period. While there is no fixed retreat schedule (a suggested schedule is available for those who would like this), the teachers will offer support to Hermitage yogis through regular Dharma talks, individual interviews, and some guided sits. The foundation practice is Vipassana, which may sometimes be supplemented by other concentration or awareness practices.

In keeping with a central tenet of *The Hermitage* mission, an expanded scholarship aid fund will offer financial assistance to those who might not otherwise be able to attend and to promote diversity among retreatants. Of the 20 first-year yogis, eight received scholarship aid.

Chris Clifford will return to manage the retreat, and retreat cook Beth Waldron will again offer her nourishing and delicious meals.

Complete information and a downloadable application form are available at: [www.mountainhermitage.org](http://www.mountainhermitage.org). You may also call 505-758-0633 or email: [hermit@laplaza.org](mailto:hermit@laplaza.org). Applications are requested by January 15, 2006.

"I'm still very much walking with the learning and the experiential feeling of my two weeks with you. It was actually the most precious thing I've done in my life ..." - Hermitage Retreatant



Lenny Foster



Lenny Foster

## A Message from Our Guiding Teacher

Dear Friends,

“So here we go – and in a way we could never have foreseen.” I couldn’t have imagined how true those words, written two years ago, would continue to be as we go forward with great dedication to transform the vision of *The Mountain Hermitage* to reality.

In April 2005, we welcomed 20 retreatants to *The San Geronimo Lodge* in Taos, New Mexico for our first Hermitage experience. And today we are inviting applications from experienced practitioners for our second annual one-month practice period.

We are deeply grateful that the seeds of the Dharma have been nurtured in the lives of our first yogis, and that *The Hermitage* has provided a serene and peaceful haven for the inner cultivation and outer manifestation of wisdom, lovingkindness, and compassion.

As we move into our second year, we have strengthened our commitment to offer the Hermitage experience to those who would not otherwise be able to attend, that they too, in the words of one retreatant, “...might be touched by the wisdom and metta that shines from every aspect of this retreat.”

We are grateful to have served eight practitioners with scholarship funding in our inaugural year, and that these eight now carry the fruits of their deepened practice into a world in great need of healing and peace.

This year we are committed to a significant increase in our scholarship program, and hope you will join us in making this possible - to whatever level you can - as we work to fulfill this central tenet of our vision.

Please consider one of the opportunities for openhearted giving to *The Mountain Hermitage* Scholarship Fund described at right. We are grateful beyond measure for all you do.

With metta,  
*Marcia Rose*  
 Guiding Teacher

## Guiding Teacher offers Metta Retreat, December 3-10, 2005

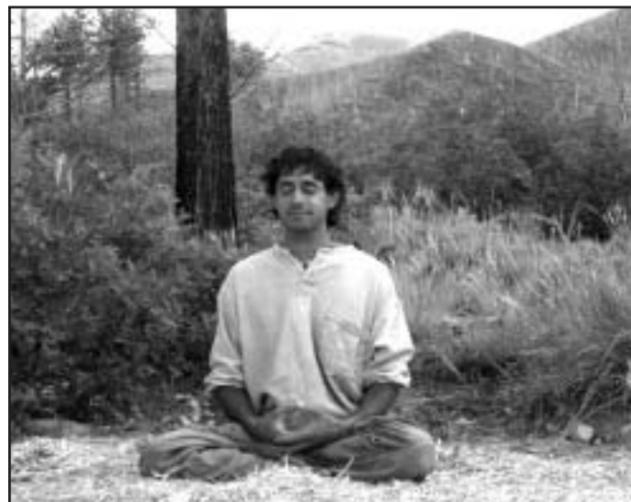
*Metta is a traditional practice of unconditional loving-kindness or friendship. In Buddhism it is taught and cultivated as a meditation practice and a way of life along with compassion, appreciative or empathetic joy (rejoicing in the happiness and success of others), and equanimity. These practices develop concentration and a steadiness of mind and heart. Fearlessness, self-confidence and self-acceptance are strengthened. As we open to an expansive loving heart, our fundamental connectedness to all life is revealed. This retreat is devoted to cultivating these qualities.*

Marcia Rose will offer an eight-day Metta/Lovingkindness Retreat held in noble silence, including sitting and walking meditation with instruction, and evening Dharma talks at the Mabel Dodge Luhan House in Taos, NM. Small group and individual meetings with the teacher will be available. The retreat will provide an introduction for new students and an opportunity for experienced students to renew and deepen their practice and commitment to awakening.

The fee is \$380, which includes retreat costs, room and board. A limited number of commuter registrations are available at \$185.

As is traditional, Marcia offers the teachings freely. The cost of the retreat does not include any fee for the teacher. There will be an opportunity at the end of the retreat to offer/give dana from the heart of gratitude in the shared spirit of generosity.

To register, call the Mabel Dodge Luhan House at  
**505-751-9686 or 800-846-2235**  
 Email to: [mabel@MabelDodgeLuhan.com](mailto:mabel@MabelDodgeLuhan.com)  
[www.mabeldodgeluhan.com](http://www.mabeldodgeluhan.com).



## Our Vision

*The Mountain Hermitage* will be a small retreat center dedicated to the inner cultivation and outer manifestation of wisdom, lovingkindness, compassion and peace. This home for long term spiritual practice according to the tradition of Theravada Buddhism will be built in a quiet and beautiful mountain setting in the Taos, New Mexico area. In addition to cottages where any qualified, experienced Dharma student can devote themselves to periods of intensive meditation practice for two weeks or longer, there will be a wheelchair

accessible cottage and cottages dedicated for practice by monastics, those engaged in social service work, and lay Dharma teachers. Scholarship aid will be available for those who might not otherwise be able to attend and to promote diversity among retreatants. On Sunday morning a particular area of *The Hermitage* will be open to the larger community for meditation, a Dharma talk and discussion. *The Mountain Hermitage* will be built and operated on the principle of sustainable energy.



## The Mountain Hermitage Scholarship Fund

*The Mountain Hermitage* will benefit a broad and growing range of people over time - those who come to *The Hermitage* to practice and those who are touched by the many and varied ways that the fruits of Dharma practice affect the lives of others. In keeping with those teachings, we are committed to offering *The Hermitage* retreat experience to the many without the resources to afford retreat costs, and to promote diversity among retreatants.

Please help us serve them by contributing generously to *The Hermitage* Scholarship Fund. Your gift will directly contribute to bringing the transforming power of the Dharma to our world.

**Yes, I want to help build *The Mountain Hermitage* Scholarship Fund.**

Enclosed is my gift as checked below.

**\$1,700** for one Full Scholarship: \_\_\_\_\_ In Honor of: \_\_\_\_\_  
**\$850** for one Half Scholarship: \_\_\_\_\_ In Honor of: \_\_\_\_\_

**\$100** \_\_\_\_\_ **\$75** \_\_\_\_\_ **\$50** \_\_\_\_\_ **\$25** \_\_\_\_\_ **\$ Other** \_\_\_\_\_

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The Mountain Hermitage is a 501c3 organization. Donations are tax-deductible as provided by law.

*- Thank You -*  
**May the merit of our actions serve the welfare and liberation of all beings.**