

# The Mountain Hermitage

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Fall 2006

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## Hermitage Thrives -- Offers Two Retreats in 2007

Spring Retreat with Marcia Rose and Patricia Genoud Feldman  
Sayadaw U Vivekananda to Lead July Practice Period

In the gentle unfolding that has marked the development of *The Mountain Hermitage*, the Hermitage Board has announced that it will offer two retreats for experienced yogis in 2007, its third year of operation.

The third annual one-month Spring Retreat, from March 14 to April 11, 2007, is now open for registration, with a limited number of two-week options, March 14-28 or March 28-April 11. The retreat will be taught by Marcia Rose, *Mountain Hermitage* guiding teacher, who will be joined by Swiss-French guest Dharma teacher Patricia Genoud Feldman.

The Spring Retreat will again be held in the beautiful, spacious, and comfortable San Geronimo Lodge located three miles west of Taos, NM. All yogis will be housed in single rooms.

For the second year, *The Mountain Hermitage* has received a generous scholarship grant dedicated to support for the Spring Retreat. The grant will again be applied to scholarship aid for qualified applicants who otherwise would not be able to attend, and to support diversity among those who practice at *The Hermitage*.

\*\* Applications for the March 14-April 11, 2007 retreat are requested by Jan. 15, 2007.\*\*

Building on its success in partnering with local organizations, *The Hermitage* is honored to welcome the Venerable Sayadaw U Vivekananda, resident teacher at Panditarama Lumbini International Vipassana Meditation Center, Lumbini, Nepal, to the Vallecitos Mountain Refuge in northern New Mexico. Ven. Vivekananda will lead a 20 day Vipassana

retreat for 24 practitioners from July 7 – 25. Limited scholarships are available for qualified applicants.



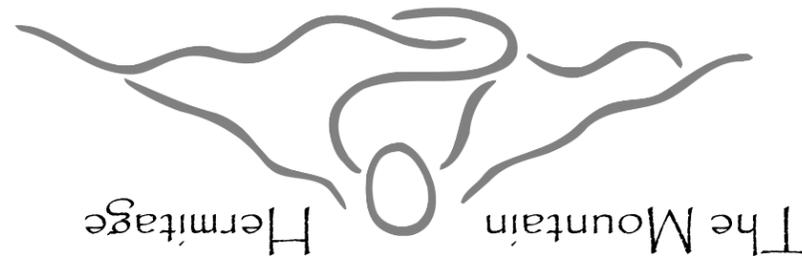
The Retreat is open to experienced practitioners who must have sat three or more 7-10 day retreats, or one retreat of a month or longer. These retreats must have been led by a recognized teacher. Preference will be given to applicants who have practiced in the Mahasi style as described by Ven. Vivekananda on *The Mountain Hermitage* website.

Located at 8,800 feet, Vallecitos Mountain Refuge is a beautiful wilderness ranch deep in the mountains of northern New Mexico with the Vallecitos river running through it.

Retreatants will be individually housed in cabin-tents, wood cabins, or yurts. There are separate men and women's bathhouses with heated water for showers. There is no electricity, phone (including cell phone), fax, or mail service available. A radio phone is used only for emergencies. Because of the remote location and rugged terrain, the ability of *The Mountain Hermitage* to accommodate individuals with special needs is quite limited.

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## Meet the Teachers for the Spring 2007 Hermitage



**MARCIA ROSE**  
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 and the Pa-Auk Forest Monastery lineages. 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.



**PATRICIA GENOUD-FELDMAN**  
Patricia Genoud-Feldman has studied and practiced in the Theravada and Tibetan Dzogchen traditions since 1983 under the guidance of various teachers including His Holiness Dilgo Khyentse Rinpoche, Tulku Urgyen Rinpoche, Sayadaw U Pandita and various western teachers such as Joseph Goldstein and Christina Feldman. She regularly goes to Burma to participate in intensive retreats and has most recently practiced with Sayadaw U Tejaniya. She is a co-founder and guiding teacher of the Meditation Center Vimalakirti in Geneva, Switzerland where she lives with her husband. Patricia teaches Vipassana and Metta

worldwide including at the annual IMS three-month retreat and as a visiting teacher at the Forest Refuge, both centers in Barre, MA. Her teaching style emphasizes innate natural awareness and an approach of gentle relationship to oneself. She has also been trained in and worked as a Gestalt psychotherapist.



**SAYADAW U VIVEKANANDA**  
Ven. Vivekananda has trained under the Ven. Sayadaw U Panditabhivamsa of Myanmar since 1988. He is the resident teacher at Panditarama Lumbini International Vipassana Meditation Center, Lumbini, Nepal. He has been teaching Vipassana meditation and Brahma Vihara meditation in the tradition of the Ven. Mahasi Sayadaw since 1998 in Lumbini, Nepal, the United States, Europe, and Israel. Ven. Vivekananda guides meditators in a precise and encouraging manner.

## A Message from Our Guiding Teacher

Dear Friends,

As the third year of *The Mountain Hermitage* unfolds, we are filled with gratitude, joy, and appreciation for the riches of learning and growth that have so often come to us in surprising ways. We continue to put our best foot forward, step by step, applying our talents and skills, and trusting the ways our efforts will come to fruition.

Joining us in those efforts are new Board members Allen Atkins, Paul Nelson, and Lyndon Haviland, as well as Kathy Viele, our new Administrative Assistant, all of whom bring with them a rich array of talents. Our dedicated *Hermitage* Retreat Manager Chris Clifford has offered to volunteer her considerable skills in the critical position of Treasurer/Business Manager.

We saw the first seeds of our efforts blossom in our inaugural one-month Spring retreat in April 2005, and again with our April 2006 retreat, both times of deeply committed practice for more than 40 retreatants. As my co-teacher Annie Nugent and I witnessed the growth and deepening of practice in those who have joined us, we have been joyfully moved.

My own happiness and gratitude grows each year, as we see *The Mountain Hermitage* way of offering the teachings and our approach to practice enhance the lives and practices of our retreatants, many of whom were supported by scholarship monies donated by many caring supporters to the *Hermitage* scholarship fund.

One retreatant wrote, "Thank you for the financial assistance that allowed me the precious opportunity to sit for one month with *The Mountain Hermitage* ... the *Hermitage* created the cocoon for practice and the scholarship allowed me entrance."

In 2007 the *Hermitage* will offer two long retreats for experienced Dharma students, and we continue to strengthen our core commitment to offer the *Hermitage* experience via scholarship to those who might not otherwise be able to attend. We have committed to a significant increase in our scholarship programs in order to accommodate both retreats.

The process of manifesting the vision of *The Hermitage* continues to be a deep practice of patience, mindful presence with what is, and the open-heartedness to hold that vision lightly and clearly.

Please consider supporting *The Hermitage Scholarship Fund* with as generous a gift as is right for you. Your contribution will benefit many as the vision and work of *The Mountain Hermitage* continue to unfold.

With metta,  
*Marcia Rose*  
Guiding Teacher

(continued from p. 1)

Meditators will be supported and guided in their practice through regular interviews with Ven. Vivekananda and Marcia Rose and Dharma discourses offered by Sayadaw U Vivekananda.

*Hermitage* Retreat Manager Chris Clifford will manage both 2007 retreats, and Beth Waldron, *Hermitage* cook, will offer her nourishing and delicious meals for both the spring and summer practice periods.

Complete information, downloadable Application Forms and Practice Guidelines for each 2007 *Mountain Hermitage* retreat 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).

**\*\*NOTE:** Applications for the July 6-25, 2007 retreat are requested by April 1, 2007. A number of places have already been filled, so please act promptly. \*\*

### Reflections on Practice from Marcia Rose

A good question to ask yourself now and then is: *How am I holding my practice? What is my attitude, my frame of mind in relation to my practice?*

It is essential to be relaxed and in the right frame of mind in relation to your practice. Everything else blossoms out of this. Holding your practice with the 'right attitude' means that you acknowledge, accept, observe, and bring mindfulness to whatever is happening, whether pleasant or unpleasant, in a relaxed and alert way. It's vital to check in with yourself to see whether you are in the right frame of mind or not, which is even more important than experiencing peaceful states or having a 'good sit.' The particular object of attention in your meditation is not really the most important aspect of your practice. Of prime importance is the observing mind working in the background to be mindful of whatever the experience is in the moment. If observation and mindfulness are done with the right attitude, any object is the right object. It's important to know when you have the right frame of mind -- but it's equally important to recognize and mindfully investigate your wrong attitudes to see how they affect your practice and how you feel in the midst of these attitudes.

## Mountain Hermitage Spring 2006 Retreat

The Vision Deepens, the Dharma Strengthens

"Once again," writes Chris Clifford, *Hermitage* retreat manager, "the lovely *San Geronimo Lodge* was transformed into a home for *The Mountain Hermitage's* annual one-month retreat.

"Each day began with the group sitting together and chanting as light from the crackling fireplace slowly yielded to the dawning sun. After a simple breakfast and work period, yogis practiced sitting and walking meditation throughout the day, following their individual schedules. At any hour of the day or night there might be several people sitting together in the meditation hall, while others chose to sit in their rooms or outdoors.

"The lawns, patios, nearby fields and streams provided a rich variety of walking meditation spots. Optional practices included grooming and caring for the resident dogs and cats, weeding the early spring gardens, watching the magpies build their nests, and observing the simple unfolding of brown winter buds into leafy green.

As snowy mornings gradually gave way to blooming tulips, singing birds, and scented spring breezes, bodies relaxed, minds settled, and hearts opened.

"For yogis and staff alike, the nourishing and delicious food prepared so lovingly by Beth, our cook, enhanced the practice experience and supported an environment of energy, alertness, and calm.

"The small size of the retreat – 21 yogis in all – provided a spiritual intimacy, the great good fortune of at least two practice interviews a week and daily support as needed from guiding teacher Marcia Rose and visiting teacher Annie Nugent. Most evenings, yogis gathered in the meditation hall for a Dharma talk or guided meditation.

Chris goes on to say, "The flexible schedule, spaciousness of the setting and length of the retreat were the perfect combination of conditions to foster the unfolding of each person's practice in its own, unique rhythm."

## Hermitage Board Considers New Development Approach

Retreat Center linked to a Buddhist Retirement Community

The Board of *The Mountain Hermitage* believes it is on the track of a bright new idea that will expand the mission of *The Hermitage* while attracting the attention of philanthropic investors.

Research to date indicates that there is no facility in the US exclusively dedicated to providing housing for Buddhist practitioners and venerated teachers as they approach retirement. As Buddhism continues to find a foothold in the West, the need for a retreat center linked to retirement housing becomes a critical element in the establishment of a long-term spiritual community.

Led by a committee of TMH Board members Allen Atkins, Paul Nelson, and Lyndon Haviland, along with H.A. Hallstein of The Hallstein Co., Inc., a friend of *The Mountain Hermitage*, a preliminary process of discovery has been launched to see if the idea of a *Mountain Hermitage* retreat center/retirement community has merit.

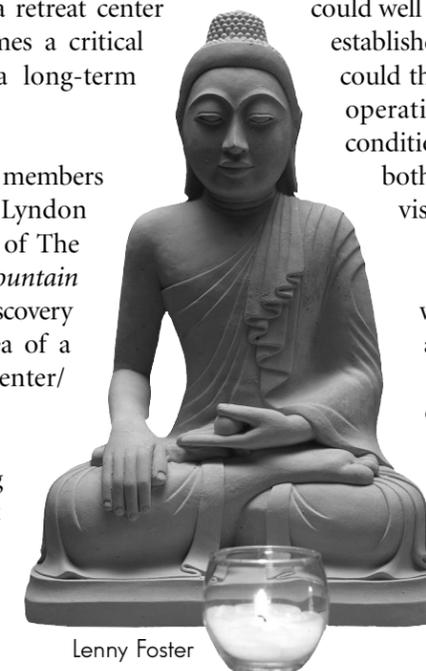
All four committee members bring extensive experience in development and business planning to the initiative. H.A. Hallstein served as the Owners Representative during the

planning and construction of the Forest Refuge in Barre, MA and the renovation of the Cambridge Insight Meditation Center in Cambridge, MA.

These four, joined by *Hermitage* guiding teacher Marcia Rose, will test the waters by seeking input from a variety of possible funders and friends of *The Hermitage*.

The success of *The Mountain Hermitage* complex could well be insured by revenues generated from the established retirement community. These revenues could then support the development and ongoing operation of the associated retreat center, a condition that would leverage the confidence of both donors and lenders for transforming the vision of *The Mountain Hermitage* to reality.

As the process of discovery continues, we will report our progress on TMH's website at [www.mountainhermitage.org](http://www.mountainhermitage.org) and via email to those who ask us to do so. To join our email list, send your email address to [hermit@laplaza.org](mailto:hermit@laplaza.org). If you would like to speak directly with a Board member about this project or make a gift please contact Allen Atkins by phone: 978-522-9218 or e-mail: [allen.atkins@nau.edu](mailto:allen.atkins@nau.edu)



Lenny Foster