

The Mountain Hermitage

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Fall 2008

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Hermitage Sets New Direction, Expands Retreat Offerings for 2009

Winter. Spring. Summer. Fall. In an expanded schedule central to its new direction, in 2009 *The Mountain Hermitage* will offer experienced Buddhist practitioners a retreat for every season of the year, including two that bring unique practice perspectives to the Buddhist teachings.

**** NEW!** *The lead-off two-week retreat, scheduled from February 13 to February 27 at the San Geronimo Lodge in Taos, NM is a Vipassana retreat that includes a dynamic fusion of body movement, seeing/drawing and writing practices. Called Self-No Self and the Creative Process, the retreat brings together several eminent, experienced teachers whose talents combine to offer a unique retreat experience.*

Sliding Scale Fee:

\$775(low) · \$875(actual cost) · \$975(benefactor)

Limited scholarship funding available:

Minimum fee: \$375

**** From April 1 to April 29, 2009, the Hermitage will offer its fifth annual one-month retreat for experienced yogis at the San Geronimo Lodge. As always, yogis may apply for the four-week session, or for one of the two-week offerings from April 1 to April 15, or April 15 to April 29. Teachers: Marcia Rose and Annie Nugent**

Sliding Scale Fee: 4 weeks

\$1840(low) · \$1990(actual cost) · \$2140(benefactor)

Two weeks:

\$920(low) · \$995(actual cost) · \$1070(benefactor)

Limited scholarship funding available:

Minimum fee: 4 weeks \$750 2 weeks \$375

Information, Practice Guidelines, Application and Scholarship Forms are available at: www.mountainhermitage.org, or Email: hermitage@mountainhermitage.org or call 575-758-0633.

Board Refocuses Hermitage Vision

Pressed by a faltering economy that has seen rapidly escalating costs and a downturn in philanthropic giving, the Board unanimously agreed to discontinue development plans and pour its efforts into offering a broad range of retreats at the several rental facilities now available.

“While the decision was a difficult one,” said Board President Jean Smith, “we’re already seeing how much we can do behind

**** From June 4 to July 2, 2009, the Hermitage is delighted to again host the Venerable Sayadaw Vivekananda who will be assisted by Hermitage guiding teacher Marcia Rose for a 28-day Vipassana retreat at the beautiful Synergia Ranch 16 miles southeast of Santa Fe, NM. Retreatants will be supported and guided in their practice through regular interviews and Dhamma discourses. All meditators must observe the ‘Eight training precepts’ and maintain ‘Noble silence’ throughout the retreat.**

Sliding Scale Fee: Room

\$1700(low) · \$1850(actual cost) · \$2000(benefactor)

Camping

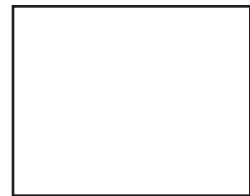
\$1300(low) · \$1450(actual cost) · \$1600(benefactor)

Limited scholarship funding available:

Minimum fee: \$750

**** NEW!** *As the year draws to a close, from November 14 to November 21, meditators will join Marcia Rose for an 8-day LovingKindness-Equanimity/Metta-Upekkha Meditation Retreat co-sponsored with the Mabel Dodge Luhan House in Taos, NM. Beginning with the teachings and practice of Metta, this unique retreat gradually moves from the ground of LovingKindness to integrating the teachings and practice of Equanimity. Fee: \$390*

Address Correction Requested



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Meet the Teachers for the Spring and Summer 2009 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 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 is sometimes one of the teachers for the annual three-month retreat at *IMS*, and currently teaches at *The Forest Refuge* in Barre, MA as a visiting teacher. 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

Annie Nugent returns for her third 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.



SAYADAW 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.

“Because I have been financially challenged all these years with medical bills higher than my disability income, it would be impossible to attend such a retreat without financial assistance. The very quality of my life is greatly improved, the ease with which I face my challenges is greatly increased and the heart with which I encounter the world is tenderly softened in loving kindness ... all thanks to your generosity.”

– Scholarship Yogi, 2007 Retreat

A Message from Our Guiding Teacher

Dear Friends,

On April 30th of this year we concluded our 4th annual Spring *Hermitage* retreat. It was a month of inspiration, blossoming insight, and fulfillment — a great gift and blessing for everyone involved — yogis, teachers, our retreat manager and cook.

And now, as you read these words, I will have just completed a two-month personal retreat — yet another great gift of the Dhamma as it energizes and shapes our lives.

As 2008 draws to a close, *The Mountain Hermitage* teachers and staff prepare to move into a richer and fuller schedule of offerings for 2009.

Although we won't be continuing our development efforts for a home of our own, we'll be engaged in development of another kind with our expanded schedule of retreats for 2009. With two rental facilities we're now feeling quite secure. And with the abundant energy and inner space now available to focus on retreat planning, and the many gifts of inspiration and insight that have come to us, we are moving boldly into the future.

With four upcoming retreats, we are challenged to offer an expanded scholarship program, a central tenet of our vision. In this light, I invite each of you to consider offering the great gift of supporting the *Hermitage* in realizing its vision of helping to bring the Dhamma to the world.

With your gift to *The Mountain Hermitage Scholarship Fund*, you play a vital role by giving the gift of Dhamma practice to those who would otherwise not be able to attend Hermitage retreats, especially in these difficult times of rising costs and limited resources for so many practitioners.

Perhaps one day we'll be able to offer retreats at no cost to every qualified Dhamma student — as we expand our Scholarship program with your help, we move one step closer to realizing this dream.

With much gratitude and metta,

Marcia Rose
Guiding Teacher



Meditation Hall - San Geronimo Lodge

Reflections on Practice

from Annie Nugent, Co-Teacher, Hermitage Spring Retreat

LovingKindness uncovers the buried treasure in the heart.

Human beings are very tender, gentle creatures at heart, and it is because we are so tender and vulnerable that we develop an impenetrable barrier — a wall around ourselves in an attempt to protect ourselves from pain. But the wall only isolates and alienates us from the world of which we are an integral part. In deadening ourselves to pain, we cut ourselves off from that untapped source of love, kindness, joy and tenderness already within us and that we all desperately wish to experience.

We hurt others because we are hurting and up until now don't know what to do about it. Our entire lives are geared towards finding happiness, but through the ignorance of separation into “this is me and that is you” we look in the wrong direction — outside of ourselves — for something or someone to give us the love we seek.

When we can develop a kindness, a friendship, and acceptance and understanding towards ourselves by opening to ourselves with loving kindness and by so doing allowing the natural love to flow, then we can be genuinely friendly and kind towards others, no matter how they respond to us. And so the shield around the heart slowly melts away.

Additional Scholarship Funding Critical to Expanded Retreats

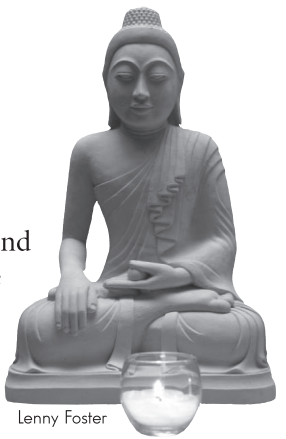
Thanks to the ongoing generosity of a supporting Foundation, the Hermitage Scholarship Fund is able to apportion monies among many qualified applicants — but so many in need cannot be subsidized without additional philanthropic dollars from individual friends and supporters.

Will you be one of them? If we are to offer scholarship aid at current levels, the Hermitage will need an additional \$6,000 to support retreat costs for scholarship yogis for the February 2009 Self-No Self Creativity retreat and the June 2009 Sayadaw Vivekananda retreat.

If you prefer to support the general operating fund to help pay critical retreat expenses, we would also be most grateful for your generosity. Among those expenses are modest facility rental, stipends for Retreat personnel, travel, food, and office expenses. A gift of any amount will be received with utmost gratitude, and will help the Hermitage continue to expand the many ways we are dedicated to bringing the Dhamma to the world.

Self –No Self and the Creative Process: Hermitage Offers Dynamic Retreat Opportunity

There's great excitement at The Mountain Hermitage these days as planning continues for our new and unique retreat, scheduled for February 13 to February 27 at the San Geronimo Lodge in Taos, NM. The retreat, Self-No Self and the Creative Process, along with sitting and walking practice explores the flow of creative energy in relation to “self-view” via movement/contact improvisation, seeing/drawing, and writing. Retreatants need not have had any experience with these creative modalities.



Lenny Foster

Dance artist Jane Shockley, with more than 20 years experience, will teach the Movement portion of the retreat. Jane is a lecturer in Dance at Carleton College and holds a certification in Global Somatics. Her teaching is informed by her studies in Global Somatics, Body Mind Centering, Feldenkrais and Yoga.

We will begin to discover ways that Self and No-Self show up as we explore letting go into the potential immediacy of moment to moment creative response through the vehicle of the body. The contemplative practice of Authentic Movement will begin our exploration...continuing on into Contact Improvisation, a partnered improvisational movement form which relies on following sensation without a predetermined plan. The dynamic site where two bodies meet is the starting point for this movement exploration. It is an opportunity to release into physical experience and follow the visceral response of the moving body. — Jane Shockley

Following the Movement segment of the retreat, Seeing/Drawing sessions. (See Marcia's bio on p. 4)
Hermitage Guiding Teacher Marcia Rose will teach the

We do a lot of looking — at our computers, televisions and through lenses; at people and books and 'nature.' Our 'looking' is practiced every day, but how often do we see? Seeing/drawing is a way to achieve intimate touch with the visible world around us, and through it, with ourselves. Our practice will be to receive what is seen without interposing the 'self' to allow the mind, the eye and the heart to simply reflect like a clear mirror. From this springs the ability to contact things directly and positively, letting the hand (and pencil) follow what the eye sees without the thought of 'making' a picture or 'being' creative. Our Seeing/Drawing will be the practice of contemplative awareness in relationship to a world that is fully alive. As we begin to draw, suddenly we begin to see. And as we begin to truly see, suddenly we are drawing in a way we may never have experienced before. — Marcia Rose

Sean Murphy, who will guide the Writing segment of the retreat, holds an MFA in Writing from the Naropa Institute, and teaches seminars in writing, meditation and creativity for many organizations, including his own Big Sky Writing Workshops and the University of New Mexico in Taos, NM. He is the author of *One Bird, One Stone*, a chronicle of Zen practice in America, as well as three novels. His debut, *The Hope Valley Hubcap King*, won the Hemingway Award for a First Novel. Sean has been a practitioner of Zen Buddhism for more than 20 years.

No-Self is actually where all creation comes from. Words and thoughts arise as though from nowhere — and we can learn to trust the process, and let it inform our creative work. What happens when we let go of ourselves and let the writing arise from this empty space? That's No-Self. That's our starting place. In practice this means we'll work with guided meditations, sensory/mindfulness exercises, and free-writing to touch that deep place in our creative process from which true inspiration springs. — Sean Murphy

Treasury of Free Dharma Offerings Available on Website

Free downloads of talks and guided sits from the last two years of Mountain Hermitage retreats are available on the *Hermitage* website at www.mountainhermitage.org. Click on *Dharma Talks*. CDs may be ordered on a dana basis. Our cost is \$4.50. Hermitage *Dharma Talks* are also available through the web on I-Tunes. For Marcia Rose's international teaching schedule, click on *Guiding Teacher*.