

Sunday International Online Sangha 8 Week Mini-Retreat Series

"The Seven Factors of Enlightenment"

With Marcia Rose

Sundays: October 3, 10, 17, 24, 31, November 7, 14, 21, 2021

Times: 10:00 am - 12:30 pm (Mountain Time)

please check for the corresponding time in your current location

This is an Online Retreat

INTRODUCTION

Our eight Sunday International Sangha ONLINE mini-retreats will be devoted to the exploration and cultivation of the 'Seven Factors of Enlightenment' through meditation practice, Dhamma reflections and discussion. Join us for a journey into one of the most basic and all-encompassing of the Buddha's teachings and practice...these seven factors of awakening...mindfulness, investigation, energy or effort, joy, tranquility, concentration and wisdom.

As each of these factors of mind and heart evolve towards maturity through our practice we experience a growing inspiration and encouragement to go deeper with our practice. And, we also find ourselves moving through our daily lives with more ease, intuitive understanding, peace, compassion and gratitude for the great gift of the Buddha's teachings.

We ask that you please register for and commit to attending all 8 mini-retreats. Those who have sustained a regular Buddhist meditation practice for at least 3 months are welcome to participate. You are welcome to invite others who also have sustained 3 or more months of practice to register for our Sunday International Sangha Online 8 Week Mini-Retreat Series.

The staff of this 8 week mini-retreat series will consist of the teacher, retreat manager(s) (the point of contact in case of any difficulties) and an administrative person.

Registration forms and fees are requested no later than September 19, 2021. **Registration Forms are located at the bottom of this page.**

PREREQUISITES FOR THIS RETREAT

Participants must have had a regular Buddhist practice for 3 months or more.

ABOUT THE MOUNTAIN HERMITAGE

Yogis are encouraged to maintain sustained and continuous practice during their participation in this 8 week mini-retreat series. Teaching support for these mini-retreats will consist of meditation practice, Dhamma reflections and discussion. All instructions, guided sits, reflections and Dhamma Talks will be recorded and will be available to listen to during this 8 week period.

This Mountain Hermitage online mini-retreat series offers a unique practice opportunity. In order to benefit from this environment, participants need to be largely self-sustaining in their practice and be comfortable in unbroken silence and solitude. All participants must be mentally stable and physically able to care for themselves. Any special needs must be discussed and agreed to in advance, as the staff is very small and cannot accommodate high levels of support for any individual.

We ask that participants commit themselves fully to their retreat. All business and family obligations should be taken care of prior to the beginning of the retreat so that practice can be uninterrupted.

TEACHER

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 Theravada-Vipassana (Path of the Elders) tradition. Her own teaching reflects a clear influence from the Burmese Mahasi Vipassana and Pa-Auk Forest Monastery lineages with authorization from Venerable Pa Auk Sayadaw to teach Samatha and Jhanas in his lineage. She has also studied and practiced in the Dzogchen Tibetan Buddhist tradition with Tulku Ugyen 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, as well as a visiting teacher at IMS for other retreats and a regular visiting teacher at The Forest Refuge in Barre, MA. Marcia has taught Vipassana, Concentration, Brahma Vihara, and Creative Process retreats in various U.S. and international venues for over 30 years, and is dedicated to offering these ancient and timeless teachings in ways that make them accessible and authentic for contemporary culture.

FEES

There is a modest registration fee of \$120 - \$240 for this 8 week mini-retreat offering. It is on a sliding scale to allow you to pay according to your means and will go toward taking care of various administrative costs. Partial scholarships are available and there is no fee for monastics. This registration fee does not include Dana offering for the teacher.

Please indicate the amount that you are to pay \$_____ Any amount over \$150 (actual cost) is a tax-deductible donation.

A few partial scholarships are available. Please fill out the Scholarship Application form (in addition to the Registration Form) if you would like to apply for a partial scholarship. The forms are below.

There is no fee for monastics.

It is possible to pay by check or money order in US funds, drawn on a US bank. Or you can pay online using our online donation medium Network for Good. [Please click here to get to our Network For Good donation page.](#)

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 are held to be beyond any price and have been offered freely since the time of the Buddha. This retreat is offered in that same spirit.

The early teachers received no payment for their instruction. In Buddhist countries, traditionally, it has always been understood that the lay community, through their voluntary generosity (their *dana*), provide physical support - the basic needs of food, clothing, shelter and medicine - for the monks and nuns. In turn they were/are offered guidance and teachings in their own practice by this monastic *sangha*.

This practice of *dana* has been a very significant pillar in keeping the Dhamma (teachings) alive. The generosity of the laity towards the practical support of the monastic community since ancient times, is what has kept the Dhamma spreading through the world. Western teachers have continued this tradition of offering the teachings freely. In our culture, where no real training exists in living generously, it is a new practice for us in both offering and receiving the Dhamma.

Dana is not only a practical matter; it also plays a crucial role in the spiritual life of a Dhamma practitioner. Generosity is the first of the ten *paramis*, 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 Mountain Hermitage fees for this retreat only cover basic expenses and operating costs. The teacher offers the Buddha Dhamma without any set fee, and depend on the generosity of students for the support of their daily life needs. Giving to the teacher, from the heart, whatever feels appropriate, is the practice of *Dana*. You may also wish to offer *Dana* to the staff, or to the Hermitage itself to support operating expenses or future scholarships.

HOW TO MAKE AN OFFERING

At the end of the retreat, you can use your credit card on our online donation site [Network For Good](#).

Or you can mail us a check with a piece of paper explaining how you would like your *dana* amount applied. The Mountain Hermitage is 501(c)(iii) tax-deductible charitable organization. All *dana* checks made out to The Mountain Hermitage (and online *dana* offerings made to TMH) are tax deductible. More information on this will be given toward the end of the retreat. If you have any questions or concerns, please don't hesitate to contact Kathy at: hermitage@mountainhermitage.org.

CANCELLATION POLICY

Cancellation fees apply to all confirmed registrations.

Cancellations received on or before September 19, 2021, including non-attendance at the retreat: your fee will be refunded minus a \$25 cancellation fee. CANCELLATION FEES WILL BE APPLIED TO THE MOUNTAIN HERMITAGE SCHOLARSHIP FUND

REGISTRATION

Anyone interested in attending this 8 week ONLINE mini-retreat series should read this document.

If you would like to use the US postal service, please mail your completed registration form and your registration fee check/money order to: The Mountain Hermitage, PO Box 807, Ranchos de Taos, NM 87557. Checks and money orders should be made out to *The Mountain Hermitage* and the should be in US funds, drawn on a US bank.

If you would prefer to email us your completed Registration form and pay the fee online, the email address to use is: hermitage@mountainhermitage.org You can pay your registration fee by using our online donation site, Network For Good. [Click here to get to this site.](#)

Registration forms and fee payments are requested no later than September 19, 2021. Late registrations will be considered on a space available basis. Incomplete registrations, including those without fee payments, will be returned for completion.

Each registration form will be carefully reviewed. In some cases, a personal or phone interview may need to be conducted with the guiding teacher prior to determination of suitability for this type of practice. All registrations are processed by date received. We will respond within two weeks from receipt of your registration form and registration fee.

WAIT LIST

Places are limited to 35 practitioners, so early registration is advised. Once the retreat is full, you will be notified and placed on a wait list, and we will contact you if a place opens up. If it does not, then your registration fee will be returned.

If you are placed on the wait list and then you cancel your registration before a space has become available, your registration fee will be returned in full. If you are placed on a wait list and are unable to attend the retreat, please let us know immediately. As long as your name remains on a list, we assume you wish to attend.

If a space becomes available, we will confirm your registration by email or phone. Once you are confirmed for a retreat, you are liable for applicable cancellation fees if you subsequently cancel.