

**THE MOUNTAIN HERMITAGE Recognizing Natural Awareness -
One Week Insight Meditation Retreat with Greg Scharf
July 7 -14, 2023 at Hyperslow Retreat @ San Geronimo Lodge, Taos, NM**

PRACTICE GUIDELINES

The Mountain Hermitage offers a uniquely supportive space of solitude and silence for qualified individuals who wish to undertake longer periods of intensive meditation practice. Meditation instruction for this seven day retreat will focus on Vipassana practice. The retreat is open to beginners and experienced practitioners alike and will include meditation instruction, Dharma talks, practice meetings with the teacher, and optional mindful movement.

EXPECTATIONS FOR MOUNTAIN HERMITAGE PRACTITIONERS:

- Adherence to the ethical guidelines of the Five 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 Mountain Hermitage, with no outside activities
- Completion of a daily work meditation
- Participation in scheduled practice discussions with the teacher

We invite anyone with a sincere interest in the Buddha Dhamma to join us for this retreat. You will need to complete an application for the retreat, and it will be reviewed by the teacher. Please be sure to fill out the application sections asking for any meditation and retreat experience, as this information will be helpful to the teacher. These retreats must have been led by a recognized teacher. Where applicable, include details of the retreats, including teachers' names, dates, location and length of the retreat.

ETHICAL GUIDELINES:

We ask that you abide by the five traditional Buddhist precepts for lay practitioners while at The Mountain Hermitage:

- 1) I undertake the training to refrain from harming living creatures. I undertake the training to practice compassionate action.
- 2) I undertake the training to refrain from taking that which is not given. I undertake the training to practice contentment.
- 3) I undertake the training to refrain from sexual misconduct. I undertake the training to practice responsibility in all my relationships.
- 4) I undertake the training to refrain from harmful speech. I undertake the training to practice noble silence.
- 5) I undertake the training to refrain from the use of intoxicants. I undertake the training to care for my body and my mind.

If you are interested in taking the eight traditional precepts for lay people (the above plus three more) while practicing at The Hermitage, this can be discussed with the teacher(s) at the time of the retreat.

NOBLE SILENCE:

After registration and orientation you will enter the silent space of the intensive retreat environment. The buildings and grounds are in silence, apart from staff working and living areas. Yogis are strongly encouraged not to read, write, or keep a journal - short notes for the practice can be helpful.

COMMUNICATION WITH THE OUTSIDE WORLD:

The experience of being at The Mountain Hermitage is a rare opportunity for silence and solitude. In support of this, all personal and business obligations should be taken care of prior to arrival, so that communication with the outside world can be kept to an absolute minimum. We ask that retreatants refrain from the use of telephones, cell phones, computers, and from sending or receiving e-mail or text messages. However, given the long-term nature of this seven day Insight Meditation retreat, exceptional circumstances may arise when communication is necessary. In this case, contact the Retreat Manager. Please remember that wise restraint is an integral part of practice.

WORK MEDITATION

As part of your intensive retreat practice, you will be asked to engage in mindful work practice. The work will consist of one hour a day at tasks such as helping in meal preparation, washing dishes, vacuuming, cleaning shared areas, 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. We have adjusted these "yogi jobs" to accommodate current Covid safe protocols.

DAILY SCHEDULE

The retreat schedule will consist of group events such as meals, group sittings, Dhamma talks and individual practice periods in the four postures: sitting; standing; walking; and reclining. Retreatants are welcome to discuss their schedule with the teacher.

5:45 a.m. Wake up

6:15 a.m Group sit with chanting

7:00 a.m. Breakfast

7:45 a.m. Work Meditation period

9:00 a.m. - 10:00 a.m. Group sit with Instructions/Guided Meditation

10:00 a.m. - 12:30 p.m. Individual practice

12:30 p.m. Lunch

2:30 p.m. - 5:30 p.m. Individual practice

*3:00 p.m. optional mindful movement with the teacher

5:30 p.m. Tea

6:30 p.m. - 7:15 p.m. Individual practice

7:15 p.m. Dhamma talk/Reflection (refuges/precepts are chanted before talks)

8:15 - 10:00 p.m. Individual Practice

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(s) offer 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.

MEAL DANA: All Mountain Hermitage retreats offer participants an opportunity to offer dana to specifically help cover the cost of meals during the retreat – for an entire day or for individual meals. The suggested amount for each of these will be posted at the retreat next to the meal dana basket.

HOW TO MAKE AN OFFERING: At the end of the retreat, dana envelopes will be provided. Cash or checks on US funds may be used. All dana checks should be made out to The Mountain Hermitage. The Mountain Hermitage is 501(c)(3) tax-deductible charitable organization. All dana offered to The Mountain Hermitage for use in supporting the teacher, scholarships & general expenses are tax deductible. Donations to staff are not tax-deductible. If you would like to offer dana by credit card, please ask the Retreat Manager.

MEDICAL ISSUES:

All participants must be mentally stable and physically able to care for themselves. Everyone must have health insurance or be able to cover his/her own expenses in case of illness or medical emergencies. Any special needs must be discussed with The Mountain Hermitage Office Manager and the Retreat Manager and agreed to in advance. Given the length of stay, and the possibility of a participant becoming ill, we recommend that retreatants come prepared to treat a variety of non-urgent common illnesses. Should medical needs or emergencies arise, the Retreat Manager will offer assistance.