

**THE MOUNTAIN HERMITAGE**  
**Ten Day Concentration/Insight Retreat**  
**December 2 - 11, 2023**  
**Teacher - Venerable Dhammadipa**  
**Hyperslow Retreat Center @ San Geronimo Lodge, Taos, NM**

**PRACTICE GUIDELINES**

This ten day retreat is for experienced Dharma students who have sat at least two 7 to 10 day retreats or a one-month retreat with a recognized Dharma teacher. Please state the dates for these retreats and name of the teacher that guided each retreat. Please also let us know what you practiced during these retreats.

In the Buddhist tradition, the liberation from the suffering of worldly existence is impossible without the right discipline, concentration and wisdom. Right discipline/right effort is the condition for right concentration to arise. The combination of right effort and concentration is the condition for the arising of liberating wisdom. The cultivation of these three elements bring one's mind into a state of wholesome unified balance regarding all positive/wholesome mental factors. Liberating wisdom accompanied by the supporting presence correct concentration, accompanied by correct mindfulness and correct effort promotes and allows the process of abandoning all habits that lead to mental suffering.

In the Indian spiritual tradition, correct concentration, *samma samadhi*, is inseparable from wisdom. Venerable Dhammadipa's aim for this retreat is to lead students towards a clear understanding of the science of deep concentration and how to use it for improving the quality of one's meditative experience and one's life overall. Venerable Dhammadipa will offer teachings on how to train the mind in the science of deep concentration accompanied by a step by step discovery of how to balance the mind so as to avoid mental agitation and slackness. With the help of instructions regarding the art of deep concentration, students will be led towards a clearer understanding of one's mind regarding its differentiating and non-differentiating aspects. This clear seeing/knowing of the mind leads towards the integration of the mind as a whole. Consequently the true '*empty nature of mind*' can then be experienced/known.

In the service of explaining the practice of deep concentration, Venerable Dhammadipa's teachings will be based on *The Sutra of Untying The Knots (Sandhinirmocanasutra)* and on the treatise dealing with the stages of the Buddhist yoga (*Yogacarabhumishastra*) from the Sanskrit tradition along with other sources from Pali and Sanskrit.

**EXPECTATIONS FOR THE 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 practice interviews

**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 activity. 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 at all times, apart from staff working and living areas.

### **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 10 - Day Samatha Concentration retreat, exceptional circumstances may arise when communication is necessary. In this case, contact the Retreat Manager. Even in those times, 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.

### **POSSIBLE DAILY SCHEDULE**

The retreat will be held in Noble Silence, and will consist of alternate periods of sitting and walking, instructions, guided sits, Dhamma talks, Q & A opportunities, individual practice meetings and a daily 30 minute Qigong practice session. The small group size at this Hermitage retreat helps to create a more intimate experience and easier access to the teacher.

6:00 a.m. – Group sit and *Metta* chant

6:30 a.m. – Breakfast

7:15 a.m. – Work period

8:15 a.m. -Refuges & Precepts – Group sit – Instructions or Dhamma reflection

9:15 a.m.- 12:00 p.m. Walk & sit alternate hours- Practice interviews as scheduled

12:00 Noon – Lunch

1:30 p.m. – 5:30 p.m. Walk & sit alternate hours, 30 minute optional *Qigong* practice session

5:30 p.m. – Tea

6:30 p.m. – 7:15 p.m. Sit & walk

7:15 p.m. – Dhamma talk, guided meditation, or Q & A as scheduled

8:30 p.m. – 9:30 p.m. Walk or sit

## **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 have been offered freely since the time of the Buddha. There was and is no way to put a price on the teachings of the truth - they are valuable beyond any fee one could set.

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 totally depend of 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. If you wish to offer Dana using your credit card, please let Kathy know at [hermitage@mountainhermitage.org](mailto:hermitage@mountainhermitage.org)

## **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.