

THE MOUNTAIN HERMITAGE
Mindfulness of the Body Retreat
with Kristina Baré & Tempel Smith
One-Week Retreat: April 14 - 21, 2024
Hyperslow Retreat Center @ San Geronimo Lodge, Taos, New Mexico, USA.

PRACTICE GUIDELINES:

The Buddha taught Mindfulness of the Body as the first meditative foundation to help settle our scattered, exhausted, reactive, and overworked minds. Our bodies hold many old patterns of stress, and also the keys to developing wisdom and well being. Through teachings and practices of relaxed body scans, breath awareness, and becoming more intimate with our body's elemental and animal nature, we can find all the teachings of the Dharma.

The retreat is appropriate for those new to meditation practice as well as those who are already dedicated to this path of awakening. The retreat will be held in noble silence from the first evening until the last day, including a requirement to turn off and put away all electronic devices. We welcome all people from widely diverse communities and backgrounds.

There will be three nutritious vegetarian meals served each day. 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.

The experience of being at *The Mountain Hermitage* is a rare opportunity for silence and solitude. We ask that retreatants refrain from the use of telephones, cell phones, computers, and from sending or receiving e-mail or text messages. However, exceptional circumstances may arise when communication is necessary. In this case, contact the retreat manager.

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 wisely care for my body and my mind.

WORK MEDITATION:

As part of your 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, sweeping outside walkways and porches, 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.

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 teachers 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 teachers, from the heart, whatever feels appropriate, is the practice of *dana*. It will also be possible to offer *dana* to the retreat staff – the retreat manager, the cook, and the administrative assistant.

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 teachers, scholarships & general expenses are tax deductible. Donations to staff are not. If you would like to offer *Dana* by credit card, please contact Kathy at 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 one's own expenses in case of illness or medical emergencies. Any special needs must be discussed with *The Mountain Hermitage* administrative assistant and the retreat manager and agreed to in advance. Should medical needs or emergencies arise, the retreat manager will offer assistance.