



Temporary Buddhist Ordination / Eight Precepts Retreat

Sep 30 to Oct 08, 2018

Retreat Objective

To provide an opportunity, in a focused retreat setting, for our students to cultivate mental well-being and essential Buddhist virtues to live a happier and more compassionate life.

Important Guidelines:

- 1) All participants must be physically healthy and mentally prepared to undergo an intensive Temporary Buddhist Ordination/Eight Precepts Retreat. If you have a medical condition that may prevent you from participating in any of our activities or from completing the retreat, you must inform the event organizer before the retreat starts.
- 2) All participants must arrive and meet on the ground floor of the Gracious Hall (Buddhist temple) on the morning of Sep 30th at 9:00AM.
- 3) In the spirit of giving (dana), we do not charge a fee for our participants to attend this retreat. All expenses required to organize and run this event are provided for by our generous donors. However, if you feel inspired to cultivate dana, we would be grateful for any donations, which will be used to support the costs for this event and for our future retreats.
- 4) During the retreat, all participants must stay in the accommodations provided to them and are not to leave the temple premises at any time, unless for emergency or medical reasons, until the retreat is complete. If you must leave before the retreat is over, you must first speak with the event organizer.

- 5) During the retreat, participants must dress respectfully and appropriately. No tights, short shorts, skirts, low-cut tops, or flip-flops. Yoga pants are permitted and socks are required. It may be chilly in the morning and evening so dress adequately. No perfume, make-up or scented cosmetic products should be applied at any time during the retreat. Wearing nail polish, bracelets or jewelry are also prohibited (Buddhist chanting beads are allowed). Please do not bring any of your valuables to the retreat.
- 6) Participants must keep the noise level down to a minimum at all times during the retreat. Silence is golden, especially in the Buddhist life. If one wishes to get the most out of this retreat experience, one should cultivate right speech. Before opening your mouth, ask yourself: Is it true? Is it useful? And is it the right time? Most of us already have enough mental chatter going on in our heads. The last thing we need is more verbal chit-chat to rob what's left of the peace and stillness in our minds.

All cell phones must be turned in at the start of the event and will be returned at the end of the retreat. You can leave the temple's phone number with a family member or friend in case they need to contact you for any emergency.

- 7) As our schedule is lined up with activities throughout the day, all participants are encouraged to get sufficient rest in the evenings and during our break periods. Again, please be considerate and observe our policy of silence, especially in the dormitories, during these restorative periods.
- 8) All participants must properly wear their name tags at all times while partaking in our activities.
- 9) All participants will be grouped into small teams, with each team having a team leader. Team members should follow the instructions of their team leader at all times. Any problems or issues that come up should first be addressed to the team leader, whereby the team leader will directly report the matter to the event organizer.

- 10) All participants must be up when the morning bell sounds. The first morning session begins at 5AM sharp, so participants should arrive at the meditation hall by 4:45AM. Before leaving their dormitories, all participants should make sure their beds are made, all their personal belongings neatly arranged, all lights turned off and doors firmly shut.
- 11) When using the bathrooms, please be considerate and clean up every time after use. Please do not throw paper towels into the toilet. This will clog up the toilet and septic lines and create lots of bad karma for everyone to bear (especially on our noses)! We have many participants and only a limited number of bathrooms, so please use your time in the toilet and showers sparingly, always keeping the people waiting behind you in mind.
- 12) Please help us in creating a “Pure Land” at the temple! We ask all participants to pay attention to their personal hygiene and maintain a clean and sanitary environment for everyone at all times.
- 13) Empty the trash bin in your room once a day. Remember that our trash needs to be separated into the appropriate bins.

Things to bring with you:

- 1) One valid piece of identification, e.g. Driver’s License or government-issued ID.
- 2) Cash for emergency use or if making donation.
- 3) Participants should bring your own black robes, brown sashes, uniform for lay Buddhist, grey/white socks and black cotton shoes.
- 4) Meditation/zafu cushion and small blanket for our sitting sessions.
- 5) Personal items such as sleeping bag or bedding for twin-sized mattress, pillow, enough clothes and undergarments, slippers, toiletries (toothbrush, toothpaste, soap/body wash, shampoo, deodorant etc.) , bath and face towel, water bottle/vacuum flask, etc.

- 6) Prescription medication, cold/flu medicine, pepto-bismol, etc. as needed.
- 7) Other miscellaneous items such as sunscreen, hat, sunglasses, flashlight, etc.
- 8) A considerate, respectful and spacious mind that's ready to receive the sweet nectar of the Dharma in all its fullness!