



Vajra Dakini Nunnery

Peace, Practice, Service

DEEP PEACE, SUBTLE INSIGHT
A Silent Retreat with Khenmo Drolma
April 3-5, 2020

Marie Joseph Spiritual Center
10 Evans Road, Biddeford, ME 04005

NOW THAT YOU'RE COMING, THINGS YOU NEED TO KNOW

Retreat Guidelines: Our mutual settled energy creates the suitable conditions for the profound teachings to arise.

Check-in will be from 3:00 p.m. to 4:00 p.m. on Friday. The retreat boundaries will be set at 7:00 p.m., and will conclude at 3:00 p.m. on Sunday.

Commitments

1. Adherence to the ethical guidelines of the Five Precepts.
2. Participation in all the practice periods. This is an important commitment for your welfare and that of the group.
3. A commitment to use all activities of the day as opportunities for practice.
4. A commitment to sustained and continuous practice.
5. A commitment to being fully present, with no outside activities.
6. Maintenance of Noble Silence by refraining from verbal and written communication, use of electronic devices, or written notes to other retreatants.

Noble Silence

After supper on Friday, we will enter the silent space of the intensive retreat environment. In support of this, all personal and business obligations should be taken care of prior to arrival, You will want to gently inform your family, friends, and co-workers that for this short period of time, you are unavailable. This is for our own benefit and our fellow retreatants. Although other retreat groups and Marie Joseph Spiritual Center (MJSC) staff may not be in silence, we will maintain silence for the duration of our retreat.

Apart from taking notes during instruction, you are also asked not to read anything other than retreat materials, or to keep a journal so that your focus can remain on meditation. During the retreat we forgo phones, email, computers or any activity other than practice. As per His Holiness's guidelines, before we begin the first Practice Period, cell phones, computers, and

electronic devices will be collected and placed in a secure location. MJSC only gives us the emergency contact number during registration. There will be time for you to communicate this information to a family member or friend and we will set up an additional phone/email contact through Vajra Dakini as a back up.

Check In

Please arrive between 3:00 and 4:00 p.m. on Friday to check in, receive your room assignment, and orient yourself to the building and grounds. Supper will be served at 5:30 p.m. Our first practice period will begin at 7:00 p.m.

Check Out

The retreat will end at 3:00 p.m. on Sunday, right after the last practice period. However, MJSC asks that we vacate our rooms by 10:00 a.m. Time will be allotted on the Sunday morning schedule to pack your bags and clear out our rooms by the appointed time.

What to Bring

MJSC offers three meals each day, as well as coffee and tea service throughout the day. Meals may include meat; however, vegetarian and/or gluten-free/dairy-free options will be available to those who indicated a preference on their Retreat Application. We invite all retreatants to choose a vegetarian diet, unless their health prohibits it. During our stay, we will have access to a lounge area, where there is a refrigerator and microwave for anyone wishing to supplement with their own food.

- Meditation supplies, such as a zabuton, zafu, gomden, support cushions, blanket, and/or small rug to sit on. The meditation room will be carpeted and straight-back chairs will be provided.
- Sturdy shoes and comfortable, modest clothing for sitting and walking, outdoors as well as indoors.
- Indoor shoes or slippers.
- Appropriate night wear and robe (for walking in hallway to/from shared bath).
- Personal medications, including prescriptions and over-the-counter products (e.g., aspirin).
- Unscented toiletries (soap will be provided for your shower, but please bring your own shampoo and conditioner, if needed).
- An alarm watch or clock (separate from your phone or other electronic device).
- Flashlight or headlamp (if you want to walk outside after dark).
- Water bottle and/or travel mug (if you plan to drink in the meditation space).
- Notebook and pen.

What Not to Bring

- Books, magazines, or other recreational reading.
- Candles or incense to burn (strictly prohibited per MJSC policy).
- Perfumed or scented products.
- Drugs or alcohol.

Dress

Retreatants should bring dark-colored, monochromatic clothes, and footwear that is comfortable and appropriate for the unpredictable and ever-changing weather on the coast of southern Maine. Early April will likely be beautiful, but also cold and breezy. Layers work best in this environment. If weather permits, we will do walking meditation outside.

Fragrance

Because meditation retreat practice can lead to a heightened sense of awareness, some participants may develop a sensitivity to odors and perfumes, and some may be allergic to many chemicals. Please do not bring or use perfumes or scented shampoos, ointments, or lotions containing fragrance, including those with “natural scents” (e.g., essential oils).

Smoking

MJSC is a smoke-free facility. Smoking is not permitted anywhere in the building or on the premises.

Medical Issues

All participants must be mentally stable and physically able to care for themselves during the retreat. We recommend that retreatants come prepared to treat a variety of non-urgent common illnesses.

Five Lay Precepts

For the duration of this retreat, all participants will be expected to live by the Five Lay Precepts:

1. Respect life and do not physically harm any living being.
2. Respect others' property and do not take anything that hasn't been freely given, or use anything that is not for your use.
3. Do not engage in sexual behavior, including flirting.
4. Speak truthfully, kindly, and at appropriate times.
5. Do not use intoxicants (alcohol, recreational drugs, tobacco). Anyone using these substances during their stay here will be asked to leave.

Daily Schedule

Friday

| | |
|--------------------|-----------------------------|
| 3:00 – 5:00 | Check-In/Room Assignment |
| 5:30 – 7:00 | Supper / Free Time |
| 7:00 – 8:30 | First Practice Period |
| 8:30 | Further Individual Practice |

Saturday

| | |
|---------------------|------------------------------|
| 6:00 – 8:30 | First Practice Period |
| 8:30 – 10:00 | Breakfast / Free Time |
| 10:00 – 12:00 | Second Practice Period |
| 12:00 – 2:00 | Lunch / Free Time |
| 2:00 – 5:30 | Third Practice Period |
| 5:30 – 7:00 | Supper / Free Time |
| 7:00 – 8:30 | Fourth Practice Period |
| 8:30 | Further Individual Practice |

Sunday

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|---------------------|---|
| 6:00 – 8:30 | First Practice Period |
| 8:30 – 10:00 | Breakfast / Pack & Vacate Room / Free Time |
| 10:00 – 12:00 | Second Practice Period |
| 12:00 – 1:30 | Lunch / Free Time |
| 1:30 – 3:00 | Last Practice Period |
| 3:00 | Retreat Ends |

Directions

From the **Maine Turnpike, Exit Mile 32**. After the toll booth, go **straight** through the first set of lights onto a brief connector for about $\frac{3}{4}$ of a mile, to a 2nd set of traffic lights. At lights, **turn left onto Route 1**. Stay in right lane. At the next set of lights, **turn right onto West Street**. Drive $\frac{1}{2}$ mile to the next set of lights. **Turn left onto Hill Street**. Go about 1 mile and **turn right onto Rt. 9/208**



(south-west), or **Pool St./Rd**. Continue approximately 5 miles, past the *University of New England* and **turn left** at the *water tower*, keeping with Rt. 208 (south), Bridge Road, toward Biddeford Pool. Follow this road to the end and at the stop sign, **turn left onto Mile Stretch Road**. Stay on the main road about $1\frac{1}{4}$ mile. **Turn right** onto **Evans Road**. Drive to the left side of the building to the rear parking lot. **Enter on the ground level, ocean side.**

GPS users: 10 Evans Road, Biddeford Pool, Maine 04006 or
10 Evans Road, Biddeford, Maine 04005

If you have any questions, please contact info@vajradakininunnery.org

MAY YOU BE HAPPY AND WELL!

WE LOOK FORWARD TO SEEING YOU!