



Crystal Mountain Society - A Society for Eastern and Western Studies

Galiano Island, British Columbia, Canada

email: crystallmountainsociety@yahoo.ca

**Considerations on attending the
21st Annual Summer Retreat on Galiano Island July 3 - August 1, 2021**

Bodies of Awareness:

Meditations on Our Vital yet Illusory Bodies

With Lama Mark Webber (Lama Yongdu Chokyi Gyaltzen)

Your Aspiration: Entering into retreat is a positive practice for the cultivation of wisdom and compassion. With correct aspiration or intention, changes and transformation will naturally occur, building confidence in awakening. This happens most easily when you arrive without fixed ideas of what may or may not occur.

During the retreat, we ask all the participants to follow the five precepts and the Bodhisattva vow as their constant practice. These disciplines, which are common to all schools of Buddhism, are standard for meditation retreats and are to help support the development of fluid, easeful presence, coupled with bright interest and awareness. Those who have not received these vows are asked to practice a high level of moral and ethical conduct. This includes a basic understanding of the five precepts, even if you have not been given formal teachings:

1. no inappropriate sexual activity
2. no taking that which is not freely given
3. no careless or harmful speech
4. no imbibing of intoxicating substances
5. no actions that result in loss of life

If you would like teachings on the five precepts, please request them from Lama Mark.

Site: The retreat is located in a rugged area with paths on uneven ground, dangerous cliffs and no outdoor lighting. The retreat centre has no electricity or indoor plumbing. It is important that you be reasonably healthy and able to walk around such a property. You will be responsible for your own safety. [Retreat Information - About the Retreat Centre](#) has more information under “About the Retreat Centre.” If you have any doubts check with a doctor and retreat manager before coming.

Health: The retreat site is located on a remote island serviced by a small clinic and emergency ambulance service only. Please be sure you have adequate medical health insurance if you are from out of province or out of country. Please realize that a retreat is not psychotherapy. All participants need to be in a reasonably balanced emotional state. If you are on any medication, or were on medication immediately prior to the retreat, you are asked to disclose this information as this can help Lama Mark understand your situation.

Kitchen/Cooking/Diet: If you have dietary requirements for health reasons, we will try to accommodate you. However, part of practicing Buddha Dharma involves cultivating equanimity and



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learning to accept what comes up and that especially includes food. Catering for a large range of different needs is a lot of work, so please make sure your requests are not whims of the moment. If you do have special needs, please inform the Registrar on your application form.

Dana for the Teacher: In keeping with traditional practice, Lama Mark does not charge a fee for teaching but lives by Dana (the generosity of students). Dana is a Buddhist teaching about giving and receiving, about generosity and thankfulness, and the interdependence of all beings. It is not a tip or gratuity but is often the teacher's only source of livelihood. It is left up to the participants to assess their own circumstances and to give accordingly, as generously as possible.

A suggested amount is \$30 per day; this is only a guideline. Envelopes will be provided in the teaching tent and it is customary to offer Dana the day teachings commence.

Retreat Fees: Are paid to cover expenses incurred to provide the retreat. No payments are made to volunteer staff, board members or to the Teacher.

Refund Policy: Is implemented in accordance with Crystal Mountain Society's existing Refund Policy. A copy of this policy is available upon request or you may download it from our website: [Retreat Information - Refund Policy](#)

Practitioner Support Fund: The Practitioner Support Fund was created to financially support individuals to attend retreats. Information on how to apply to the fund can be found on www.CrystalMountain.org

Please consider adding a donation to your retreat fees as an act of generosity. Donations can be made on the website or sent in with your retreat fees.

Use of cell phones and laptops will not be permitted during retreats:

These must be deposited with the retreat manager at the start of the retreat. Family emergencies can be phoned into the retreat coordinator or the emergency numbers on your information form.

Release of Liability: Upon arriving at the retreat you will be requested to sign a Release of Liability Form. This form will release Crystal Mountain Society, its teachers, agents, volunteers or members from responsibility or liability for any injury or illness which may occur on CMS property and release any claim against any of them which may arise from any such injury or illness. A copy of this form can be forwarded prior to arriving, upon request or downloaded from our website: [Retreat Information - Release of Liability](#)

I have read the "Considerations on Attending a Retreat" and find it acceptable.

Signature: _____

Print Your Name: _____ Date: _____