

General Information

Please leave the name and number of someone we can contact in case of an emergency.

Reduce disturbances to a minimum:

To avoid interruptions, tell your friends and family what you are doing, and your need for silence! Activate an automated “Out of Office” message for your email.

The more silence there is, the better it is, so switch off your cellphones for the weekend!

Don't expect to have the same level of concentration as at a retreat center, but you may surprise yourself! If there are “disturbances” think of them as opportunities to integrate your practice into daily life.

Morality:

If you are participating full-time, follow the 8 precepts, meaning no solid food after lunch; this may be modified, but no more than a light snack at tea; to help keep awake, it may be better to do without.

If you are participating part-time, you must decide on your own.

Maintain celibacy.

Don't imbibe drinks that disturb mindfulness (coffee may be too much of a stimulant for some).

Consider a vegan or vegetarian diet during this period to reinforce your commitment to the first precept.

We will use Zoom for the sittings, for the chanting, and for questions and answers.

If you are not familiar with Zoom, do one of their online tutorials.

<https://support.zoom.us/hc/en-us/articles/206618765-Zoom-Video-Tutorials>

Try to be punctual to the sitting sessions: others are relying on your presence. If you are held back for whatever reason you can sign-in late.

Make sure you are on mute, even during the chanting.

Use “Gallery View” instead of “Speaker View”.

Raise your hand to talk: it should not be necessary to talk outside of the question and answer sessions.

Sit comfortably; you can sit on a side, and have the lights low, but make sure you are visible, even if only your back! Otherwise there is no reciprocal support.

Please don't eat or drink in front of the screen, and dress modestly, as you would at the center.

If the teacher is present, wait till they leave or switch off the screen, before getting up yourself.

If the teacher is not present, a bell will ring at the end of the session.

If your WiFi connection is weak, consider using an Ethernet cable.

If possible, keep your pets away from the screen.

Contacting the teacher:

In the event of spiritual or psychological difficulties: if you cannot manage the arisen state on your own.

Call at any moment +44 01588 650752 (fixed line). Send an email and I will call you back.

The mobile connection is very weak!

So use the fixed line or we can arrange a meeting via WhatsApp or Skype.

Pre-preparing your home:

Find a place for sitting and walking, & move furniture if necessary.

Walking meditation may be more complicated than at a retreat center due to disturbances. Can you find a quiet place in your home or apartment or in the garden? Does walking bare-foot help with concentration? If lights are lowered, does that help?

Can you find a place to do 10 minutes of rapid walking at the start of the walking meditation? If you can't, can you do another form of exercise to release energy like walking up and down the stairs?

Organize your meals in advance: for example, by preparing and placing them in the freezer. Do all your shopping before the retreat begins.

Begin as you would like to end!

Moment to moment mindfulness is the secret to success!