

Meditation & Education Retreat

November 6 – 8, 2009

Deer Park Monastery

BUSY Meditating?

Friday November 6th

2:00- 5:00	Arrival & Registration	
5:30	Dinner in silence in dining hall-	(Br. Phap Ho)
7:00	Gather in Circle Garden- Walking meditation	(Sr Huong Ng.)
7:30	Orientation in Big Hall	(Sr Dang Ng., Sr Hang Ng)
9:30	Noble Silence	

Saturday November 7th

5:00	Wake Up	
5:30	Gather in Circle Garden, Clarity or Campground -movement, walk to big hall	
6:00	Guided Sitting (30'), Sutra Reading in Big Hall Followed by mindful movements	(Br. Phap De) (Br. Phap Ho)
7:30	Breakfast (in silence in Dining Hall)	
9:00	Walking Meditation- gather outside Big Hall	(Br. Chinh Quang)
10:30	Dharma Lecture in Big Hall	(Br. Phap Dung)
12:00	Lunch in silence in Dining Hall	
1:30	Total Relaxation in Big Hall	(Sr. Hao Ng.)
2:30	Dharma Discussion (see posted lists)	
4:00	Electives (see posted lists)	
5:30	Dinner in silence in Dining Hall	
7:00	Workshop on the Mindfulness Trainings in Big Hall	(Br. Phap Hai, Sr Thuan Ng.)
9:30	Noble Silence	
10:00	Lights Out- Sleep well	

Sunday November 8th

5:00	Wake Up	
5:30	Pack breakfast in Dining Hall	
6:00	Gather outside Dining Hall Hiking the mountain, Sitting meditation, breakfast	(Br. Phap Nha, Br. Phap Dung)
9:00	Return to Deer Park	
10:00	Questions and Answers Session in Big Hall	(Brs. P. Hai, P. Tuyen, P. De, Srs Ho Ng., Sr Quynh Ng..)
12:00	Lunch and Closing Circle in Big Hall	(Sr Khanh Ng., Br. Phap Thuyen)

...when our mind is at peace we can help bring peace to society...

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*Meditation is to be aware of
what is going on.*

*Meditation helps us to slow
down, to calm, to relax
and to renew.*

*Meditation helps us experience
and understand ourselves and
life deeply.*

*Meditation is about learning
throughout our lives.*



Deer Park Monastery
in the great hidden mountain

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THE FOUNDATION OF OUR BEING TOGETHER

The **Five Mindfulness Trainings** represent the Buddhist vision for a global spirituality and ethic. They are a concrete expression of the Buddha's teachings on the Four Noble Truths and the Noble Eightfold Path, the path of right understanding and true love, leading to healing, transformation, and happiness for ourselves and for the world. To practice the Five Mindfulness Trainings is to cultivate the insight of interbeing, or Right View, which can remove all discrimination, intolerance, anger, fear, and despair. If we live according to the Five Mindfulness Trainings, we are already on the path of a bodhisattva. Knowing we are on that path, we are not lost in confusion about our life in the present or in fears about the future.

Reverence For Life

Aware of the suffering caused by the destruction of life, I am committed to cultivating the insight of interbeing and compassion and learning ways to protect the lives of people, animals, plants, and minerals. I am determined not to kill, not to let others kill, and not to support any act of killing in the world, in my thinking, or in my way of life. Seeing that harmful actions arise from anger, fear, greed, and intolerance, which in turn come from dualistic and discriminative thinking, I will cultivate openness, non-discrimination, and non-attachment to views in order to transform violence, fanaticism, and dogmatism in myself and in the world.

True Happiness

Aware of the suffering caused by exploitation, social injustice, stealing, and oppression, I am committed to practicing generosity in my thinking, speaking, and acting. I am determined not to steal and not to possess anything that should belong to others; and I will share my time, energy, and material resources with those who are in need. I will practice looking deeply to see that the happiness and suffering of others are not separate from my own happiness and suffering; that true happiness is not possible without understanding and compassion; and that running after wealth, fame, power and sensual pleasures can bring much suffering and despair. I am aware that happiness depends on my mental attitude and not on external conditions, and that I can live happily in the present moment simply by remembering that I already have more than enough conditions to be happy. I am committed to practicing Right Livelihood so that I can help reduce the suffering of living beings on Earth and reverse the process of global warming.

True Love

Aware of the suffering caused by sexual misconduct, I am committed to cultivating responsibility and learning ways to protect the safety and integrity of individuals, couples, families, and society. Knowing that sexual desire is not love, and that sexual activity motivated by craving always harms myself as well

The Eighth Realization is the awareness that the fire of birth and death is raging, causing endless suffering everywhere. Take the Great Vow to help all beings, to suffer with all beings, and to guide all beings to the Realm of Great Joy.

These Eight Realizations are the discoveries of great beings, Buddhas and Bodhisattvas who have practiced diligently the way of understanding and love. They have sailed the Dharmakaya boat to the shore of nirvana, and have then returned to the ordinary world, free of the five sensual desires, their minds and hearts directed toward the Noble Way. Using these Eight Realizations, they help all beings recognize the suffering in the world. If disciples of the Buddha recite and meditate on these Eight Realizations, they will put an end to countless misunderstandings and difficulties and progress toward enlightenment, leaving behind the world of birth and death, dwelling forever in peace.

Taisho Revised Tripitaka 779

The Five Contemplations – before a meal

*This food is a gift of the whole universe, the earth, the sky,
numerous living beings and much hard work.*

*May we eat in mindfulness and gratitude, so as to be worthy to
receive it.*

*May we transform our unskillful states of mind, especially our
greed and learn to eat with moderation.*

*May we eat in such a way as to keep our compassion alive, reduce
the suffering of living beings, preserve our planet and reverse the
process of Global Warming.*

*We accept this food so that we may nourish our brother- and
sisterhood, strengthen our Sangha and realize our ideal of serving
living beings.*

DISCOURSE ON THE EIGHT REALIZATIONS OF THE GREAT BEINGS

Wholeheartedly, day and night, disciples of the Awakened One should recite and meditate on the Eight Realizations discovered by the Great Beings.

The First Realization is the awareness that the world is impermanent. Political regimes are subject to fall. Things composed of the four elements are empty, containing within them the seeds of suffering. Human beings are composed of Five Aggregates and are without a separate self. They are always in the process of change — constantly being born and constantly dying.

They are empty of self and without a separate existence. The mind is the source of all confusion, and the body the forest of all unwholesome actions. Meditating on this, you can be released from the round of birth and death.

The Second Realization is the awareness that more desire brings more suffering. All hardships in daily life arise from greed and desire. Those with little desire and ambition are able to relax, their body and mind free from entanglement.

The Third Realization is the awareness that the human mind is always searching outside itself and never feels fulfilled. This brings about unwholesome activity. Bodhisattvas, on the other hand, know the value of having few desires. They live simply and peacefully, so they can devote themselves to practicing the Way. They regard the realization of perfect understanding to be their only career.

The Fourth Realization is the awareness that indolence is an obstacle to practice. You must practice diligently to transform unwholesome mental states that bind you, and you must conquer the four kinds of Mara in order to free yourself from the prisons of the Five Aggregates and the Three Worlds.

The Fifth Realization is the awareness that ignorance is the cause of the endless round of birth and death. Bodhisattvas always listen to and learn from others so their understanding and skillful means can develop, and so they can teach living beings and bring them great joy.

The Sixth Realization is the awareness that poverty creates hatred and anger, which creates a vicious cycle of negative thoughts and actions. When practicing generosity, bodhisattvas consider everyone — friends and enemies alike — to be equal. They do not condemn anyone's past wrongdoings or hate even those presently causing harm.

The Seventh Realization is the awareness that the five categories of sensual desire — money, sex, fame, overeating, and oversleeping — lead to problems. Although you are in the world, try not to be caught in worldly matters. A monk, for example, has in his possession only three robes and one bowl. He lives simply in order to practice the Way. His precepts keep him free of attachment to worldly things, and he treats everyone equally and with compassion.

as others, I am determined not to engage in sexual relations without true love and a deep, long-term commitment made known to my family and friends. I will do everything in my power to protect children from sexual abuse and to prevent couples and families from being broken by sexual misconduct. Seeing that body and mind are one, I am committed to learning appropriate ways to take care of my sexual energy and cultivating loving kindness, compassion, joy and inclusiveness — which are the four basic elements of true love — for my greater happiness and the greater happiness of others. Practicing true love, we know that we will continue beautifully into the future.

Loving Speech and Deep Listening

Aware of the suffering caused by unmindful speech and the inability to listen to others, I am committed to cultivating loving speech and compassionate listening in order to relieve suffering and to promote reconciliation and peace in myself and among other people, ethnic and religious groups, and nations. Knowing that words can create happiness or suffering, I am committed to speaking truthfully using words that inspire confidence, joy, and hope. When anger is manifesting in me, I am determined not to speak. I will practice mindful breathing and walking in order to recognize and to look deeply into my anger. I know that the roots of anger can be found in my wrong perceptions and lack of understanding of the suffering in myself and in the other person. I will speak and listen in a way that can help myself and the other person to transform suffering and see the way out of difficult situations. I am determined not to spread news that I do not know to be certain and not to utter words that can cause division or discord. I will practice Right Diligence to nourish my capacity for understanding, love, joy, and inclusiveness, and gradually transform anger, violence, and fear that lie deep in my consciousness.

Nourishment and Healing

Aware of the suffering caused by unmindful consumption, I am committed to cultivating good health, both physical and mental, for myself, my family, and my society by practicing mindful eating, drinking, and consuming. I will practice looking deeply into how I consume the Four Kinds of Nutriment, namely edible foods, sense impressions, volition, and consciousness. I am determined not to gamble, or to use alcohol, drugs, or any other products which contain toxins, such as certain websites, electronic games, TV programs, films, magazines, books, and conversations. I will practice coming back to the present moment to be in touch with the refreshing, healing and nourishing elements in me and around me, not letting regrets and sorrow drag me back into the past nor letting anxieties, fear, or craving pull me out of the present moment. I am determined not to try to cover up loneliness, anxiety, or other suffering by losing myself in consumption. I will contemplate interbeing and consume in a way that preserves peace, joy, and well-being in my body and consciousness, and in the collective body and consciousness of my family, my society and the Earth.

MINDFULNESS PRACTICE SONGS

1. Walking Meditation Gatha

The mind can go in a thousand directions. But on this lovely path,
I walk in peace. With each step a gentle breeze blows. With each step a flower
blooms.

2. Arrived

Arrived, arrived. At home, I am at home.
Dwelling in the here, and dwelling in the now.
Solid as a mountain. Free as a white cloud.
The door to no birth and no death is open, free and unshakable.

3. The Island Within

Breathing in, I go back to the island within myself. There are beautiful trees
within the island. There are clear streams of water. There are birds, sunshine
and fresh air.
Breathing out, I feel safe. I enjoy going back to my island.

4 . Mother Earth

Mother Earth is a great big ship that we are sailing on.
Sailing on through space and time.
Touch the Earth, feel your worth, awaken to this new rebirth.
Know your heart and open up the divine.

5. Happiness

Happiness is here and now. I have dropped my worries.
Nowhere to go, nothing to do, No longer need to hurry
Happiness is here and now. I have dropped my worries.
Somewhere to go, something to do. But I don't need to hurry

6. I am a Cloud

I am a cloud, I am a blue sky,
I am a bird spreading out its wings.
I am a flower, I am the sunshine, I am the Earth receiving a seed.
And I am free when my heart is open.
Yes I am free when my mind is clear. Oh dear brother, oh dear sister, let's
walk together, mindfully...

7. Take Your Time

Take your time; breathing in, breathing out.
Look deeply; as you say "this is me". You and your breath; you and the air.
As hummingbird and flower; have always been together.
Take gentle steps; feel the ground, curl your toes.
Is there a line; between you and this path? You and your step; you and the
Earth, As butterfly and blossom; have never been apart.

8. May...

May the Road rise with you. May the Wind be always at your back.
May the Sun shine warm upon your face.
May the Rain fall soft upon your fields.
And until we meet again.
May Love hold you, in the hollow of Her Hand.

9. The River

The River is flowing, flowing and growing.
The River is flowing back to the Sea.
Mother Earth carry me your child I will always
be. Mother Earth carry my back to the Sea.

10. No Coming, No Going

No coming, no going
No after, no before
I hold you close to me
I release you to be so free
Because I am in you and you are in me. x2

11. In Out

Deep Slow
In out, deep slow
Calm ease; Smile release
Present moment,
Wonderful moment

12. I have arrived

I have arrived, I am home. In the here, and in the now. (x2)
I am solid, I am free (x2)
In the ultimate, I dwell (x2)

13. Breathing In, Breathing Out

Breathing in, breathing out. Breathing in, breathing out
I am blooming as a flower. I am fresh as the dew.
I am solid as a mountain. I am firm as the earth.
I am free.
Breathing in, breathing out. Breathing in, breathing out
I am water, reflecting. What is real, what is true,
And I feel there is space. Deep inside of me.
I am free, I am free, I am free.

14. We are One

We are all the leaves of one tree. (x2)
The time has come for all, to live as one.
We are all the leaves of one tree.
We are all the waves of one sea. (x2)
The time has come for all, to live as one.
We are all the waves of one sea.
We are all the stars of one sky. (x2)
The time has come for all, to live as one.
We are all the stars of one sky.
We are all the leaves of one tree.
We are all the waves of one sea.
The time has come for all, to live as one.
We are all the stars of one sky.

15. Walking in Beauty

Now I walk in beauty, beauty is before me, beauty is behind me, above
me and below me.