

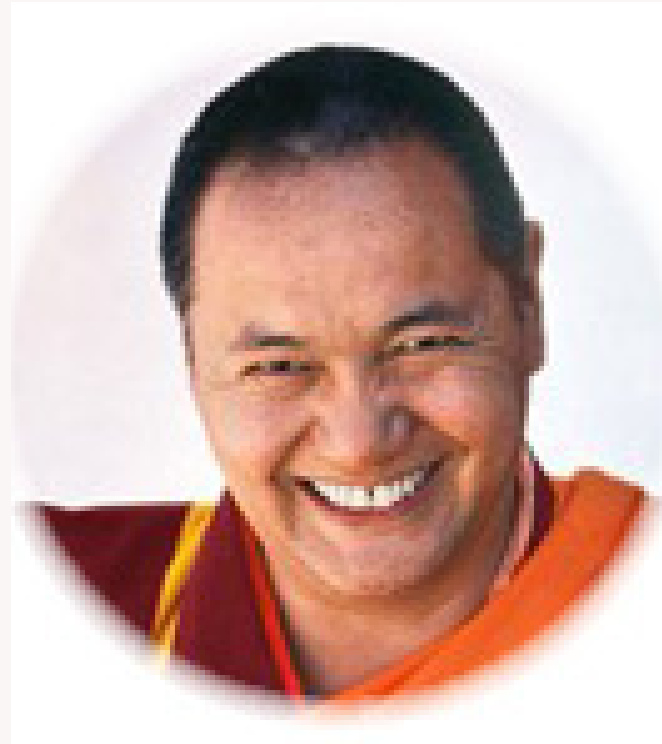


SOLITARY RETREAT

at Mahamudra Centre for
Universal Unity



Affiliated with FPMT



Lama yeshe



MAHAMUDRA
CENTRE FOR
UNIVERSAL UNITY

FPMT



Lama Zopa Rinpoche

WHO ARE WE?

Mahamudra Centre is a Tibetan Buddhist retreat centre in New Zealand. We welcome meditators of all Buddhist traditions and those following other spiritual paths.

The Centre sits on 8 acres of land in an isolated rural setting. We have stunning gardens and grounds and five retreat cabins designed to support solitary retreat.

Our Centre is affiliated with the Foundation for the Preservation of the Mahayana Tradition (FPMT) – an international organization in the Gelugpa tradition. Founded by Lama Yeshe and Lama Zopa in 1975. The Foundation is devoted to preserving and spreading Mahayana Buddhism worldwide by creating opportunities to listen, reflect, meditate, practise and actualise the unmistakable teachings of the Buddha and, based on that experience, spread the Dharma to sentient beings

MAHAMUDRA CONDUCT

Mahamudra is a wildlife environment so insects will treat it like their home! It helps to keep the kitchen surfaces clear of food.

Please respect the wildlife and refrain from feeding birds, possums etc. on site.

Possums often run noisily around the decks at night. They won't stay long unless there is food around.

Please refrain from approaching other solitary retreatants who may wish to remain silent and please maintain a respectful distance from other cabins.

Talk to Staff on site for a guide of respectful walking places outside the perimeter of the Mahamudra grounds.

WHILE ON SITE, PLEASE RESPECT & ABIDE BY THE FIVE BUDDHIST PRECEPTS

- ❖ To refrain from intentional harm to any sentient being
- ❖ To refrain from taking the not given
- ❖ To refrain from untruthful speech
- ❖ To refrain from sexual misconduct
- ❖ To refrain from intoxicants.

GENERAL GUIDELINES

BOOKING:

Once your Application Form is received and your retreat confirmed, we ask that you pay promptly as arranged with the Booking Staff.

ARRIVAL:

Please arrange your journey to arrive on the premises no earlier than 9 a.m. and no later than 4 p.m. please call or txt: 021 1495 183 upon arrival.

FOOD FOR RETREAT:

Retreatant will cook and prepare their own meals in their cabin

Bring enough food for the initial week (or two) of your retreat.

Long term retreatants will have their food delivered weekly after that.

WASHING:

Washing and drying facilities are available.

MAIN HOUSE:

The upstairs lounge will be open for general relaxing. Please respect other's silence.

Internet is only available in the Main House, please keep internet/phone use to a minimum for the benefit of your retreat.

Enjoy the use of our comprehensive Dharma library.

WEATHER

Bring suitable clothing for the four seasons. Winters between May and September can be chilly, wet and windy. The rest of the year is mild and changeable due to being near the coast.

VACATING PREMISES

Vacate your hut on the specific day of departure by 2 p.m.

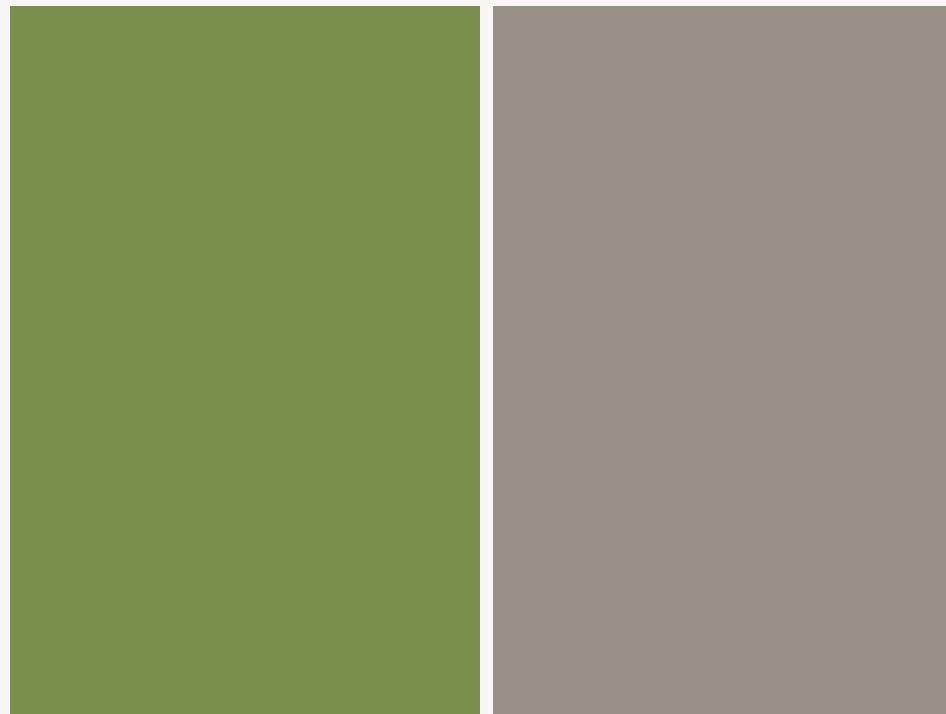
Remove all personal items and leave your hut in good repair.

Pay all monies owed before leaving the premises including for any damage beyond normal wear and tear

SOME SUGGESTIONS FOR KEEPING YOUR RETREAT ALIVE

- Mahamudra is a quiet, peaceful environment for reflection and deepening your practice. You will be away from familiar surroundings, so it's good to consider how you spend your time.
- Structure is important. Plan a schedule for each day so that you don't fall into mental laxity or agitation.
- Write and/or draw in a journal to describe your retreat journey. (consider bringing your own coloured pencils etc.)
- Make use of the Gompa for your meditation sessions.
- Enjoy the led meditation in the Gompa, 8 a.m. every Tuesday morning.
- Decide on a daily exercise plan. See Staff if you wish to help with designated weeding or sweeping for short periods.
- Being on solitary retreat can be challenging at times, if you feel the need to talk to someone, do not hesitate to talk to Staff at any time.

ACCOMMODATION



Accommodation is provided in the form of small, comfortable, fully-furnished, self-contained cabins.

They are located in peaceful gardens with plenty of distance between them to maintain privacy and quiet.

What is provided:

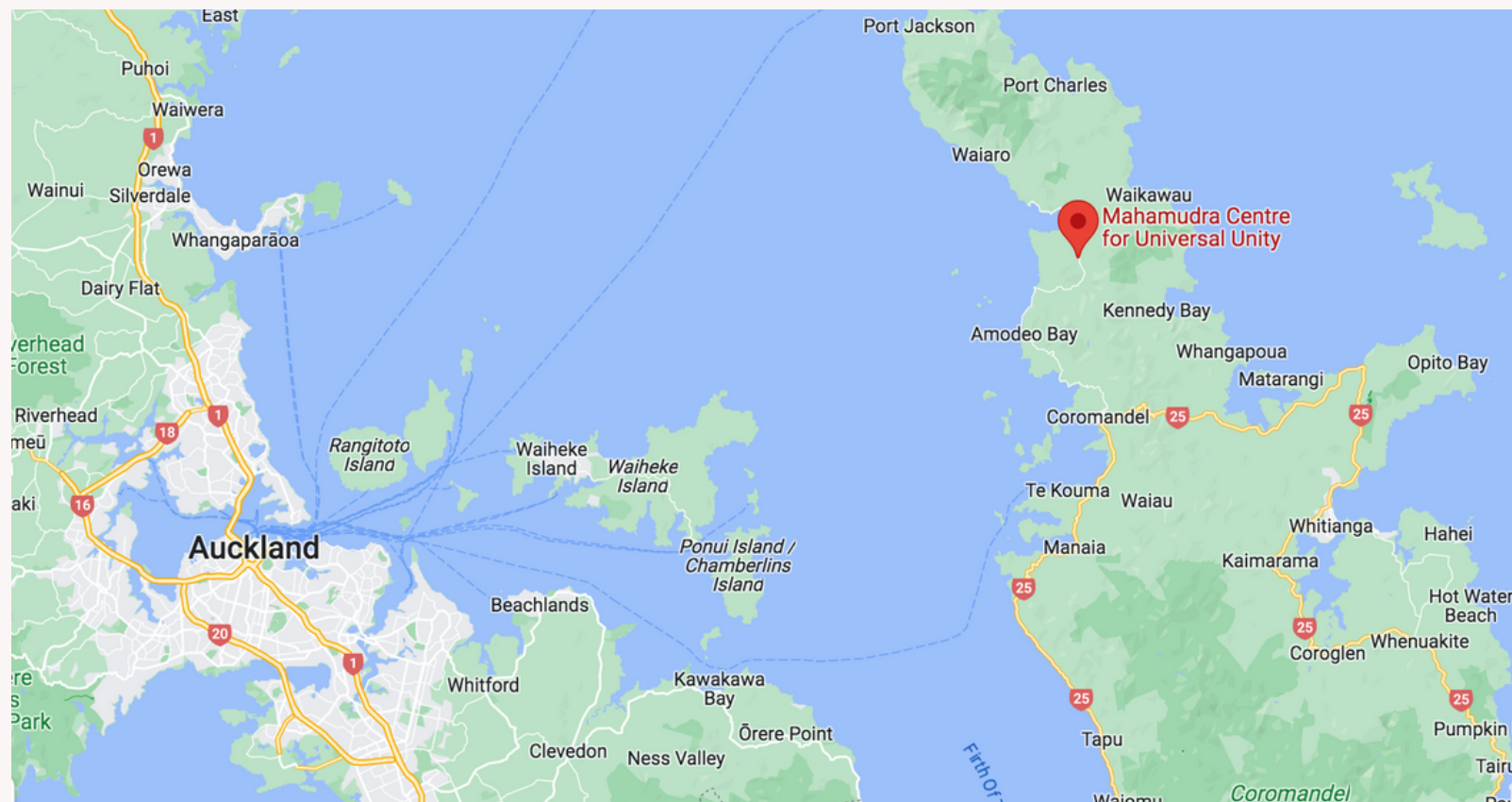
- All bed linen, towels, blankets and pillows
- Fully equipped kitchen
- Small refrigerator
- Gas-heated hot water
- Electric heater for room in winter
- General maintenance assistance if required
- Access to Stupa, Gompa and Dharma library

What to bring:

- Warm, waterproof clothing for winter
- Sun and insect protection in summer
- All medication and toiletries
- Personal Dharma items e.g. photos, statues, books, implements

GETTING HERE

Retreatants are expected to arrange their own transport to and from the Centre. When arranging travel please plan your trip to arrive at Mahamudra between 9am & 4pm. Remember to allow time for shopping and safe arrival to Mahamudra before dark as the roads are quite narrow and windy. Please let us know your estimated arrival time and call or txt: 021 1495 183 upon arrival.



There is currently no public transport option to get all the way to Mahamudra Centre, please let us know if you require transport assistance.

COSTS

Groceries (including food)

The retreator pays for:

- items, based on their shopping list, purchased in Coromandel by staff.
- their own supplies which they may bring.

Accommodation fee:

- From \$350 - \$600 per week up to a month.
 - \$250 - \$375 per week over a month.
- Costs decrease the longer the stay and fees can be negotiated for very long retreats.

Talk to us about discounts for Sangha.

Service Fees In addition to the accommodation fee:

- Travel by car - pick up or drop off: \$40 each way for Thames bus station or \$130 each way for Auckland Airport. Airport pickup only available for stays over a month.

RETREAT WITH US

Mahamudra Centre is an inspirational setting to develop inner peace, clarity, compassion, wisdom and happiness in daily life. Its peace and beauty is something you can only feel by being here and experiencing it for yourself.

To apply please fill out our online application form www.mahamudra.org.nz/solitaryretreatapplication

If you have any questions regarding your visit please visit our website or contact us:

email: retreat@mahamudra.org.nz

phone: +64 (0)7 866 6851



WWW.MAHAMUDRA.ORG.NZ