



SOLITARY RETREAT

at Mahamudra Centre for
Universal Unity



Affiliated with FPMT

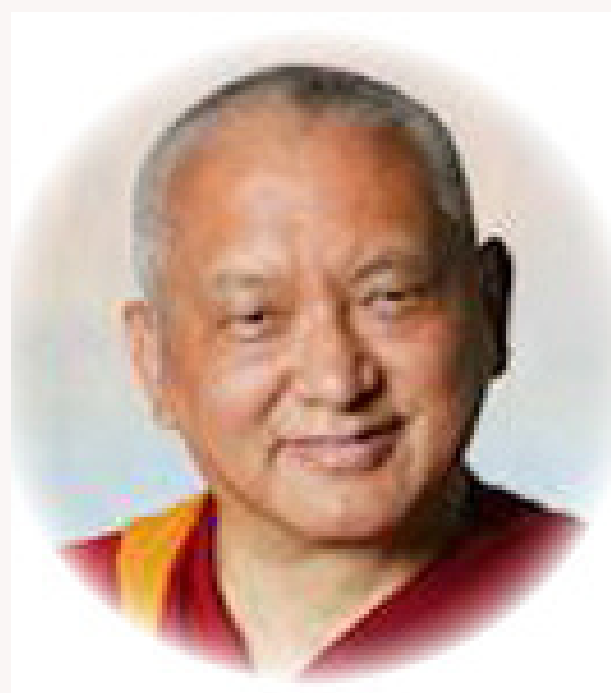


Lama yeshe



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

CODE OF CONDUCT

While at the centre, retreaters are requested to adhere to the following code of conduct. It is hoped this code of behaviour is accepted in the spirit in which it is intended – that is, to provide a safe, harmonious and caring environment in accord with basic Buddhist principles.

- ❖ To abstain from intentionally killing any living being
- ❖ To abstain from stealing or taking that which is not freely given
- ❖ To abstain from lying
- ❖ To abstain from sexual misconduct
- ❖ To abstain from intoxicants, including smoking

- ❖ To engage in respectful speech and actions towards all Sangha, visitors, residents and volunteers
- ❖ To avoid harmful speech and instead, use appropriate grievance procedures to resolve concerns
- ❖ To behave in a way that is mindful of the centre's values of compassion, respect, harmony, and spiritual focus

Retreaters are trusted to honour the purpose of retreat and refrain from activity that is not in the genuine spirit of 'retreating' from worldly concerns.

GENERAL RULES

Mahamudra Centre aims to provide the perfect conditions for solitary meditation retreat. All applicants are requested to consider that the unique and isolated conditions of the retreat centre, while highly beneficial for meditation practice, might not be the best environment for any practitioner if they are dealing with issues of stress or mental illness.

The retreaters agree to:

- Provide a retreat schedule / timetable before beginning retreat, and abide by it during the period of retreat.
- Provide explicit information about means of payment for use of facilities and service before entering into retreat.
- Not bring or keep any pets in the retreat centre.
- Prior to arrival, sign a safety waiver that covers the potential hazards of the natural environment.
- Refrain from playing music or musical instruments
- Agree to stay within the boundaries of Mahamudra Centre and not to leave the premises without prior arrangement with the manager.
- Refrain from entering residences on the adjoining properties except in cases of emergency or if a prior arrangement has been made with the residents.
- Remove all personal items upon vacating.
- Leave the retreat house in good repair and pay for any damages beyond normal wear and tear.
- Vacate the premises if MMC management, in consultation with the retreaters' supervisor, deems it necessary to terminate the retreat.

WHAT TO EXPECT

- Mahamudra is a vegetarian centre. Unless they bring their own food, the retreator will order groceries fortnightly and the Centre Manager will deliver them to the retreat house delivery box. The retreator will prepare and **cook their own meals**.
- **Mobile and internet reception** can be sporadic and unreliable. The centre does not have phone or internet service for communal use. Retreators are encouraged to restrict mobile phone usage to cases of emergency.
- There is a **washing machine and dryer** at the centre which costs \$4 per wash and \$4 per dry. There are also clothes lines available. Washing of linens can be arranged with the Centre Manager.
- The centre sits on land that is home to various kinds of **wildlife**. Birds, possums, lizards and insects. Wildlife is not aggressive but needs to be respected and should not be fed.
- **Centre boundaries** will be explained on arrival. It is critical to check and observe boundaries before walking to avoid entering private land and other solitary retreat spaces.
- The **winters** between May and September can cold, wet, and often windy. The rest of the year is mild but weather can change rapidly due to our proximity to the coast.

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. Communication with the Centre Manager is via written notes left in a delivery box at the entrance to the pathway leading to the house.

What is provided:

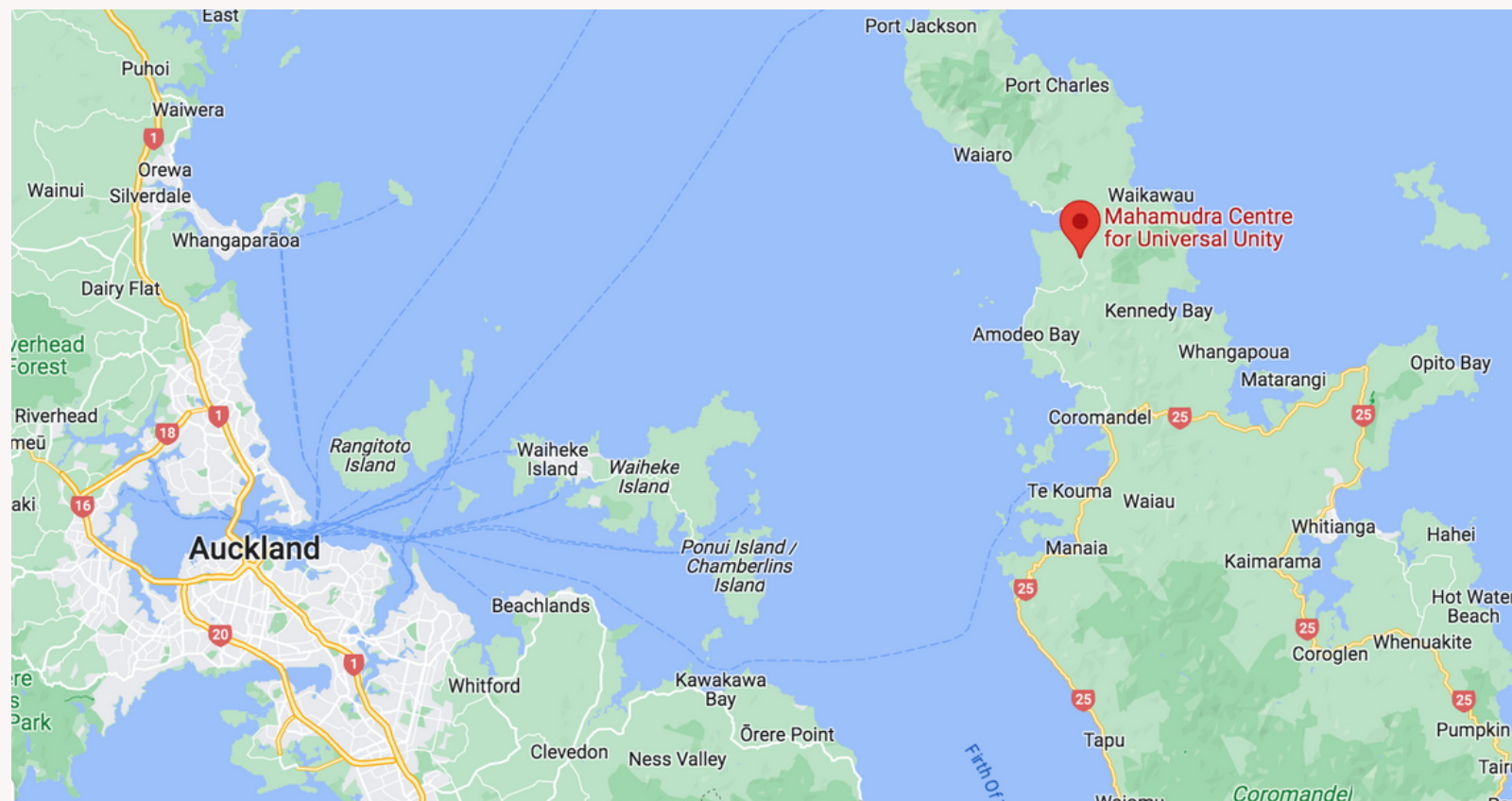
- All bed linen, towels, blankets and pillows
- Fully equipped kitchen
- Small refrigerator
- Gas-heated hot water
- Electric heater for room in winter
- General maintenance assistance if required
- Access to Stupa, Gompa and Dharma library

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

Retreaters are expected to arrange their own transport to and from the Centre. Prior to their arrival they should send their itinerary to the Centre Manager, who can possibly organise transfer between the airport and MMC. When arranging travel it is best to arrive in the morning to allow time for shopping and safe arrival to Mahamudra, as the roads are quite narrow and windy.



There is currently no public transport option to get all the way to Mahamudra Centre

COSTS

Groceries (including food)

The retreator pays for:

- items, based on their shopping list, purchased in Coromandel by the Manager.
- 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:

- \$10 per fortnightly grocery delivery
- Travel by car - pick up or drop off: \$30 each way for Thames bus station or \$50 each way for Auckland Airport

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.

If you have any questions regarding your visit or would like to obtain a copy of the solitary retreat application form, please visit our website or contact us:

email: retreat@mahamudra.org.nz

phone: +64 (0)7 866 6851



WWW.MAHAMUDRA.ORG.NZ