

# 3 Day Monastic Experience GUIDELINES

The Monastic Experience Retreat intends to provide an environment and community to allow those laities, who aspire to increase the merit of human and celestial beings, to experience the spirit of Six Harmonies in a sangha community and thus to plant the wholesome root of the supra mundane liberation. Participants must obey the eight precepts through the entire duration of the program so as to cultivate the growth of the merit of celestial beings.

The contents of this program contain not only an introduction to Dharma (the three studies of Sīla—Morality, Samādhi—Concentration and Paññā—Wisdom), guidance on meditation and monastic disciplines etc, but, for the purpose of coordinating with this monastery's program of "Kuan-Yin Bodhisattva's Enlightenment Ceremony", also discussions on the topic of the "compassion" in Buddhism.

**Date:** 7/23/2010 (Friday) ~ 7/25/2010 (Sunday)  
**Registration:** 7/22/2010 (Thursday) 5:00pm ~ 6:00 pm, **Orientation:** 6:30 pm

*(Please read the following notes carefully before filling out the application form)*

**Basic requirement:** Applicants must be 18 or older, with Right Faith & Right View, a healthy mind & body, and sincerely wish to experience life in the monastery.

Participants will be observing the 8 precepts (Anyone who needs an evening meal for medical reasons must be approved at the time of registration). No wearing jewelry, using cell phone, and no phone calls are allowed during the retreat (please inform your family and friends).

**Documentation:** A brief autobiography (please include your own practice and purpose of joining this retreat), and submit a photograph (it is required for processing your application form).

**How to apply:** Please fill out the application form and submit it together with the necessary documentation to us. Application forms are available at the monastery and on our web site. All qualified applicants will receive a notification of acceptance, and if you cannot attend the retreat after receiving the notice, please inform us as soon as possible, so that we can give your place to those on the waiting list.

**Attire:** For unification purpose, participants are required to wear lay Buddhist outfit during the retreat; you can bring your own or purchase it from the monastery. Please bring your lay Buddhist robe, toiletries, hair dryer, sleeping bag or comforters, mug, slippers, warm comfortable clothes for sitting meditation (fabric would not make a lot of noise). We suggest that you wear shoes (flats) without shoelaces for the convenience of entering and exiting the halls. Since CYM is at a higher elevation, the mornings and evenings can be quite cool. Please make sure you bring your jacket, hat and scarf.

**Fee:** Donations are welcome and tax exempted. Please make check payable to B.A.U.S., and write [Three-Day Monastic Experience Retreat] in the memo.

**Transportation:** You can arrange with Vanguard Int'l Travel Inc. (718.888.1016), or take the Hudson Line train from Grand Central Terminal to Cold Spring, arriving 7/22/2010 (Thursday) at **4:40pm**. We will provide transportation from the train station to Chuang Yen Monastery.

2020 Route 301 Carmel, NY 10512  
Tel: 845-228-4287, ext. 104 / Fax: 845-228-4283 / Email: [bauscym301@gmail.com](mailto:bauscym301@gmail.com)  
BAUS Website: [www.baus.org](http://www.baus.org)

**CYM Three-Day Monastic Experience Retreat Committee**

# BAUS Chuang Yen Monastery

2020 Route 301, Carmel, NY 10512

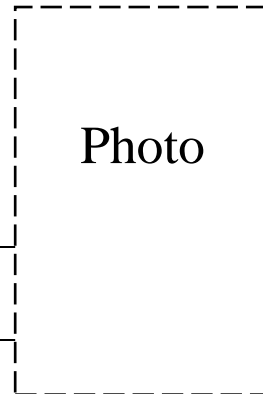
Tel:845-225-1819 Fax:845-228-4283 Email:bauscym301@gmail.com

## Three-Day Monastic Experience Retreat application form

Assign number :

**7/22/2010 ~ 7/25/2010**

**Online Registration now is available through WWW.BAUS.ORG**



Name:		中文姓名:	
Address :			
語 言 : 中文 Chinese :		英文 English :	
<input type="checkbox"/> 聽 Listening	<input type="checkbox"/> 說 Speaking	<input type="checkbox"/> 讀 Reading	<input type="checkbox"/> 寫 Writing
<input type="checkbox"/> Listening	<input type="checkbox"/> Speaking	<input type="checkbox"/> Reading	<input type="checkbox"/> Writing
Phone : Home : (       )		Cell : (       )	
Email address:			
Gender : <input type="checkbox"/> M <input type="checkbox"/> F	Age :	Height :	Weight :
Education :	Occupation :	Have been to monastic experience retreat _____ times	
Buddhist outfit : <input type="checkbox"/> Bring own <input type="checkbox"/> Purchase at CYM			Snore: <input type="checkbox"/> No <input type="checkbox"/> Yes
Refuge master :		Refuge place :	Refuge time :
How did you hear of this retreat? : <input type="checkbox"/> Monastery <input type="checkbox"/> Friends <input type="checkbox"/> Web site <input type="checkbox"/> Wisdom Journal <input type="checkbox"/> _____			

※Do you have any of the following? Diabetes, high blood pressure, epilepsy, ulcers etc., or any infectious disease: pneumonia, pulmonary tuberculosis, typhoid etc., or external injury: surgery, bone fracture etc.

Yes  No ( If yes, please give details ) \_\_\_\_\_

※Do you have, or have you ever suffered from anxiety, panic attacks, manic depression, mental illness, etc.?  Yes  No  
( If yes, please give details ) \_\_\_\_\_

※Any food you are allergic to?

Yes  No \_\_\_\_\_

※Please provide any other information to take into consideration : \_\_\_\_\_

(Please provide information if you can't participate working meditation)

For your convenience, we will provide transportation on the day of registration, and at the end of the retreat.

I am taking Metro North from Grand Central 3:30pm to Cold Spring 4:40pm

(We only provide transportation from Cold Spring to CYM on 7/22/2010 at 4:40pm)

※ You can also arrange with Vanguard Int'l Travel Inc. (phone no. 718.888.1016) to bring you to CYM.



### Emergency contact person:

Chinese name:

Phone: Day:

English name:

Night:

Relationship:

Cell:

I, undersigned, declare that the information I have given is true; I will abide by the Buddhist principles and regulations of the monastery; I agree to release BAUS and Chuang Yen Monastery from any and all liability arising from my retreat attendance and participation.

Signature : \_\_\_\_\_

Date : \_\_\_\_\_