



Mid America Dharma RETREAT CULTURE

Welcome to your silent meditation retreat.

After the retreat starts, silence is observed except in the following circumstances:

1. Necessary communications, like “please pass the salt”, said quietly.
2. Requests made to the retreat manager. These requests can often be made by note but don’t write your arm off if your request is a bit complicated. Just quietly take the manager aside and tell him/her what you need.
3. Teacher interviews or structured question and answer sessions: these provide an opportunity to talk about your experience or ask questions, either privately or in a group setting. Offered at the discretion of the leader, such sessions are relaxed, low-key ways to check in with each other and share experiences. They are designed to be helpful, supportive, and informative.

Meditation Hall Etiquette

1. Please remove your shoes before entering the Meditation Hall.
2. Bells are rung to call you to a sitting about 10 minutes before each meditation.
3. Please do not enter or leave (except in an emergency) the Hall when a sitting is already in progress.
4. Please do not sleep, take naps or lie down in the Meditation Hall. If you have a back problem that requires meditating while lying down, please advise the teachers and the retreat manager.
5. Feel free to experiment with your sitting arrangements. Mid America Dharma has some meditation cushions and benches for use during the retreat. There will also be chairs placed in the Hall that can be claimed. Please don’t feel that you have to be stoical and sit in a style that might not be comfortable. For some people it takes a while to discover a style of sitting that feels right. Listen to your body.
6. No food or drink, except water in bottles, is allowed in the Meditation Hall.
7. Please do not bring extra items into the Hall. Rattling plastic bags, jackets or rain coats that produce noise can be placed in the designated area near the Meditation Hall.
8. Please turn off any cell phones, pagers, and “beep” modes on watches.

General Retreat Etiquette

1. Please remember not to wear or use perfumes, scented lotions, scented after-shave or other strongly aromatic products during the retreat.
2. Please do not leave notes or speak to any other retreatants unless it is an emergency. Keeping silence is one of the most important ways that we contact our deepest spiritual selves. It is a rare and amazing opportunity to have a period of silence in one’s life.
3. If you need anything during the retreat, please remember to bring it to the attention of Mid America Dharma’s Retreat Manager. Employees of the retreat facility are not responsible for Mid America Dharma retreats or its retreatants.
4. Smoking is allowed only outside. There are no exceptions to this rule.

Tea Table

All items on the tea table are free and are provided by Mid America Dharma for your comfort.

Message Board

A message board has been provided for necessary communications. It will be located in the tea room. Please leave notes only for the teacher or retreat manager. If you have other questions about silent retreats, feel free to ask the retreat manager.

Thank you for attending!