



## INTENSIVE CHAN MEDITATION RETREAT

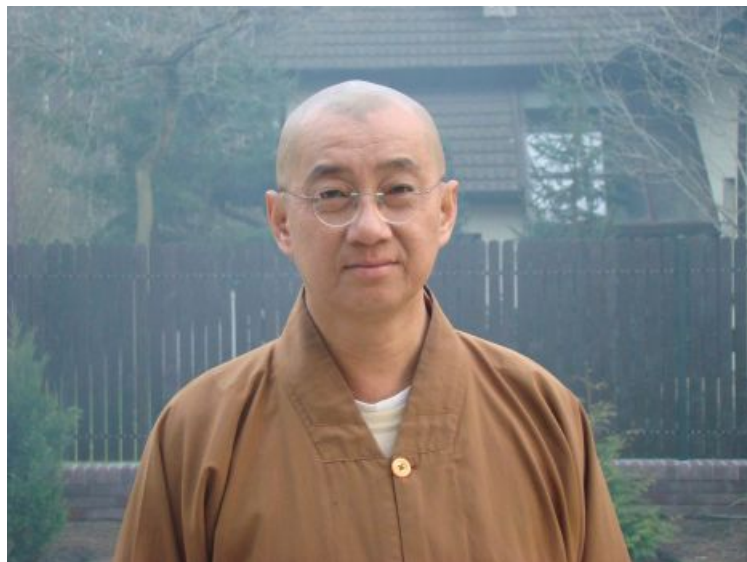
led by

**VEN. CHI CHERN FASHI**

**July 15 – September 2, 2018 Dłuzew, Poland**

A 49-day Chan meditation retreat led by Ven. Chi Chern Fashi will take place in the summer of 2018 at the Plein-air House of the Warsaw Academy of Fine Arts in Dłuzew, Poland. The retreat will begin with a Dharma talk by the Master at 7 pm on Sunday, July 15, and will end at 10 am on Sunday, September 2.

This retreat will be modeled according to the 49-day retreats led in Master Sheng Yens tradition, accommodating both participants applying for the whole retreat and those applying for a part of it. Both categories support each other by making this noble event at all possible. The retreat is designed for seasoned practitioners who can harmonize with the whole group and ensure a peaceful, quiet, and focused atmosphere, especially among the arrivals and departures of the part-time participants, some of which may be arriving by taxi directly from a 21st century airport to the established noble silence of the ongoing retreat.



Chi Chern Fashi

**Ven. Chi Chern Fashi** Ordained by Master Zhu Mo in Penang, Malaysia, Chi Chern Fashi studied at the Fo Guang Buddhist College in Taiwan. Following two seven-day retreats with Chan Master (Shifu) Sheng Yen in 1980, a period of fasting at the Institute of Buddhist Culture (Wen Hua Guan) led to a profound experience that he describes as being like “a stroke of lightning in a dark night, [giving him] a glimpse of the path and

destination.” With Shifus confirmation, he returned to Malaysia to teach meditation. He received Dharma transmission from Chan Master Sheng Yen in 1986. Chi Chern Fashi is currently the principal of the Malaysian Buddhist Institute, and is one of the most respected meditation teachers in Malaysia and Singapore. He continues to lead retreats in Southeast Asia, America, and Europe. After retreats led in Europe (Croatia, Poland, Switzerland, Germany, and Great Britain), he became a highly esteemed and sought-after teacher there, known for his detailed instruction, straightforward manner, and relaxed, affable character.

**Parts of the retreat** The retreat will be divided into three parts, each beginning and ending on a Sunday:

1. July 15 – July 29 (14 days),
2. July 29 – August 12 (14 days),
3. August 12 – September 2 (21 days)

It is possible to begin participation in the retreat only at the beginning of a part, and end it only at the end of a part.

**Prerequisites and rules for acceptance to the retreat** Priority in acceptance will be given to practitioners in Master Sheng Yens lineage, though other practitioners fulfilling conditions stated below can also apply and be accepted according to available vacancies.

In order to apply for participation, one should:

1. have previous experience in extended retreats;
2. confirm ones psycho-physical health;
3. have good knowledge of either English, Polish, or Chinese;
4. have a valid medical travel insurance;
5. accept that if one seriously breaks the retreat rules and, in spite of warning, does it again, one may be asked to leave the retreat ahead of time without reimbursement of the retreat fee.

Participation in the whole 49-day retreat and in a shorter, minimum 21-day part of the retreat (duration of such a part may be 21, 28 or 35 days, i.e. the last 21 days plus the first or second 14 days) is possible for:

1. students in Master Sheng Yens lineage, who participated in at least one full 21-day retreat or at least two full 7-day retreats (led by Chi Chern Fashi or other teachers in the lineage);
2. students of other teachers, who can confirm participation in at least two full minimum 7-day retreats, specifying the name of their teacher.

Participation in the shortest 14-day part of the retreat is possible for:

1. students in Master Sheng Yens lineage, who already participated in at least one full 7-day retreat, led by Chi Chern Fashi or other teachers in the lineage;

2. students of other teachers, who can confirm participation in at least one full 7-day retreats, specifying the name of their teacher. However, for such students, partial participation is only possible starting from the beginning of the retreat (first 14 days).

Anyone not meeting the requirements listed above but still interested in participation in part of the retreat should discuss this matter with the organizer (Pawel Rosciszewski).

The last 7-day intensive part of retreat (wake-up at 3 am, lights-out at 10 pm) is only available for those who apply for at least the last 21 days. This will make it possible to organize and run this intensive period in the most effective and fruitful way.

Part-time participants will be accepted provided there are vacancies in the period they are interested in, otherwise the organizer (Pawel Rosciszewski) will offer them participation in another part of retreat, which does have vacancies. All in all, due to the capacity of the retreat venue, various modifications of partial participation may be necessary.

In case of people applying for the same period, priority will be given to practitioners in Master Sheng Yens lineage. If this criterion will prove inconclusive, priority will be given to those making an earlier deposit. The list of participants and the reserve list will be ready by May 29, 2018. People from the reserve list will be accepted to the retreat if someone from the main list of participants resigns. The deposit (minus bank charges) will be returned to applicants who are not accepted to the retreat.

**How to apply for the retreat?** By sending an application form and making a deposit. The application form should be sent till May 12, 2018, by letter to the address:

Pawel Rosciszewski  
ul. Promienna 12  
05-540 Zalesie Gorne  
Poland

or by e-mail to:

[budwod@budwod.com.pl](mailto:budwod@budwod.com.pl)

The deposit should be made by bank transfer till May 12, 2018 (the bank account details are given below). This books you a place at the retreat, provided there are still free places.

**Retreat participation fee and the deposit** Retreat participation fees are as follows:

1. The 49-day participation fee is 2200 Euro, with a deposit of 1100 Euro.
2. The 35-day participation fee is 1650 Euro, with a deposit of 850 Euro.
3. The 28-day participation fee is 1400 Euro, with a deposit of 700 Euro.
4. The 21-day participation fee is 1100 Euro, with a deposit of 550 Euro.
5. The 14-day participation fee is 800 Euro, with a deposit of 400 Euro.

After making the deposit by bank transfer, the balance payment should be made till May 27, 2018. If you have to resign from participation due to chance occurrences, your payments to our account minus the bank charges will be returned to you, provided you

notify us about your resignation till May 27, 2018. After that date, payments become nonrefundable because of the advance payments we have to make to the retreat venue.

The bank account for transfers is:

account owner: Związek Buddystow Czan  
bank: PKO BP  
bank address: ul. Pulawska 15, 02-515 Warszawa  
account no.: PL 51 1020 1013 0000 0402 0336 9923  
swift code: BPKO PL PW

**Please bear in mind that all transfer costs should be borne by the payer.**

**Donation** You may be willing to donate some money to help practitioners wanting to attend the retreat but unable to afford this because of a difficult financial situation. Such donations may also be transferred to the bank account given above.

**Transportation** Participants accepted to the retreat and beginning it on July 15 should arrive in Dłuzew that day before 5 pm. A detailed map with access routes to the retreat venue can be found on this website:

<http://czan.eu/wp-content/uploads/2013/10/Dluzew-map.jpg>

If you need help in getting to Dłuzew on July 15 and/or back on September 2, please mark the appropriate boxes on the application form.

If there is a considerable number of people needing assistance in getting to Dłuzew on July 15 and back on September 2, we will rent a bus (or minibus) which is going to leave downtown Warsaw on July 15, at about 4 pm. The trip back to Warsaw will then take place at 10:30 am on September 2 the bus will be expected to arrive in downtown Warsaw about noon. The cost of the round trip will be 30 Euro (15 Euro for one-way trip), to be paid in cash directly before the trip.

**Participants beginning the retreat after July 15 and/or ending it before September 2 should make their own, earlier arrangements for transportation to and/or from the retreat place in Dłuzew.** One can get to the retreat venue (Dłuzew) from the Chopin Airport (WAW) by taxi. A one-way trip costs about 40-50 Euro and takes about 90 minutes. One can also book a taxi back from Dłuzew to the airport. The retreat venue address and the following map

DOM PLENEROWY  
Dłuzew 40  
05-332 Siennica



should provide sufficient information for the taxi driver. Upon arrival one should wait in silence in the main building hallway for the person on duty that day in order to get the necessary instructions about accommodation and other matters.

## Practice

- Each day begins with wake-up at 4 am (3 am during the last week) and ends at 10 pm. It includes a number of 40-minute periods of meditation (which may be extended to 60-minute ones in the second week of the retreat), physical exercises, work periods, interviews with the teachers, and Dharma talks.
- The Dharma talks at the retreat will be given in Chinese and translated into English and Polish. All announcements will be made in English and Polish.
- Each retreat participant will get a work assignment from the organizers, e.g. cleaning the Chan Hall, dining room, hallways, or toilets; washing dishes; gardening, etc.

## Other information

- The meals at the retreat will be vegetarian.
- Participants with financial difficulties may apply for a discount in the participation fee. The request can be enclosed to the application form.
- It is not necessary to take a sleeping bag, meditation mat, or cushion. Bedding as well as mats and cushions will be available at the retreat venue. However, if you use a kneeling meditation bench you should bring it with you.
- Facilities for washing clothes by hand (including washing powder/liquid) will be available at the retreat venue, which will enable taking a limited amount of clothing to the retreat.
- Information about the retreat is also available on the Chan Buddhist Union website:

<http://www.czan.eu/en/odosobnienie-czan-sierpien-2018/>

**Retreat etiquette** Observing the following practices creates inner and outer peace and harmony:

- **Silence** is golden during a retreat. So as not to distract ourselves and others from the practice, we refrain from talking, reading, writing, or using various electronic devices. If we need to communicate with someone during working meditation, we may use gestures or write a note. Otherwise, communication such as friendly gestures, silent greetings, and even eye contact are distractions, and thus not necessary.
- During retreat, we isolate ourselves and focus solely on our method of practice. Therefore, **we refrain from communicating with the outside world**, and do not receive guests, make phone calls, or check email during retreat. All mobile phones should be turned off.
- **Community spirit** is important. We support one another by being together at all times during formal practice. If we need to excuse ourselves, we notify the person in charge. Participants must remain on the Plein-air House premises for the duration of the retreat.

- Our **job assignment** is a form of meditation that is important in our practice and supports ourselves and others. If you need a rest, you can do so after you have finished your working meditation. Everyone is given an easy work meditation task; please carry out your task responsibly and wholeheartedly in mindfulness.
- So as to **maintain a peaceful and quiet atmosphere**, please do not shower before the morning wake-up call or after 10 pm. Monitors will wake you in the morning; please do not use an alarm clock.
- We all have a part to play in **keeping the environment clean and orderly**. In the Chan Hall, fold your towel each time you stand and keep your personal belongings tidy, to the left of your cushion. Keep your room, bed, and personal belongings tidy.
- Please **be on time for all activities**, as when we are late we disturb others. Signals are given to remind everyone to return to the Chan Hall; please heed them promptly.
- **Practice illumination** during walking. Walk in a manner that is calm, mindful, light and unhurried.
- **Wear appropriate clothing**, namely loose and comfortable clothes with neutral colors. In order not to distract ourselves and others, please do not wear bright-colored clothes, tank tops, shorts, tight-fitting pants or leggings, cosmetics, perfumes or colognes.

**Be aware** that those who violate the above retreat etiquette to a minor degree will be given a warning. Those who seriously violate these guidelines will be asked to leave the retreat.