



## INTENSIVE CHAN MEDITATION RETREAT

led by

**VEN. CHI CHERN FASHI**

**July 27 – August 17, 2019 Dłuzew, Poland**

A 21-day Chan meditation retreat, led by Ven. Chi Chern Fashi, will take place in August 2019, 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 July 27 (Saturday) and will end at 10 am on August 17 (Saturday). The Master will be accompanied by a teacher Ven. Guo Yuan Fashi.

The prerequisites for acceptance to the retreat are at least 6 months of experience in Buddhist meditation practice and participation in at least one intensive (i.e. at least 5-day) retreat. It is possible to participate in 7, 14 or 21 days of the retreat, providing one begins on July 27.



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 Sheng Yen (Shifu) 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 Shifu’s 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, the United States, and Europe. After recent retreats in Croatia, Poland, and Switzerland, he has been sought after—as his detailed instruction, straightforward manner, yet relaxed and affable character have earned him a high level of esteem in the European continent.



Guo Yuan Fashi

**Ven. Guo Yuan Fashi** Guo Yuan Fashi is a Buddhist monk trained in Chan Buddhism. In 1985 he first encountered Master Sheng Yens teachings while attending a seven-day retreat in New York. He then decided to become a disciple before finally leaving his job in Toronto, Canada, to become a monk in the Chan tradition. He was ordained in 1987 in Taiwan. For over twenty years, he accompanied and became translator to Master Sheng Yen in various Chan meditation retreats in the United States, the United Kingdom, Germany, Switzerland, Russia, and Mexico.

He studied Theravada Buddhism for a year in Thailand in 1991. Upon returning from Thailand, Guo Yuan Fashi was elected abbot of both the Chan Meditation Center (CMC) in Queens and the Dharma Drum Retreat Center (DDRC) in Pine Bush, New York. His responsibilities included attending interfaith services, teaching meditation, and giving lectures on Buddhism. In 2006 he became the director of the International Chan Retreat Center in Dharma Drum Mountain, Taiwan. In 2016 he returned to Pine Bush to become once again the abbot of DDRC. Fluent in Mandarin, Vietnamese, and English, he leads Chan retreat in many countries around the world.

**How to apply for the retreat?** By sending an application form and making a deposit. The application form should be sent till June 12, 2019, 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 June 12, 2019 (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 21 day participation fee is 1100 Euro, with a deposit of 500 Euro.
2. The 14 day participation fee is 800 Euro, with a deposit of 400 Euro.
3. The 7 day participation fee is 420 Euro, with a deposit of 250 Euro.

After making the deposit by bank transfer, the balance payment should be made till June 27, 2019. If you have to resign from participation due to chance occurrences, all payments transferred to our bank account will be returned to you provided you notify us about your resignation till June 27, 2019.

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 the practitioners who would like to attend the retreat but are not able to afford this because of a difficult financial situation. The donations may be transferred to the bank account given above.

**Rules of accepting participants** Preference in accepting participants will be given to people applying for 21 days, then to those applying for 14 days, and finally to those applying for 7 days. In case of people applying for the same number of days, priority will be given to those making an earlier deposit. Each person accepted to the retreat will be immediately informed about the acceptance. The final list of participants and the reserve list will be ready by June 28, 2019. People from the reserve list will be accepted to the retreat in case of resignation of people from the main list of participants. The deposit will be returned in full to applicants who are not accepted to the retreat.

**Transportation** Participants accepted to the retreat should arrive in Dluzew on July 27, before 5 pm. The 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 Dluzew and/or back, please mark the appropriate boxes on the application form.

If there is a considerable number of people needing assistance in getting to Dluzew and back, we will rent a bus (or minibus) which is going to leave downtown Warsaw on July 27, at about 4 pm. The trip back to Warsaw will take place at 10:30 am on August

17—the bus is expected to arrive in downtown Warsaw at about 12 pm. The cost of the return trip will be 20 Euro (one way trip—10 Euro), to be paid directly before the trip.

Detailed information concerning the trip to Dluw and the meeting point will be sent to whom it may concern about July 13.

## Practice

- Each day begins with wake-up at 4 am and ends at 10 pm. It includes a number of 45 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; working in the garden 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.
- Information about the retreat is available on the Chan Buddhist Union website:

<http://www.czau.eu/en/chan-retreat-august-2019/>

**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, unhurried, peaceful and quiet.
- **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.