



DISCOVERING THE SHINING SILENCE

led by
Gilbert Gutierrez

A 7-day Chan retreat, led by Gilbert Gutierrez, will take place in March 2020, at the Plein-air House of the Warsaw Academy of Fine Arts in Dłuzew, Poland. It will begin at 7 pm on February 28th (Friday) and will end at 10 am on March 6th (Friday).

The prerequisite for acceptance to the retreat is at least 6 months of experience in Buddhist meditation practice. It is possible to participate in 5 or 7 days of the retreat, provided one begins on February 28th.

Discovering the Shining Silence This traditional 7- day retreat provides time and space for dedicated practitioners to learn, practice and cultivate the Chan method. Simple yet difficult, with focused practice you may encounter an opening that allows you to come to rest and find peace, a lucid spaciousness and clear Dharma insight. Facilitated in a warm, supportive manner, the Buddhist teaching and methods passed by Master Sheng Yen will be presented through practice instruction, talks and individual interviews carefully adapted to lay practitioners of European mind and culture. This orthodox Chan retreat entails rising early, a rigorous schedule of meditation with exercise and work periods, the whole requiring a precisely focused and persistent endeavor based in a relaxed mind. Many practitioners experience clear insights enabling them to walk the Bodhisattva path with refreshed confidence and deepened serenity.

Retreat Teacher Gilbert Gutierrez is one of five lay Dharma heirs of Master Sheng Yen, having received Dharma transmission in 2002.

He was raised in a Catholic family of Mexican descent. His search for the truth began in childhood and has led him from Christian faith through mysticism, Taoism, Taijiquan, various martial arts and Qigong, and finally to Chan Buddhism. In 1995, he met Master Sheng Yen and became his student.

Gilbert lives in Riverside in Southern California, where he works as an attorney and guides the local Chan meditation group, affiliated with the Chan Meditation Center and the Dharma Drum Retreat Center in New York, and the international Dharma Drum Mountain Buddhist Association, headquartered in Taiwan. He also leads retreats and teaches regularly at the Los Angeles DDMBA chapter, as well as in other venues in the US and Canada. He has over thirty-nine years of meditation experience, which includes his study of various martial arts as well as Chigong.



Gilbert Gutierrez

How to apply for the retreat? By sending an application form and making a deposit. The application form should be sent till January 28th, 2020, by letter to the address

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

or by e-mail to

budwod@budwod.com.pl.

A deposit of 200 Euro should be made by bank transfer till January 28th, 2020 (the bank account details are given below). This books you a place at the retreat, provided there are still free places.

Retreat participation fee Retreat participation fees are as follows:

1. The 7 day participation fee is 430 Euro, with a deposit of 200 Euro.
2. The 5 day participation fee is 360 Euro, with a deposit of 200 Euro.

After making the deposit by bank transfer, the balance payment should be made till February 6th, 2020. 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 January 28th, 2020.

The bank account for transfers is:

account owner: Zwiazek 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 are borne by the payer.

Donation You may be willing to donate some money to help those practitioners who would like to attend the retreat but are not able to afford this because of 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 7 days, then to those applying for 5 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. On February 11th, 2020, the list of participants and the reserve list will be established. 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 February 28th, before 5:30 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 let us know by e-mail.

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 February 28th, at about 4:30 pm. The trip back to downtown Warsaw will take place at 11:00 am on March 6th. The cost of the return trip will be 30 Euro (one way trip 15 Euro), to be paid directly before the trip.

Practice Each day the retreat begins with wake-up at 4 am and ends at 10 pm. It consists of a number of 30 minute (or a little longer) periods of meditation, and also includes physical exercises, work, interviews with teachers and Dharma talks.

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.

Other information

- 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.czan.eu/en/odosobnienie-czan-marzec-2020/> .

Next Chan retreat A 28-day Chan retreat will take place from July 25th to August 22th, 2020 in Dluzew and will be led by Ven. Chi Chern Fashi. Detailed information about the retreat will be provided soon.