

## Simplicity and Renunciation

The Tranquil Wisdom Insight Meditation community is happy to welcome you to this retreat. Meditation retreats offer a sacred space that is protected and removed from the world. They allow participants a rare opportunity to look deeply inside, quiet the mind, and open the heart. Often the most beneficial and rewarding experiences of spiritual life happen at a meditation retreat. The sheltered and quiet setting is a key element that enables participants to develop patience, steadfastness, loving-kindness, generosity, joy, and wisdom. These are the seeds that grow insight, compassion, and happiness.

Participants are requested to let go of concerns for daily life and embrace an attitude of simplicity and renunciation by adopting a traditional spiritual practice that is called “taking what is offered.”

### Taking What is Offered

1. **Taking Any Residence** – whatever quarters are offered. We ask participants to happily accept the accommodation assigned and continue to practice in this spirit throughout the retreat.
2. **Taking Food that is Offered** – Happily accepting food that is offered is part of the practice. The cook lovingly prepares tasty and nutritious meals. Gluten-free alternatives will be available for those with medically required dietary restrictions. Participants with other special dietary needs may arrange with the retreat manager to bring supplemental food items with them to the retreat. Food items are prohibited in rooms and the meditation hall. The kitchen is restricted to St. Francis staff.
3. **Silence** – In fostering an atmosphere of contemplation and meditation, participants are expected to embrace the practice of silence during the retreat. Living in silence is the practice of observing within and not communicating with others. This includes reading or writing, using telephones, computer, email, or text messages. Talking is permitted during the evening dharma talks and teacher interviews when questions are encouraged. Inquiries about the retreat may be directed to a retreat manager or whenever necessary in the case of an emergency.
4. **Serving the Community** – Participants may wish to volunteer for community work as a daily period of meditation in action. This activity acquaints yogis with meditation practice in daily activities and helps the retreat function move smoothly. A sign-up sheet for yogi jobs will be available during registration.

The retreat is organized and managed by volunteers as a community service. Bhante Vimalaramsi freely gives the teachings and his time to be of service to the Buddha, the Dharma (the teachings), and the Sangha (the community).