



INTENSIVE CHAN MEDITATION RETREAT

led by

VEN. CHI CHERN FASHI

July 20 – August 19, 2023; Dłuzew, Poland

A 30-day Chan meditation retreat, led by Ven. Chi Chern Fashi, will take place in July and August 2023, 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 20 (Thursday) and will end at 10 am on August 19 (Saturday).

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, 9, 14, 16, 21, 23 or 30 days of the retreat, providing one begins on the first, 10th, 17th or 24nd day of the 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 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.

How to apply for the retreat? By sending an application form and making a deposit. The application form should be sent till June 21, 2023, by letter to the address:

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

or by e-mail to:

budwod@budwod.com.pl.

The deposit should be made by bank transfer till June 21, 2023 (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 30 day participation fee is 1840 Euro, with a deposit of 920 Euro;
2. the 23 day participation fee is 1530 Euro, with a deposit of 765 Euro;
3. the 21 day participation fee is 1450 Euro, with a deposit of 725 Euro;
4. the 16 day participation fee is 1200 Euro, with a deposit of 600 Euro.
5. the 14 day participation fee is 1100 Euro, with a deposit of 550 Euro;
6. the 9 day participation fee is 710 Euro, with a deposit of 355 Euro;
7. the 7 day participation fee is 600 Euro, with a deposit of 300 Euro.

After making the deposit by bank transfer, the balance payment should be made till June 28, 2023. 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 28, 2023.

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 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 30 days, next sequentially for 23, 21, 16, 14 days, then to those applying for 9 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 July 2, 2023. 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 Dłuzew on July 20, 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/Dłuzew-map.jpg> .

If you need help in getting to Dłuzew 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 Dłuzew and back, we will rent a bus (or minibus) which is going to leave downtown Warsaw on July 20, at about 4 pm. The trip back to Warsaw will take place at 10:30 am on August 19—the bus is expected to arrive in downtown Warsaw at about 12 pm. The cost of the return trip will be 30 Euro (one way trip—15 Euro), to be paid directly before the trip.

Detailed information concerning the trip to Dłuzew and the meeting point will be sent to whom it may concern, about July 2.

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, 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.czan.eu/en/chan-retreat-august-2023/> .

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.