

WINTER KYOL CHE

The winter Kyol Che takes place at Won Kwang Sa International Zen Temple, participants commit to stay in the valley for the entire duration of their retreat. Please tie up all your business before you arrive at the temple. Any pending issues which you do not settle or suspend before the start of your retreat may distract you from fully focusing on your practice.

Besides the Temple Rules, the following guidelines will help us practice together harmoniously and make the best use of this opportunity. Please keep them in mind and follow them during the whole retreat.

PRACTICE

- ✧ Kyol Che is held in absolute silence. Outside the minimal-functional communication during work period, it is of great importance to keep the silence for the entire duration of your stay, which can strengthen your practice.
- ✧ Participate in all practice periods, including meals and work periods. Other activities are only permitted if the daily schedule and work period is fulfilled. If you are sick or have any physical problems that prevent you from attending, please notify the practice leader.
- ✧ Be on time for all practice periods and meals. Please note that there is **no moktak call before the morning chanting**.
- ✧ Do not leave the Dharma room during practice, unless it is your turn to have an interview. You may go out (to the bathroom, or to drink) when there is walking meditation, but please return promptly to the Dharma room as walking meditation is a functional part of your practice.
- ✧ Please try not to disturb anyone with your actions. Keep silence and do not move when sitting in meditation. If you have pain, you can stretch your leg or stand up.
- ✧ All participants are required to comply fully with the guidance and instructions of the practice leader. You can ask questions about the practice at the interviews on Wednesdays and Saturdays. If you have any other issue, please contact the practice leader during the breaks out of hearing distance to other participants. Try to speak only in case of emergency.

GENERAL BEHAVIOR

- ✧ Official wake up is at 4:45 am, please do not set your alarm clock before that, so that others can sleep undisturbed. Bedtime is at 10:00 pm.
- ✧ Act in harmony with all the other participants. Mind only your own actions or practice.
- ✧ Please try to abstain from smoking during the entire duration of your retreat. If you cannot, do it far from others, outside the temple and accommodation area. Do not bring the smell of smoke back to the temple, change your clothes or brush your teeth

if necessary.

- * Please use odorless deodorant or soap. Any additional fragrance might disturb other people especially in a closed environment.
- * Please use your hand, not your feet, to adjust your cushions or mats in the Dharma room.
- * Please make a standing bow to the altar on entering and leaving the Dharma room. You do not need to bow when you carry food into the room as it may block the process.
- * Do not snort or blow your nose in the Dharma room or in any place where food is cooked or prepared. Use a handkerchief in these areas to wipe your nose silently, when necessary.
- * Always wear socks, long pants and please cover your shoulders in the Dharma room.
- * Adjusting candles and lighting incense is the task of an assigned person.
- * If you have a problem with heat or cold, notify the House Master. Do not adjust any heating systems, stoves, furnaces, or windows in any buildings.
- * Please put all the tools back nice and clean at the end of the work period.
- * Please walk and close doors softly at all times.
- * Keep your personal items as well as the public space clean and organized.



FOOD & MEALS

- * All meals are vegetarian and eaten in silence in a traditional temple style with four bowls.
- * The meals are part of the practice in the retreat. If you do not wish to eat a meal, please come and have tea.
- * Eating between meals and keeping food outside of the kitchen are not allowed. If you have any special dietary needs, please indicate it on the registration form before your arrival.
- * Please help set up meals and then rearrange the Dharma room. Your eating kit for the formal meal can be found on the shelf in the Changing room.
- * Please do not enter the kitchen when a meal is being prepared unless you are assigned to work there.



COMMUNICATION

- * Please try not to communicate with the outside world during the entire time of the retreat. Abstain from using the telephone and the Internet. If you need to do so, please contact the Practice leader.
- * Community copies of books by Zen Master Seung Sahn are available at the temple during the retreat. You may bring your own copies of these books. It is not recommended to bring and read any other books, including other teachings or so. No diaries or journals may be kept during the retreat.



PLEASE BRING

- * a sleeping bag,

- ✿ a towel and odorless or natural soap
- ✿ house shoes or slippers
- ✿ a Flashlight or headlamp
- ✿ appropriate clothing for the season (temperatures can drop down to minus 20°C), gloves, waterproof boots, extra socks and rain gear,
- ✿ a special cushion for meditation, if you need such,
- ✿ special medication and vitamins if you need them.

HELPING THE TEMPLE

An honest intention to help is very precious.

If you want to contribute to the temple's work, apart from donating for your stay and training, you can support the temple both financially and materially. In case of smaller donations please use the donation box in the Dharma room or at the corridor. For larger amounts or donations with a special objective, please contact the abbot or his deputy.

Transfers are made to the temple's banking account:

MagNet Bank 16200106-11522463

(IBAN HU68 1620 0106 1152 2463 0000 0000)

Thank you for your help so that we can also help more.

