

Retreat Rules

Zen Master Wonhyo said about 'practice' and 'harmony' that 'benefits myself and others' is like the two wings of a bird." The retreat rules will help you set a clear direction for your practice and keep keeping faith in your practice. By following these rules during the retreat, I can help myself as well as other practitioners. All practitioners participating in the retreat should always keep the rules in mind and try to harmonize with all practitioners

※ Practice and self-practice (discipline)

All practitioners can find their true nature so long as they apply effort to their practice. By being in accordance with the rules below, we hope that the time spent, thoroughly looking within through zen meditation, is valuable.

<General>

1. **Kyolche is always held in silence.**

Zen Master Seung Sahn said, "Silence is better than holiness.", Bodhidharma sat silently in Sorim for nine years. Silence means silence of body, speech and mind. Communicating with other practitioners in any form, that is, exchanging gestures or signals, is also a kind of conversation. Silence deepens your practice and benefits both you and other practitioners . If your job does not require talking, keeping silence will help you. At Musangsa, unless it is absolutely necessary, please keep silent in all spaces, even your room during retreat. However, if necessary, you can talk with the teacher at any time, and you can contact the person in charge for issues related to food, accommodation, health, etc. in a note. However, minimizing these contacts can deepen each practitioner's practice and also benefit those who practice together.

2. **Zen meditation cannot solve psychiatric problems.**

Sometimes people who suffer from serious mental difficulties expect that they can

treat or alleviate those problems through meditation practice. However, Zen practice cannot replace psychiatric treatment and can sometimes make the treatment itself more difficult. While Zen meditation is beneficial for most people, it is not an alternative to medical treatment, so it is not recommended for those who currently suffering from serious mental illness to join the retreat.

3. During the Retreat, you focus on completely look inside yourself.

Mobile phones, personal computers or any communication equipment may not be used during the retreat. Please deposit your mobile phone with the temple office during registration. All outside communications are suspended for the duration of the retreat. In the event of an emergency, please contact the Head Monk.

4. Be on time accurately.

Being on time is the first step to practice. Please observe the exact time for all practices, Dharma Talks, Chanting, and formal meals. Please go to the Buddha Hall, Meditation Hall, or Dining room punctually when the moktak is hit.

5. Please follow to the sound of chupkbi(bamboo clapper).

You will not be able to enter Meditation Hall after the chupkbi sounds to start a meditation period. However, this excludes cases where the Kong An interview is completed and you return to the Meditation Hall. When re-entering the Meditation Hall, do so quietly. If you are late, please wait in the tea room on the 1st floor until next walking meditation period (Haengseon).

6. Walking meditation is a continuation of sitting meditation.

A 10-minute walking meditation after a period of sitting meditation is also an important process of Zen practice. Please join the walking meditation except in absolutely necessary situations (such as going to the toilet etc.). When re-entering the Zen hall, do so quietly at your proper place in the line. Always walk carefully and be careful not to make noises when going up and down the stairs.

<Routine>

7. Everyone must come to all practice periods. If you are sick and cannot attend, please write a note to the Head Monk before the practice period begins to inform them that you will miss that period.
8. Please be mindful of noise in and around the Meditation Hall so as not to distract the practice of others. So use of the kitchen underneath the stairs in the Zen building is off limits during retreat.
9. The formal meal is a chance for all practitioners to check their health and wellbeing. Formal meals are part of our Zen practice, so please attend even if you do not wish to eat the meal.
10. Please do not enter the kitchen, except for special working hours or when person has been assigned a job in the kitchen.
11. Please do not go hiking alone, especially if you are not familiar with the mountain trails as it is easy to become lost.
12. You may go for a walk alone, or if you do not know the way well, you can walk together with a group of or more people silently, however please avoid walking with a member of the opposite gender one on one.
13. Please do not enter the rooms of other practitioners of the opposite gender. However, the exception to this rule is when teachers need to give private interviews or consultations to students.
14. Please avoid going to the temple office unless you have been asked by one of the Directors for urgent matters.
15. Conversation with people outside of the retreat during the practice period is an opportunity to turn your mind to outside business and obstruct your practice, so avoid talking to visitors to the temple. If a visitor approaches to you, please guide them to the temple office or the Director.
16. If you have any requirements regarding the opening and closing of the windows and the operation of the air conditioner, please let the Head Monk know in advance.

17. Do not feed or play with animals.

Musangsa is situated in the mountains, because of this wild animals can appear. Please be careful not to feed or play with any animals as it is not safe for animals or people.

18. Lay practitioners may not shave their heads. If you wish to keep your hair short, it should be at least 2 cm long (about 1 inch).

19. In all spaces other than your own room, you must always wear bowing robes or jacket, as well as socks as a courtesy in community life. However, T-shirts (without a bowing robe/jacket) can be worn during working time of summer retreat.

20. Please avoid wearing clothes with primary colors or colorful patterns during the retreat. Minimizing visual stimuli helps practice. Also please refrain from wearing hats in the Meditation Hall and Buddha Hall during the winter retreat except in very cold weather.

21. Intoxicants and Drugs

Smoking and drinking are detrimental to practice. No drugs, alcohol, or other intoxicants should be brought to the Temple; this also applies to tranquilizers, sleeping pills, and all other sedatives. Those taking medicines or drugs on a doctor's prescription should notify the teacher or director. For the health and comfort of all students, smoking, chewing tobacco, and other tobacco products are not permitted at the Temple. Smoking or drinking alcohol is also prohibited outside of retreat times, all-around year.

22. During the retreat, it is of utmost importance to reduce your thinking, so avoid reading books that you have brought with you. However, there are books provided by Zen center that can be read during the break, please keep them in their original place for others to shared.

23. All practitioners will be assigned a job (cleaning inside the temple, assisting in the Buddha Hall, etc.) during the working period each day during the retreat and your stay in Temple. Working is also a part of your practice, so please keep your mind focused in your work with mindfulness.

24. You may do your laundry during the scheduled times. Please be careful not to do your laundry during the walking meditation time. Please take your laundry down off the outdoor washing line before evening practice.

25. The lights in each room are turned off at 9:20 pm.

26. If you have any physical discomfort or health problems, please inform the Health Master.

27. If you need something, please write a note to the Head Monk, House Master, or appropriate director in charge and ask for help.

<Notice>

28. If these rules are consistently broken by any participant, they will be given two formal warnings by the Head Monk and a third warning by the Guiding Teacher. If the rule concerned is still broken, the person may be asked to leave.

29. All exceptions to these rules or any temple guidelines can only be made at the sole discretion of the Guiding Teacher, Joshil Zen Master Dae Bong Sunim and Seon Won Jang Vice-abbot Hye Tong Sunim JDPS.

※ The basic etiquette of Korean temple

* When entering the Buddha Hall or Meditation Hall, always allow the Zen Masters, Guiding Teachers, and Sunims to enter and leave first.

* Learn the correct bowing form and be mindful of bowing correctly.

* Always walk behind people seated in meditation.

* Always use both hands while serving food or giving or receiving something to anyone.

* When sitting or walking meditation, do not drag your legs or feet while sitting and walking.

* Do not sit at any place with your legs and feet sticking out, pointing at a Buddha or any person.

* Do not lie down in public places.

* Do not blow your nose in the Zen room or during meals. Please wipe your nose quietly with a tissue or handkerchief instead..