

# ESSENTIAL KNOWLEDGE BEFORE BOOKING

Last page for How to Book.

The following gives you information concerning.  
schedule, conduct, accommodation, diet, financing Satipanya  
and latest Treasurer's Note and How to Book.

There is a lot to digest. *Please* take you time.  
If you have been before to Satipanya, it is worth reading over it again.

## Everyday Schedule for the Mahasi Courses.

These are structured courses of alternating periods of sitting and walking meditation. It is a challenging course, as you will see from the Schedule, but this can be easily modulated.

It is very important to try and follow the course right through to its completion. Absolute beginners have completed a week's course and found it very fruitful.

Every Mahasi Course ends with the practice of metta (Goodwill) and healing. Then we take a walk together. There is also some time for discussion.

Mahasi Courses finish in the morning on Sunday and on the last Saturday for those staying a further week.

Do arrange your travel times to give a clear two hours before you have to catch a train or bus from Shrewsbury. If you are driving it is imperative that you come out of intensive retreat at least half a day beforehand.

If you have any problem with these arrangements, please discuss it with the teacher. As always, exceptions can be made.

0330 rise  
0400 sitting  
0500 walking  
0600 sitting

\*\*\* 0700 Breakfast \*\*\*

0800 work/walk  
0900 sitting  
1000 walking  
1100 sitting

\*\*\* 1200 Lunch \*\*\*

1400 sitting  
1500 walking  
1600 sitting

\*\*\* 1700 Tea/walking \*\*\*

1800 talk  
1845 walking  
1930 sitting  
2015 walking  
2045 sitting  
2115 metta/goodwill

\*\*\* Retire \*\*\*

Note, courses run by other teachers and/or covering other teachings may run to different schedules.

Regular [Weekend Schedule](#)

### **Why stay till the end of the course?**

People may have all sorts of reasons for not staying for the full course. They may have plausible reasons to leave early. Even so either they should not come or determine to stay.

Firstly, a group creates an atmosphere of support. It is selfish to take only what one wants. Others need our support as we do theirs. It can be discouraging to see people leave, often without being able to say goodbye because of the rules of silence. As the group loses members so does its energy lessen. This is more evident when the group is small. There it is a responsibility, driven by metta/care, not to abandon a group.

Secondly, this entails developing the Parami, the Perfection, of honesty. Part of this virtue is that one completes a commitment save in extraordinary circumstance or emergency. Keeping to our word is necessary in any walk of life, let alone for spiritual development.

Thirdly, a course is designed to be completed. There are exercises at the end which help vipassana insights be translated into relationships and daily life.

Please, do not apply if you do not have the intention to stay the course.

### **Our Code of Conduct**

The Training Rules and all the other requests concerning behaviour need to be seen as basic requirements to establish the necessary atmosphere and conditions for spiritual growth.

The tenor of Satipanya takes the Monastic Code (vinaya) as its model.

You will have no difficulty with our way of life so long as you come with the clear intention to study yourself and not to disturb.

#### **The Training Rules:**

##### **Basic Moral Code:**

Not to harm any living beings, but to care for them.

Not to take what is not freely given, but to practise generosity.

Not to indulge in erotic or romantic delight, but to develop metta/goodwill.

##### **Modesty**

Not revealing or emphasising a person's figure. O.E.D.

Not to use wrong speech, but to speak honestly, kindly and at a suitable time.

Not to take substances that cloud the mind, but to treasure a clear mind and pure heart.

## **Spiritual Training:**

Not to over-eat, but to see food as nourishment for the body.

Not to oversleep, but to give the body and mind necessary rest.

Not to indulge in entertainment, but to devote oneself to the practice.

Not to indulge in self-beautification, but to accept the body as it is.

To cherish the Noble Silence.

## **Please note!**

Especially for those who may not have been to a meditation centre before - silence is the golden rule. It means to seek solitude together.

To support the practice we ask you not to bring such items as: alcohol, musical instruments, radios, mp3 players, ipods, pets and recreational drugs. If you bring smart phones or tablets, please make sure they are in aeroplane mode or hand them to the Facilitator for safe keeping.

Habitual smokers may smoke off property.

The training rule not to indulge in self-beautification is an undertaking not to wear jewellery or cosmetics. Be careful not to bring scented creams!

## **Concerning the Spiritual Training Rule: Not to over-eat.**

We do not take a meal after lunch in accordance with the customs of the Theravada School of Buddhism. During the Mahasi Course there is only a biscuit offered and during other courses a sandwich of bread and jam. This can be attenuated for those with a medical condition such as diabetes.

For those who have never fasted even for half a day, be assured this will not cause a physical catastrophe. Indeed, such beginners are pleasantly surprised by the benefits of giving the digestive system a rest. We also practise this in empathy with those in the world who at present starving or suffer from undernourishment.

## **Keeping in touch:**

Please inform all necessary persons that you will be '**in silent retreat**' and only wish to be disturbed in **exceptional circumstances or emergency**. Email, telephone and mobile use will only be allowed in such circumstances.

Finally, we understand that newcomers may find this sort of 'regime' difficult and that it may take a little time to adjust.

## **Accommodation**

At present we have four single room and three double rooms.

Most beds are wall-beds that fold up during the day so that the bedroom becomes a comfortable sitting room.

Up to eight meditators can stay at any one time.

Further extensions have been made that have expanded on our facilities. We have just one more building to go up for further accommodation. Please see Grand Appeal for further information.

## **Diet**

### **Note from Trustees:**

We feel there are compelling reasons to reduce the use of animal products.

Even though the Buddha himself made no ruling as to the consumption of animal products, he made it clear that animals suffer.

These days added to the suffering of animals in factory farming, is the hunger of human-beings, an estimated one billion, which could be alleviated, should arable land no longer be used for meat, milk and cheese.

Furthermore, the production of CO2 from production, methane from digestion and nitrous oxide from manure is the second biggest source of global warming gases - 18% compared to 13.5% caused by transport.

Therefore, the centre will reduce its dependence on animal products.

Satipanya will not be providing milk, cheese, eggs or any products containing these. We will, of course, be providing a full, nutritionally rich diet as normal.

Retreatants are, however, free to bring any vegetarian items themselves to be shared with the group.

## **Allergies**

We are willing to try to accommodate meditators with simple food allergies.

Please tell us of any allergy in advance so we can make the necessary preparations.

## **How Satipanya is financed**

### **D A N A - Generosity**

We follow the ancient tradition of Dana : an economy based on generosity.

This means that apart from a booking fee (page 6), there are no set fees, as we want retreatants to be able to come on retreat and learn about meditation and Buddhism, regardless of their financial situation.

Everything you receive at the centre has already been funded by the generosity of others.

There is, therefore, no need to 'pay' for anything. So whatever you give will be for the benefit of others.

After your stay, you can determine how much you wish to support others in their practice.

We ask you to take on responsibility for the financial welfare of Satipanya and give what your means will allow you.

The Satipanya Buddhist Trust's independently examined financial accounts provide details of the charity's annual running costs. See the Charity Commission website – on the home page select Find Charities, enter the Satipanya Buddhist Trust in the search box, click and then select the registered charity. On the Satipanya page select 'view accounts', which should provide links to the accounts from 2008.

If you are in employment, please give as generously as you can. This will help cover the costs of those wishing to attend who may not be able to offer very much.

**The best way to support Satipanya is a bank mandate**, no matter how small. This assures us of a regular income and allows us to plan for the future.

If you are a UK tax payer you might wish to make a **Gift Aid declaration**, which would enable Gift Aid to be claimed whether on a one off donation or a standing order.

### **The Benefits of Dana - Generosity**

Generosity brings joy to the heart.

Increases our love for the other.

Expresses our compassion to help someone to be free of suffering.

Selfless giving unburdens the heart of attachment and possessiveness.

To give unconditionally of time and wealth is itself a path to liberation.

### **'THE GIFT OF DHAMMA EXCELLS ALL GIFTS' The Buddha**

Satipanya converts your financial gift into the gift of the Dhamma to all who ask for it.

### **Treasurer's Appeal**

*At the last Trust meeting in March 2014, it was decided to pay off the last tranche of the mortgage, £25,000 and not to go into negative financing for any future development. This ensures the financial security of the centre.*

*We have done amazingly well since the Trust was established in 2003 and it is more and more supportive of a strong meditative atmosphere. In all, over the past eleven years, in excess of £600,000 has been raised. All praise to our donors!*

*The last part of the development of the centre, the annexe of extra rooms, will be started once the necessary funding has been collected. The build will need about £200,000. This will include solar panels and ground source heating which will go a long way to reduce running costs*

*Mandates are the backbone of our finances.*

*Do remember even a small regular monthly gift of even £1 is a worthy gift.*

*There are now around 90 plus mandates and this with Gift Aid rebate will help us is covering the cost of the mortgage and hopefully, we will be able to start on the extensions next year.*

*You can also donate an Instant Online Payment through the website here: **Support** - most efficient if donating from outside UK.*

*It would be my ambition to have all the work done and dusted by 2017 when we could also celebrate Bhante's seventieth birthday.*

*We want to thank you for your generous and continuing support.*

*Please don't hesitate to get in touch for any further details about financing the project.*

*Wishing you a safe journey!*

*Rob Poleykett*

*Treasurer on behalf of the Trustees.*

## **How to Book**

**When you book your retreat at Satipanya you will be required to pay a non-refundable booking fee of £70 for each retreat week.**

**Cheque or postal order is by far the best since we have to keep accurate records.**

Please address your letter to:

**The Treasurer (D), Satipanya, White Grit, Minsterley, Shropshire SY5 0JN**

If you use Internet Banking, please, type in the reason for the donation and - most important - send details by email or leaving a message on the phone 01588 650 752

To give you an idea of costs, there are suggested donations at the end of the retreat for how much to give.

If you can afford to give more then that's really helpful, and if you cannot afford the suggested rates, then please give what you can realistically manage.

**Once you have digested all this information, please fill in the [Application Form](#) and submit.**

Should you have difficulty or do not get an acknowledgement with three days, please leave a phone message on 0044 (0) 1588 650 752

## **[How to Make a Donation](#)**

**For further information or clarification, please email:  
[info@satipanya.org.uk](mailto:info@satipanya.org.uk)**