

## Musangsa Retreat Rules

**"Benefiting oneself and benefiting others are like the two wings of a bird,"** said Won Hyo Dae Sa, the great Korean Zen Master. The rules below have been designed to keep the direction of our practice clear. In this way, we can help each other and ourselves during this "Tight Dharma" practicing period. All participants are expected to keep the following rules and maintain the harmony of the community.

**1. Kyol Che is held in silence.**

Zen Master Seung Sahn says, "Silence is better than holiness". Bodhidharma sat silently in Sorim for 9 years. Silence deepens your practice and benefits you and others. If your job does not require talking, keeping silence will help you. You should also keep silence in your room.

**2. Be on time for all practice periods, Dharma talks and meals.**

Always go to the Buddha Hall, Zen room, or Dining room punctually when the moktak is hit.

**3. Do not enter or leave the Zen room after the chukpi is hit for sitting meditation unless you are going to or returning from an interview.**

**4. Walking meditation is a continuation of sitting meditation.**

You may leave the Zen room during walking meditation when necessary. When re-entering the Zen room, do so quietly at your proper place in the line. Always walk softly in the Zen room, especially when walking on the stairs.

**5. 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 that you will miss.

**6. Everyone must come to all formal meals.** They are a part of our practice. If you do not wish to eat a meal, you should still attend.

**7. Do not enter the kitchen unless you have been given work to do there.**

**8. Do not use the small kitchen under the staircase in the Zen building during chanting or sitting meditation.**

**9. Mobile phones, personal computers or any communication equipment may not be used during the retreat.** Please deposit your mobile phone with the Director or Financial Director. All outside communications are suspended for the duration of the retreat. In the case of an emergency, contact the Head Monk or Director.

**10. Do not walk up the mountain alone if you do not know the way.**

- 11. Men and women should not go for walks outside alone with each other.** That is, one man with one woman. You should go in groups of three people or more.
- 12. Men and women should not go into each other's rooms.** The exception to this rule is when teachers need to give private interviews or consultations to students.
- 13. Do not come to the temple office unless you have been asked by one of the Directors.**
- 14. Do not talk to visitors to the temple.** If they approach you, please direct them to the temple office or the Director.
- 15. The head monk will control the opening and closing of windows in the Zen room.** If you have a problem or request, let the head monk know.
- 16. Do not feed or play with any animals.**
- 17. Do not shave your head if you are a layperson.** If you wish to keep your hair short, it should be at least 2 cm long (about 1 inch).
- 18. Bowing robes or working jackets and socks are to be worn whenever you are outside of your room.**
- 19. Do not wear brightly colored clothing during the retreat.** Do not wear hats in the Zen room.
- 20. The use of tobacco and alcohol are detrimental to our practice.** Retreat participants should not consume alcohol or smoke tobacco while on retreat.
- 21. Personal books should not be read during the retreat.** Only the books provided by the Zen Center may be used. Read them in the tea room during breaks and return them to the bookshelf.
- 22. Everyone will have a job during the work period each day, mostly cleaning the temple and working in the kitchen.** Work period is part of formal practice. Please attend to your work period assignment with mindfulness.
- 23. Do your laundry during the scheduled times.** Don't work on your laundry during walking meditation. If you hang your laundry on the lines outside, take it down before evening practice.
- 24. Do not bring your watch into the Zen room if it makes a beeping sound.**
- 25. Bedroom lights should be switched off by 9.20 p.m.**

**26. If you have a health problem, let the Health Master know.**

**27. If you have any special dietary needs, please let the House Master know in advance.**

**28. If you need something, write a note to the Head Monk, House Master, or appropriate director.**

**29. 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.**

**30. All exceptions to these rules and temple guidelines can only be made at the discretion of the Guiding Teacher, Zen Master Dae Bong Sunim and Soen Won Jang Hye Tong Sunim JDPS.**

**Guidelines for basic Korean temple etiquette**

- \* Always allow monks and nuns to go ahead of you when leaving the Buddha Hall or Zen Room.
- \* Always walk behind people seated in meditation.
- \* Learn the correct bowing form and be mindful to bow correctly.
- \* Always use both hands while serving food or giving or receiving something.
- \* Do not sit any place with your legs and feet sticking out, pointing at a Buddha or any person.
- \* Do not blow your nose in the Zen room or during meals. Please wipe your nose with a tissue or handkerchief instead.