



Crystal Mountain - A Society for Eastern and Western Studies
in cooperation with
Namgyal Yangzab Buddhist Community of Canada - NYBCC

Registration and Application

for attending the online part of the
21st Annual Summer Retreat
at Crystal Mountain Society
July 31, 2021 to August 29, 2021

We appreciate your interest in taking part in this pilot "hybrid" retreat. Selected sessions of the live program will be live-streamed 5 – 10 times per week during the 4-week program on designated topics (see the entire program below). In addition, recordings of the Zoom teaching sessions will be made available asap after the teaching for the registered participants attending in other time zones. Attendance is limited by registration and application.

The main amount of the fees directly supports the installation of a broadband receiver dish and batteries for live streaming capabilities at the remote Crystal Mountain tent site on Galiano Island. The investments will allow CMS and NYBCC to make these precious teachings available to our global community. However, inconveniences due to power outages and other technical issues are common on the island. We will make every effort to address interruptions in the live streaming by making the recordings of the teachings available online for the registered participants shortly after the teachings.

Aspiring to what? "Retreating" from what?

Dharma Teachers and traditional texts highly recommend taking great care in selecting and preparing a suitable locality in which Dharma Teaching is given and received. Through Zoom, the blessed land of Crystal Mountain and the natural beauty of Galiano Island cannot support you as they would if you were in person. Therefore we do encourage you to reflect on the importance of cultivating your personal retreat environment by asking yourself the following questions:

- ❖ What am I aspiring to by taking part in this retreat?
- ❖ In which way can I build supportive circumstances in my Zoom locality?
- ❖ To what degree can I "retreat" from conditioned circumstances and habits to build open space, energy, and genuine interest for hearing, reflecting, and unfolding to benefit myself and all beings?

Costs and Payment

The fee is \$150 CAD per week, including a minimum of 5 teachings per week. (NB: No part of this fee is going to the Teacher).

You will receive a confirmation of your registration with the details for payment. The Zoom link will follow later.

Please accept that the program may be subject to change.

Unfortunately, we are not able to give a refund when you can not attend as registered. In such a case, we will look at your payment as a highly appreciated donation and send you a tax receipt.

***Dāna* – donations for the Teacher**

Dāna (Pali for donation, generosity) is offered separately at the discretion of the practitioner into our digital *dāna* bowl. Please be aware that our Dharma Teachers, by tradition, do not ask for any salary but live on *dāna* – donations. The Teachers of Old gave numerous instructions about the fundamental implications and the power of the practice of *dāna* in place of "salaries" and "fees." As a guideline for deciding on the amount of your *dāna*, on the one hand, it is recommended you consider your own ways and amounts of being reimbursed for your work. On the other hand, you may want to see it in balance with the depth and the impact on your life and your liberation that you aspire to by receiving these teachings. Above all, it is your heart's intention that determines the auspicious effect of your *dāna*.

If you would like to register for this online retreat, please fill in the form below and send it back to eva.gohl@bluewin.ch

Looking forward to meeting you.

The Crystal Mountain and NYBCC retreat organization team

Registration and Application Form

*Last Name		
*First Name		
*E-Mail Address		
*Country		
Date of Birth mm/dd/yyyy		
Street Address		
City		
Postal Code / Province		
Which week would you like to register for?		
	Please indicate with X	Amount
Week 1 (July 31 – August 6) <i>Open to all by registration.</i>		\$150 CND
Week 2 (Aug 7 – 13) <i>Open to practitioners by registration and application.</i>		\$150 CND
Week 3 (Aug 14 – 20) <i>Open to practitioners by registration and application.</i>		\$150 CND
Week 4 (Aug 21 – 29) <i>Open to practitioners by registration and application.</i>		\$150 CND
Total amount invoiced after the registration is confirmed		

*required

Application for attending weeks 2, 3, and/or 4

Please answer the following questions

Have you met Lama Mark personally and/or have you attended some of his teachings? Please describe in a few words.

Are you able to fully attend the week retreat that you have registered for?

Have you previously attended retreats? If so, please indicate which teachers and lineages you have been a student of.

Please share a few words about your practice and your intentions in joining this retreat.

Other thoughts you may want to share with us

Schedule and Topics

Week 1, July 31 – August 6

Open to all by registration.

a) Introducing the awakening mind and Buddhist Meditation

b) Sensory In-touchment and Enlivening

- Four Noble Truths, Emptiness and Compassion: Study, Reflection and Meditation.
- Progressively deepening awareness of our bodies is a vital part of liberation. Gradually bringing in-touchment and enlivening to our body of sensory experience is a major focus of this summer's retreat.
- The art of progressively deepening mindfulness and easefulness of body, speech and mind
- Many sessions each day of yoga, sensory-awareness explorations by Lama Mark. (Led by Laurel Jacobson, Lama Mark and others)

Exact teaching times to be announced soon

Week 2, August 7 – 13

Open to practitioners by registration and application.

The meditation of Amitayus from the Drikung Dzogchen tradition.

- Group and individual practice.
- Integrating sound, speech, mantra and breath into all our practices (led by Michael Gohl via Zoom).
- Learning vajra recitation.
- Many sessions each day of yoga, sensory-awareness explorations by Lama Mark. (Led by Laurel Jacobson, Lama Mark and others)
- The empowerment of *Amitayus* longevity and deathlessness meditation. Date to be announced (empowerment is not live streamed; however permission to practice will be given to those signed up online).

Exact teaching times to be announced soon

Week 3, August 14 – 20

Open to practitioners by registration and application.

Instructions and teachings on appearances and the Illusory Body, through the progressive stages of emptiness

- The meditation of *Amitayus* continued with emphasis on inner yoga and very subtle sensation. Group and individual practice.

- Integrating sound, speech, mantra and breath into all our practices continued (led by Michael Gohl via Zoom).
- Vajra recitation continued.
- Many sessions each day of yoga, sensory-awareness explorations by Lama Mark. (led by Laurel Jacobson, Lama Mark and others)

Exact teaching times to be announced soon

Week 4, August 21 – 29

Open to practitioners by registration and application.

Instructions and teachings on Illusory Body, through the progressive stages of emptiness: interdependence and totality.

- The meditation of *Amitayus* continued. Group and individual practice.
- Continuing sessions each day of sound, yoga, sensory-awareness and explorations sensory awareness. (led by Laurel Jacobson and others)

Exact teaching times to be announced soon