



## ***Understanding Dana – the Buddhist Practice of Generosity***

We invite you to offer a contribution to support the teachers and the manager. Just as students depend on teachers and managers, teachers and managers depend on students. Teachers and managers are not paid anything by RMERC. The registration fee you paid for the retreat covers room, board (food and paying the cook) and other retreat expenses only.

The teachings of the Buddha have been sustained by the 2,500-year-old tradition of *dana*, a Pali word meaning “generosity.” In the Buddhist tradition as it is practiced here in the west, retreatants are invited to make a donation to the teachers and managers at the retreat’s end as a way to express their heart’s gratitude and to support the teachings in continuing. This is a practice of mutual generosity and of “paying it forward.” We the teachers and managers offer our time and teachings freely as a gift as they have been offered to us by our teachers. You are invited to offer generosity in appreciation of the teachings. This ongoing stream of *dana* allows the teachings to continue moving forward.

This is a practice – of the body and heart. You are invited to feel into the value of your experience of being on retreat and to make a contribution in support of teachers’ and managers’ ongoing service to the Dharma. There is no set fee. Rather this is an inquiry into what feels generous given your experience, your values and your resources. It is a practice of balancing being compassionate to others and your self. It is a practice of interconnectedness. It is a practice of love.

We welcome your generosity in whatever form and amount it takes. Thank you for your practice.

Warmly,  
Jean, Alice and Alice

*“If beings knew, as I know, the result of giving and sharing, they would not eat without having given...”*

*-words of the Buddha from the Itivuttake, Pali Canon*