



# DHARMA COURSE

BUDDHIST COMMUNITY & MEDITATION CENTER

A profound inner journey rooted in the core teachings of Buddhism—the Four Dharma Seals. This retreat offers participants a path to liberation from suffering and the attainment of inner freedom.

20th-26th, September, 2024

Nong Kwai, Hang Dong District,  
Chiang Mai Thailand

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## 7 - DAY MEDITATION RETREAT

The Dharma teachings we share are inherited from the Buddha, covering the perspectives from Theravada, Mahayana, and Vajrayana. All teachings come from authentic lineages and are consistent with the practices from the Buddha's time. Our teacher, Venerable Renze, is from China, and all the teachings are given by him. The English dharma talks you will hear are made by fellow practitioners. The resident nuns are Venerable Renze's ordained disciples, who have received proper training and guidance.

Ven. Renze graduated from Shandong University, with a degree in physics. In 1990, he started to learn meditation. And in the beginning of 1994, he received ordination from Master Huitong, the leading monk of ZhenRu Temple on Mount YunJu in Jiangxi, and an excellent disciple of Master Xuyun. In October of the same year, he received full ordination in Zhenru Temple on Mount Yunju, from Master Yicheng who served as the abbot there. In December, he followed Guru Yuanyin, and started to study and practice the esoteric way beyond forms. He meditated for 3 years in Xuefeng Temple in Fujian, and spent many years in solitary retreat in mountains. In the summer of 2003, thanks to disciples' supplication, he decided to end his retreat and propagate Dharma. Later, he followed Lama Sherab Özer, practiced the Great Perfection and received the Nyingma school lineage; and followed Lama Sangye Yeshe, and received the Kalachakra lineage from Jonang school. Following in his footsteps, his disciples are also propagating Dharma in various places for the benefit of sentient beings.

What Ven. Renze teaches are broad and diverse, composing multiple categories of free programs. In addition, he has written books and articles benefiting numerous people and lighting up their heart. Nowadays, the society needs young people with positive energy, to pass the spirit of benefiting others altruistically, which is exactly the wisdom and compassion the Buddha taught us. As a practitioner, being self-disciplined, peaceful, and actively helping others, can not only boost your energy level, but also keep the society in harmony.

We hope you have a fruitful meditation experience and that it illuminates your path in life.

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# CONDUCT GUIDELINES

This retreat will last for 7 days. Meditators are not allowed to leave the meditation retreat area without the permission of the Teacher. It is very disrespectful to leave without informing the Teacher. Authorities reserve the right to refuse entry, or to expel anyone in the case of disrespect regarding the rules or instructions.

- **Practice Guidelines**

Please practice silence and uphold five precepts, avoid killing, taking what is not given, sexual misconduct, lying, consuming intoxicants. Avoid physical contact between men and women, between laypeople and nuns. Maintain a pure relationship of Dharma friends. Meditators should not visit others in their rooms. Men are not allowed to enter women's rooms. Women are not allowed to enter men's rooms.

Let go of any previous breathing or meditation techniques you have practiced and fully immerse yourself in the experience here. Meditators are not allowed to talk about their personal meditation practice or experience. As a student or volunteer here, please do not offer to teach others about practice, attempt to solve their practice-related issues, or introduce your own preferred methods of practice.

- **Daily Life Guidelines**

The meditation hall is a place of great purity and solemnity. When sitting, avoid pointing your feet at others, especially the Buddha statue, the dharma table, or monks/nuns. Always wear shoes when leaving the meditation hall and avoid entering the hall barefoot.

Meals, snacks, fruits, tea, and essential personal items can be obtained at the meditation center. Notebooks are provided for you to record any insights or questions.

Please wash your own dishes with mindfulness and return them to their original place after cleaning. Use the same set of dishes, cutlery, and cup throughout the retreat.

## 7 - DAY MEDITATION RETREAT

**Google maps search:** Dreamer Club Resort

**Address:** Nong Kwai, Hang Dong District, Chiang Mai

Taxi from Chiangmai airport: 23 minutes, 10km

Taxi from ChiangMai bus station: 33 minutes, 23km

**Checkin time:** 20th September, 9am-10am

**The check-in location** is at the logistics service office, which is at the entrance of the resort. Please present your passport, confirm your identity, sign to complete the process, and receive your participant badge and bed assignment number. If you have any special needs, please inform us promptly. Participants are not allowed to change rooms or bed assignments on their own.

**The participant meeting** will start at 10am in the dharma hall.

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## LOCATION &amp; CHECKIN



## 7 - DAY MEDITATION RETREAT

- 6:00-7:30 Morning Prayer + Meditation  
7:30-8:30 Breakfast  
8:30-11:45 Dharma Study + Meditation + Tea Break  
+ Mindful Walking  
11:45-12:15 Taichi  
12:15-14:00 Lunch  
14:00-18:00 Dharma Study + Meditation + Tea Break  
+ Volunteer time + Chanting  
18:00-19:00 Dinner  
19:00-21:00 Dharma Study + Meditation + Dedication

Please follow the schedule for the meditation retreat as outlined, adhere to the rules posted on the dormitory room doors, and be punctual for classes, meals, and rest times.

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**DAILY SCHEDULE**

## 7 - DAY MEDITATION RETREAT

**Items to bring**

2 sets of loose-fitting clothing, soap, shampoo, toothpaste, toothbrush, slippers, water bottle, towel, functional alarm /timer, and personal care items.

Please try to avoid wearing flashy/tight clothing, strong-scented perfumes, or overly bold jewelry. Avoid wearing clothing that makes noise due to friction and avoid wearing all black. Avoid exposing your chest, midriff, or wearing see-through garments.

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**WHAT TO BRING**

## 7 - DAY MEDITATION RETREAT

The retreat will be ended around 5pm on 26th, September. Please fold the bed linens, duvet covers, and pillowcases neatly and return them along with the room key to the logistics service office.

Take all your personal belongings with you.

Then, return your participant badge to the check-in area and sign out before leaving.

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# WHEN LEAVING



WE HOPE SOMEDAY YOU'LL JOIN US,  
AND THE WORLD WILL LIVE AS ONE.

# OPPORTUNITIES TO CULTIVATE COMPASSION

## Application of Compassion and Altruism in Daily Life Doing Things Not Just for the Sake of Doing

At our meditation center, we offer opportunities for those who genuinely wish to practice and cultivate the great virtues of loving-kindness, benefiting both oneself and others. Every small task can be a tool for practice.

We do not act for personal fame or rewards, nor should we let greed and attachment grow in the course of our tasks.

Instead, we serve others with a heart of gratitude and humility, helping others achieve their spiritual goals.

We welcome everyone to practice the altruistic spirit of Buddhism and particularly invite volunteers with planning abilities, gardening and tidying skills, as well as photographers, translators for Thai, Russian, and English, and social media practitioners.

**Volunteer period:** 8 AM - 8 PM, September 10-12


**Meals:** Lunch and dinner will be provided.

### Contacts:

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