

Shasta Abbey Rules

Because Shasta Abbey is a Buddhist monastery, a place where the Dharma is honored and practiced, we ask our guests to respect our rules during their stay, whether short or long. The purpose of these rules is to assist trainees in their efforts to meditate by minimizing distractions and promoting harmony within the community. Please read these rules carefully before visiting the Abbey, especially if you are coming for a retreat. Please contact the Guestmaster with any questions you have about them.

◆ The activities of our daily life have a profound spiritual significance and it is an important part of Buddhist practice to perform all actions with reverence and gratitude.

◆ We ask all guests to follow the daily monastic schedule, being punctual and participating fully in each scheduled event. By following the schedule, we learn to drop our opinions of what is important and unimportant, and this helps us live in accordance with the Truth that the Buddha Nature can be found in all places and at all times. It is understood that some people will not be able to follow the schedule completely because of poor health or age. We will do all we can to accommodate anyone with a sincere desire to train. Please consult the Guestmaster about your situation.

◆ During your stay at Shasta Abbey, please refrain from religious practices other than Buddhist training as taught at the Abbey.

◆ Please dress in a respectful manner while at the monastery. Please do not wear shorts or tank tops. For safety, shoes should be worn outdoors. Out of consideration for others, please do not sunbathe or use any perfume or scented products.

◆ Please be as quiet as possible during your retreat at the Abbey. There should be no unnecessary talking during work or other activities. There will be time for social conversation at the end of the retreat.

- ◆ Please do not bring the following items to the monastery: tobacco, illegal drugs, alcohol, chewing gum, laptop computers, musical instruments, radios, firearms, pets, plants, furniture, or books other than those available from Shasta Abbey. Please consult with the Guestmaster if you have questions about the advisability of bringing any particular book or other item to Shasta Abbey. It is fine to bring your cell phone but please do not use it during the retreat except with the permission of the Guestmaster.
- ◆ Smoking is not permitted while you are in residence here.
- ◆ Except in an emergency, please do not leave the grounds unless special permission has been given by the Guestmaster. Some areas of the Abbey are for the private use of monks; please consult the Guestmaster if you are uncertain about which areas are closed to guests.
- ◆ Because of fire hazard, we ask that guests only offer incense and light candles at the altars specified by the Guestmaster. Please do not operate the wood stoves.
- ◆ Meals are usually held formally and eaten in silence. Meals at the Abbey are vegetarian (including eggs and dairy products). Please take as much food as you need but do not waste any food.
- ◆ Please do not leave the Guest House before the rising time or after the lights-out time. The Guest House doors will be locked and you will not be able to get back in. If you get up before the wake-up time, please be as quiet as possible. Please be in your room by the lights-out time.
- ◆ Rooms should be kept clean and tidy.
- ◆ Lay guests should not visit each other's rooms.
- ◆ A monastery is not an appropriate place to engage in flirtation or to seek a sexual relationship.