

## RETREAT RULES AND REQUIREMENTS

### 禪修營規則及要求

**IMPORTANT: All participants are required to read the Retreat Rules and Requirements.**

**重要提示：所有參與者必須閱讀禪修營規則及要求。**

1. Retreatants agree to **OBSERVE THE 8 PRECEPTS** during the retreat. If there are any medical concerns and you are not able to observe the 8 precepts, please contact the organiser.  
參與者同意在禪修期間持八戒。如果有任何醫療問題，您不能持八戒律，請與主辦方聯繫。
2. Retreatants agree to be on time and **follow ALL SCHEDULES, INSTRUCTIONS AND METHODS** given by the Teachers, including attending the morning precept, interview, and Dhammā talks.  
參與者同意準時並遵循老師發出的所有時程表、指示和方法，包括參加早上受戒、面談和佛法講座。
3. Formal group sittings will be carried out in the meditation hall. Always follow instructions and please **DO NOT MIX PRACTICES**. This confuses mind and slows down your progress. The Meditator is allowed to choose to sit or walk according to his/her condition. It is recommended to sit for a minimum of 30 minutes per sitting meditation session and to continue with walking meditation (between 15-45 minutes). There will not be any signs, sounds or bells to change the meditation positions. Please do not bring the blanket from your bedroom outside (in the case of a stay-in retreat). You may bring your own blankets from home for your sitting.  
正式的集體坐禪將在禪堂舉行。各禪修者可以根據自己的情況選擇坐禪或行禪。建議每次坐禪至少坐 30 分鐘，兩次坐禪間可進行 15 至 45 分鐘行禪。每次坐禪或行禪均不會有任何告示、聲音或鐘聲提示作轉換。請不要把被毯從您的臥室拿出來用(如果參與的是入住營)，您可以從家裡帶上自己的被毯作坐禪之用。
4. Retreatants agree to observe **NOBLE SILENCE (not talking AT ALL with other retreatants, including in the dormitory in the case of a stay-in retreat)**. Retreatants can ask question during the interview time or Dhammā talks. Talking disturbs your own peaceful mind as well as disturbing others. If there are any urgent needs, please contact the organiser/volunteers quietly.  
參與者同意保持安靜。(不與其他禪修者交談，包括在房間里如果參與的是入住營)。參與者可以在小參時或佛法講座時提問。與人談論將影響您自己的靜心，亦會打擾別人。如有任何緊急需要，請悄悄地聯繫工作人員。
5. Retreatants agree **NOT to enter/visit other meditators' rooms** to chat or talk about each of your experiences. (In the case of a stay-in retreat.)  
參與者同意不進入/探訪其他參與者的房間，聊天或談論您的每一個經驗。(如果參與的是入住禪修營。)
6. Retreatants agree **NOT to use any watch or clock** that produces sound inside the meditation hall.  
參與者同意在禪堂內不使用任何產生聲音的手錶或時鐘。
7. Retreatants are **NOT ALLOWED to make announcements during sitting time**.  
參與者不可以在禪修時段發報告。
8. Unless necessitated by security or safety reasons, a retreatant is **NOT ALLOWED to alert or disturb another meditating retreatant whether physically or verbally**.  
除了安全理由，參與者不可以用任何肢體或語言方式嘗試喚醒或打擾其他正在禪修的參與者。

9. Retreatants agree **NOT to bring personal valuable belongings** to the retreat centre. If you bring a **mobile phone** and any other communication devices, you will be asked to **leave them with the organiser** during the retreat. (Day-retreat retreatants are only required to turn their mobile phones to silent mode.)  
參與者同意不將個人貴重物品帶到禪修營。如果您帶了手機和任何其他通信設備，您將被要求在禪修期間把它們交給主辦單位保管。(日間禪修營參與者只被要求將手機調至靜音。)
10. Retreatants agree to **ATTEND THE DAILY INTERVIEW**, and explain his/her meditation experiences clearly. Please **DO NOT DISCUSS ANYTHING OTHER THAN MEDITATION EXPERIENCES**. Questions regarding meditation practice should be asked directly only to the Teachers, not to other retreatants.  
參與者同意參加每天的小參，並清楚地解釋他/她的禪修經歷。除了禪修經驗，請不要談論任何其他的事情。關於禪修練習的問題應該直接向老師提問，而不是問其他參與者。
11. Retreatants **MUST TAKE NOTE OF THEIR OWN INTERVIEW TIME** and attend the interview on time.  
參與者必須記住個人的小參時間和準時赴小參。
12. To respect the Teachers and make it easier for Teachers to help during the daily interview, you **MUST TELL THE REAL EXPERIENCE** of your meditation. Report honestly according to your personal experience. Please **DO NOT DISCUSS YOUR EXPERIENCES AT ALL WITH OTHER RETREATANTS**.  
為了尊重老師，讓老師在日常小參中更容易提供指導，您必須講述您禪修的真實經驗。誠實地根據您的個人經驗報告。請不要與其他參與者討論您這次禪修的經驗。
13. Please remove your shoes before entering the Dhammā Hall.  
在進入法堂前請脫鞋。
14. Out of respect, please stand up when the Teacher enters and stand up when the Teacher leaves.  
出於尊重，當禪師進入法堂時請大家站立。離開時亦是。
15. Please do not leave after the Dhammā talks have started.  
請在禪師開示后，不要離開法堂。
16. You may take notes during the talks.  
禪師說法時，您可以做筆記。
17. You are invited to ask questions during the Dhammā talks if you hear something you do not understand. Please be precise with your questions and **DO NOT dominate the Dhammā talks time with your questions**.  
在說法時，如果聽到不理解的事情，可在期間提出問題。請扼要的提問。
18. There will be a **Q&A time** at the end of each talk. Please be precise with your questions, **DO NOT dominate the Q&A time**.  
問答時間將安排於禪師說法完畢后。請扼要的提問。
19. Retreatants agree to **DRESS APPROPRIATELY**. No sleeveless tops. No tight clothing and leggings. No transparent clothing.  
參與者同意穿著得體。不穿著無袖上衣。不穿緊身衣服和緊身褲。不穿透視的衣服。
20. Retreatants agree to **inform the organiser of any health conditions** and also medicines which you take regularly because some medicines may cause dullness/sleepiness.  
參與者同意通知主辦機構任何個人健康情況，以及您經常服用的藥物。因為有些藥物會導致沉鬱及昏睡。

21. Retreatants agree **NOT to use perfumes/scented soaps/creams/medicines/herbals** (for example, eucalyptus oil) which have distracting smells in the Dhammā hall and may hinder other meditators' practice.  
參與者同意不塗抹任何香水/香味肥皂/面霜/藥物/草藥 (例如, 桉樹油), 任何氣味皆會騷擾、阻礙及分散在大廳內其他禪修者的注意力。
22. Retreatants agree **not to smoke, drink alcohol, or use drugs** during the retreat. Anyone who breaks this rule will be asked to leave the retreat immediately on their own cost.  
參與者同意在禪修期間不吸煙、飲酒或吸毒。任何違反這一規定的人都將被要求立即離開禪修營場地, 費用由他們自己承擔。
23. The type of food served will be **vegetarian**. Part of your retreat practice is to only take food as needed and gracefully accept what is being served, unless the food is inedible.  
所提供的食物類型將是素食為主, 您部分的靜修練習是包括只根據需要攝取食物, 樂意地接受場所提供的食物。除非該等食物真的不能食用。
24. Retreatants agree to **keep all areas clean** (including toilets, rooms, dining room, wash rooms and meditation areas).  
參與者同意保持所有區域的清潔 (包括廁所、房間、餐廳、衛生間和禪修區)。
25. Retreatants agree **NOT to disturb the Teachers** at their resting place.  
參與者同意老師在休息場所時不打擾老師。
26. Retreatants agree to **convey his/her request or complaint directly to the organiser** to find a solution.  
參與者同意直接向主辦方提出他的請求或投訴, 以尋求解決方案。
27. Retreatants agree to **receive suggestions/feedback with ease**, and to peacefully leave the retreat if they are unable to follow these rules and requirements.  
參與者同意輕鬆地接受建議意見, 如果不能遵守這些規則和要求, 則應該和平地離開禪修營。
28. A **suggestions/complaints box** is placed at the meditation hall for retreatants to inform the organiser of any issues faced by the retreatants, including where one is not feeling well or intends to make some requests or suggestions.  
禪堂設有一個建議/投訴箱, 供參與者告知主辦方任何參與者面臨的問題, 包括感覺身體不適或想要提出一些要求或建議。
29. Last but not least, and this is a **VERY IMPORTANT REQUIREMENT** : all retreatants are required to **strictly abide by the rules and requirements of the Retreat Venue**.  
最後但並非最不重要的 - 這是一個**非常重要的要求**: 所有參與者都必須**嚴格遵守靜修場所的規則及要求**。

### **Personal things to be brought with you to the retreat place**

#### **禪修營需要帶備的個人物品**

Medicines/vitamins you need to take regularly during the retreat.

需要經常服用的藥物/維生素。

Appropriate retreat clothing (white clothes are preferred, if possible).

適當的禪修衣服 (如果可能的話白色衣服是首選)。

Please bring personal water bottle and slippers which are tagged with your name already, to avoid any confusion who the rightful owner is. Bring footwear which is easily taken off and comfortable to walk in. The stay-in retreat participants please bring a torch light.

請攜帶個人水瓶, 和已經貼有您名字標籤的拖鞋, 以避免混亂。帶上容易脫下的舒適鞋類。入住營的參與者請帶上手電筒。