

GOGO-AN AT OLYMPIA ZEN CENTER REGULATIONS REGARDING RETREAT AND USE OF RETREAT SPACE

RETREATANT

While at retreat at Gogo-an, the teacher and sangha of Olympia Zen Center will do all we can to assist you in making your retreat as successful as possible. A retreat schedule has been provided for you with several suggested approaches to how to spend your time. You are also free to create your own schedule. However, please do not use your time in idle discussions with residents or practitioners. The intention is solitary practice, silence, reflection time, personal inquiry, and healing. If you choose, you are free to go for walks on the Chehalis Western Trail which adjoins our property.

The teacher/abbot is available to you for dokusan, interview, if you wish to arrange for it.

_____A silent retreat partner/support person has been arranged for you. This person will be a guide for you who will bring you food, hot water, and other items you might be in need of. This guide will remain at Olympia Zen Center during your retreat looking in on you from time to time. Please speak to this person should you have any needs either physical, emotional, or spiritual.

_____You have chosen not to have a retreat partner, but will care for yourself physically, emotionally, and spiritually. You have arranged for your own food and will not require service from a retreat partner. You are free to enter the resident kitchen and prepare foods and fix hot water. Or, you may eat pre-prepared foods which you intend to keep with you at Gogo-an. Please remember to use the food containers as to avoid rodents or insects from infesting Gogo-an. Also remember that you can call upon the teacher (if in residence) or a caretaker/resident for guidance at any time in your personal retreat.

USE AND CARE OF GOGO-AN

Gogo-an is a sacred retreat space built to honor our great saint Ryokan san with whom we are in lineage. During your stay, please treat it as a temple and respect all aspects of practice within.

Please do not use candles outside of their protective globes.

Do not use any lighters, matches or other fire lighting means that could cause an uncontrollable fire.

Use only the heating device provided and use only as instructed.

Do not attempt to use charcoal or any other means to try to heat water or to cook anywhere except in the Zendo kitchen. Fire danger is high in the Pacific Northwest.

Do not smoke cigarettes nor use any kind of illegal drugs.

Lighted incense must be placed in the incense container only.

Read the instructions on the fire extinguisher and be prepared to use it in the event of an emergency.

Do not wear outdoor shoes in Gogo-an. Place outdoor shoes in the shoe box at the entrance to protect them from rain or from animals stealing them.

Keep all food in the food containers so as not to attract animals, rodents, or insects. We have an assortment of foraging wildlife in the area: deer, rabbit, moles, field mice, garter snakes, opossum, groundhogs, dogs, cats, raccoons, squirrels. We have occasional reports of bear and large wild cats. Do not leave food around that they can smell and be attracted to.

Please clean up after yourself when you leave, and restore Gogo-an to its ready condition.

Please do not leave personal belongings behind.

RESTROOM FACILITY

Gogo-an remains happily primitive in its absence of modern plumbing to remind of the ways in which Ryokan san lived. Do not defecate anywhere around Gogo-an or anywhere on the property except in the Gogo-an toilet facility or in the Zendo toilets. We are on a Class A wetlands and what goes into the soil goes into our water.

The toilet facility is a “honey bucket” style that uses a septic friendly chemical in a bucket which must be flushed using the regular toilet in the bathroom at the entrance to zendo. You will be responsible for removing your own human waste and cleaning the bucket for the next person. Lift the bench lid underneath the toilet seat and remove the bucket for emptying. The bucket lid will be visible beside the bucket. Please do not use the toilet broom from the toilet area to sweep inside Gogo-an.

I have read and understand these regulations and guidelines and agree to abide by them. I have provided Olympia Zen Center with medical and emergency information to help care for me in the event of a reasonable medical emergency. I will not hold Olympia Zen Center, its teacher nor its sangha members either individually or collectively liable for any condition, either physical, emotional or spiritual that may arise from my personal retreat nor will I initiate frivolous legal actions against such members for negligence in caring for my welfare.

Signed _____ Date _____