

The Dana Practice

The fee for this retreat does not include any reimbursement for the teachers of the retreat – myself, Anne Briggs, and Rebecca Kronlage (who will be assisting me). As some of you are aware, this is based in the Buddhist tradition of the practice of “dana,” or generosity. The Buddha teaches that generosity is one of the central pillars of the spiritual life. Buddhist teachings are offered without a price tag, as they are considered to be priceless. This practice of generosity around teaching creates a system of openhandedness, of interdependence between teachers and students. It is wonderful for me to be able to offer teachings in this way.

At the end of the retreat, you will have an opportunity to engage in this practice of generosity and to offer “dana” (a donation) for the teachings as a way to support the teachers of this retreat. There is no suggested amount or normal amount -- that is left entirely to your heart and the reality of your bank account. We will give you the details at the end of the retreat. You may bring a check or cash, and there will also be information for those who use Venmo.

--Mary Grace Orr