

Center Guidelines

- 茶道 Please surrender to all the precepts, schedule, food and lessons while you are here at the Hut. We are living here because of the donations of others, and must rest in gratitude for the tea, food, space and teachings freely offered. We realize that not every aspect of life here will be for you, but you won't know which aspects of this practice are meaningful in your life if you don't try! When you return home, you can keep that which was beneficial to you and set down the rest. In the meantime, surrendering is a wonderful practice!
- 茶道 Be respectful of our tea tradition, surrendering your views from other tea practices you have tried and practice brewing in the way the Chajin at the Hut teach you.
- 茶道 While at the Hut, please abstain from eating meat, taking any intoxicants or engaging in any sexual misconduct. Be mindful of the purity of the space.
- 茶道 Please do not leave the Center without permission.
- 茶道 Be respectful of the altars and meditation Zendo.
- 茶道 Be respectful of your classmates. Speak nobly and kindly, without criticism. Do not waste time idly chit-chatting. Maintain a calm and quiet space for reflection and learning.
- 茶道 Life at the Hut revolves around morning and evening meditation. Meditation is signaled by a gong ten minutes before meditation. Please arrive to the hall promptly.
- 茶道 Any meditation practice is acceptable—from any tradition, so long as it is quiet. But please follow along with meditation instructions whenever they are given in the meditation hall. Also, please join us in practicing loving-kindness meditation, sharing our merits for the last ten minutes of every sit. This is signaled by a gong.
- 茶道 There are three chants we practice at the Hut. None are compulsory. You may participate if you wish, but do not feel obligated to do so. However, please be respectful during chanting periods.
- 茶道 Daily meals are signaled by a gong. We provide healthy, vegetarian breakfast and lunch. As much as possible, the food is organic and clean. We do our best to steward the donations given to us to provide light and vibrant meals that promote tea practice and meditation. Be mindful of the gift of food and accepting of the offering, dropping preferences.
- 茶道 We do not serve dinner. A light body is good for mental and physical purification, and lends itself to meditation practice. If you need some dinner you can ask a Chajin about leftovers or fruit.
- 茶道 Please do not help yourself to food in the kitchen, as it is often for planned meals. Contact a Chajin serving at the Center for help.