

Dorje Denma Ling

“where drala and werma gather like clouds.”

Dear Friend,

We warmly welcome you to Dorje Denma Ling! We are happy to have you here and hope you will enjoy your stay during this auspicious time.

This letter is intended to help you with all areas of your own preparations during your visit at Dorje Denma Ling. If after reading this, you have questions or concerns that have not been addressed, please feel free to contact us, using the options listed at the end.

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Checklist of What to Bring to DDL

- _____ Pens
- _____ Notebook for taking notes
- _____ Personal prescription medications
- _____ Flashlight with extra batteries
- _____ Battery-operated lantern for tent (optional)
- _____ Sleeping-bag or other bedding (couples could bring double sheets if they put the beds together)
- _____ Personal towels
- _____ Personal toiletries (soap, shampoo, razors, etc. - unscented please!)
- _____ Sunscreen
- _____ Battery powered alarm clock
- _____ Water bottle
- _____ Pre-paid phone card or calling card
- _____ Money for snacks, toiletries, cards, clothing or gifts
- _____ A day backpack, if you like, to hold things you might want to have with you over the course of the day
- _____ Raincoat or poncho
- _____ Umbrella (optional)
- _____ Warm jacket
- _____ Boots or water-resistant shoes
- _____ Shoes that slip on or off easily (optional)
- _____ One dressy outfit, sport coat and tie, for special gatherings
- _____ Clothing appropriate for work
- _____ Bathing suit for possible swimming outing (optional)
- _____ Shawl or blanket for cool mornings in the meditation hall (optional)

Gear Recommendations & Weather

- Overall plan a wardrobe that allows for ruggedness, refinement, practicality, elegance, and of course simplicity
- For practice and classes, bring casual clothes
- For rota shifts, bring work clothes such as jeans and t-shirts
- We recommend you should plan to bring clothing that can be layered for varied weather conditions
- Rain gear and waterproof rubber shoes or boots with good traction and stability for walking on the trails, such as hiking boots for walking through wet meadows are highly recommended
- Other recommended footwear important to bring is a pair of slip-on shoes for going in and out of the shrine room easily, sturdy sandals for hot days, and if you have room in your luggage, your dressier shoes as well
- Also useful and optional to bring are thermos or thermal mugs
- Summer is usually warm in the daytime but can go down to 10 degrees centigrade

(about 50 degrees Fahrenheit) at night

Meditation Cushions

- DDL provides rectangular foam meditation cushions called gomdens and a mat (zabuton) under the cushion
- If you use a Zen-style sitting bench you'll need to bring it

Accommodation

- All tents have wood platforms, two single beds with mattresses, pillows, a pair of chairs and a side table
- You may bring a battery-operated lantern if you like
- No gas, candle or propane lighting of any kind is permitted
- For those staying in our new residence, rooms are provided with two beds, pillows, bottom sheet and pillowcase, lamp and clothes rack.
- There are enclosed shower houses (men's and women's) which have dressing rooms where clothing can be hung and personal toiletries stored
- There are a limited number of beds available indoors. If you feel you need one for health reasons, please contact us
- The washer and dryer at the center are available for participants' use at specific hours at a cost of \$2/wash and \$2/dry.
- You are welcome to wash things by hand and hang them to dry

Shopping

- The nearby village of Tatamagouche has a pharmacy, grocery stores and a hospital
- We regularly schedule town trips to buy necessities
- If you are taking any medications, however, please bring enough to last the entire duration of your stay

Special Diet & Health

- The Kitchen will try its best to accommodate special dietary needs, but given the wide range of dietary limitations within the special diet category, we ask you to recognize that we will not be able to satisfy all diet needs of all people all of the time
- For those of you who have extreme diet restrictions, we will provide fridge space for supplemental foods you may want to bring
- A microwave will also be available to you
- The special diet menu, for both oryoki and Western dining, will provide wheat-free, vegan meals

- If your diet is more special than our “special diet,” please call Cynthia Young, our Kitchen Manager to discuss how together with you we could meet your specific needs during Seminary
- If you have physical or health limitations that prevent you from doing certain kinds of work, and have not yet advised us of these, please call the office immediately

Insurance & Liability

- If you are coming from outside Canada, we encourage you to have health insurance
- All staff and participants are required to sign a release of liability upon arrival

Communication & Mail

- Cell phones do not work at Dorje Denma Ling
- There is a pay phone available for participants' use until 9:00 PM.
- A phone card is needed to place long distance calls
- Your family and friends can get messages to you by calling 902-657-9085
- Messages can also be faxed to: 902-657-0462
- Office hours are: 11:00 am to 12:30 pm and 2:00 pm to 5:00 pm
- Messages can also be left on our voice mail at other times
- Please note that emergency calls should be identified as such
- There is no internet/e-mail access

DDL Protocol

- DDL is a scent free environment: No scents are allowed such as scented hair products, body soaps or other perfumed items because many people have chemical sensitivities.
- The foregoing includes insect repellents such as DEET or Citronella. These are highly toxic to many people and are banned from the land. An environmentally friendly, virtually scent-free and EFFECTIVE product will be available in our Gift Shop.
- Anyone possessing and/or using illegal drugs on the Dorje Denma Ling property will be asked to leave
- No pets allowed

Rota

- If you have experience with rota service co-ordinator or ikebana and would like to offer your skills as your rota during the program, please email the office with a short message.
- If you have any other special skills you think may be helpful to the program, such as finance or retail experience or medical training, please feel free to contact us about these as well
- We will not be getting back to anyone about rota before arrival day, but will take your skills into account as we complete the rota planning. Thanks!

Arrival Information

- **Please arrive before 5:00 pm** in order to have enough time to complete your registration and settle into your accommodations before dinner time
- We would like to emphasize for everyone's benefit: To enter into any of the programs offered at DDL delightfully rather than stressfully, you need to make it a priority to arrive on time
- This year, arrival day for the program occurs on the day of our Midsummer's Day picnic. Please plan to arrive early enough in the afternoon to join in the fun. Lunch will not be provided but you are welcome to bring a picnic

lunch and join in with the local and Halifax sangha.

- Please fill out one of our "Registration Form & Liability Release"

Travel

- Dorje Denma Ling is located about one hour and 45 minutes northwest of Halifax, 45 minutes from Truro (population 12,000) and 10 minutes from Tatamagouche (population 750)
- If you're driving, there are two maps on our web site at: www.dorjedenmaling.com
- If you are taking the train, your destination is Truro
- By plane, it's Halifax International Airport (www.halifax-airport.com)
- Nova Scotia is on Atlantic Standard Time, one hour ahead of Eastern Standard Time (e.g. 2:00 pm at DDL is 1:00 pm in N.Y.)
- If possible, schedule a flight that will arrive in the early afternoon and depart after 2:00 pm
- For specific Bus information from Halifax and Halifax International Airport to Truro, visit website www.acadianbus.com

The following options are available for getting from Truro, the airport, or the city of Halifax to DDL

All costs are in Canadian dollars (\$100 US = \$145 CDN approx.)

1. Dorje Denma Ling has a small staff and limited vehicle resources but provides rides, when possible, to and from the Halifax airport or Truro
If you need a ride to or from Halifax, we will try to connect you with someone driving from there
 - DDL travel service between DDL and Truro \$25 one way per person
 - DDL travel service between DDL and Hfx Airport \$40 one way per person
 - DDL travel service between DDL and Halifax \$50 one way per person

2. A Truro-based taxi service provides service to Dorje Denma Ling from Truro, from Halifax International Airport, or from the city of Halifax
The cost per trip is a set fee (see below) and is economical if shared by 3 or 4 people
DDL will arrange for a shared taxi for a group of participants whenever possible because it is the most economical way to get here
 - Taxi Service between Truro and DDL \$50 one way (shared cost)
 - Taxi Service between Halifax Airport and DDL \$100 one way (shared cost)
 - Taxi Service between Halifax and DDL \$125 one way (shared cost)

Please contact us with your arrival times or if you would like to arrange to be picked up, at:

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Tatamagouche, N.S.
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