

Dorje Denma Ling

“Where Drala and Werma gather like Clouds”

Dear Participant,

We are looking forward to having you with us at Dorje Denma Ling!

This document is intended to help you prepare for 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.

Index

1. Checklist of What to Bring to DDL
2. Gear Recommendations & Weather
3. Oryoki
4. Meditation Cushions
5. Accommodations
6. Shopping
7. Special Diet & Health
8. Insurance & Liability
9. Communication & Mail
10. DDL Protocol
11. Rota
12. Arrival Information
13. Travel
14. Contact Us

Checklist of What to Bring to DDL

- _____ Flashlight with extra batteries (for walking between buildings at night)
- _____ Alarm clock
- _____ Sleeping-bag or sheets and blankets **if you are not traveling by air.**
- _____ Personal towels **if you are not traveling by air.**
- _____ Personal toiletries
- _____ Raincoat or poncho
- _____ Umbrella (optional)
- _____ Warm jacket
- _____ Boots or water-resistant shoes
- _____ Shoes that slip on or off easily
- _____ One dressy outfit, sport coat and tie, for special gatherings
- _____ Clothing appropriate for duty-rotation work
- _____ Zafu, bench, meditation cushion and zabuton, **only if you are driving**

Environment, Diet & Health

- ***DDL aspires to be a SCENT-FREE environment*** for the comfort of all our patrons. Please bring only scent-free personal bathing and grooming products (also available in our commissary).
- The kitchen staff 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. Such needs must be indicated on your on-line registration form.
- If your dietary restrictions are over and above items specified our on-line registration "Diet" fields, please contact us by e-mail to see if your specific needs can be met.
- A microwave oven and fridge space for supplemental foods is available for participants.
- If you have physical or health limitations that prevent you from doing certain ROTA tasks, please specify in the "Comment" field so this information can be passed on to the program ROTA manager.

Gear Recommendations & Weather

- Overall, plan a wardrobe that allows for ruggedness, refinement, practicality, elegance, and, of course, simplicity
- For practice and classes, casual clothes
- For ROTA shifts, work clothes such as jeans and t-shirts

- Clothing that can be layered for varied weather conditions
- Rain gear and waterproof rubber shoes or boots with good traction and stability
- Other recommended footwear: a pair of slip-on shoes for going in and out of the shrine rooms easily, sturdy sandals in hot weather, and, if you have room in your luggage, your dressier shoes as well for feast events.
- Also useful and optional to bring are thermos or thermal mugs.
- Beverage containers must have a leak-proof top if you want to take them to the Shrine Room.

Insurance & Liability

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

Communication & Mail

- Cell phones are not permitted at Dorje Denma Ling
- Public phone available for participants' use until 21:30.
- Phone cards and stamps are available from our gift shop
- Messages, if urgent, can be left for you with our office staff by calling 902-657-9085; or
faxed to: 902-657-0462.
- **No internet e-mail access is available to participants**

DDL Protocol

- As stated above in the Environment & Health section, DDL as a community aspires to be scent-free. Therefore, no scents are allowed - including personal care products for hair and body and especially any perfumed items.
- Anyone possessing and/or using illegal drugs on the Dorje Denma Ling property will be asked to leave.
- No pets allowed.

Registration Information

- If possible, please **arrive by 16:00 pm** in order to have enough time to

complete your registration and settle into your accommodations prior to the evening meal.

Transportation

Unfortunately, Dorje Denma Ling does not have the staff resources to coordinate travel arrangements from Halifax or the Halifax International Airport to our Centre. Until we have been able to set up a message board for participants to contact each other to carpool, etc., you may contact the following to arrange your transportation:

>From Halifax or the Airport to Truro:

- (1) Acadian Lines - www.acadianbus.com or 1-800-567-5151
- (2) U-Need-A Taxi (from Truro) - 902 893-2899 or other local taxi company
- (3) Via Rail Canada at 1-888 842 7245
- (4) for groups of 4 or more - Robert Young - 902 830-9179 (needs advanced booking)

>From Truro to Dorje Denma Ling - U-Need-A Taxi (at the number above).

Return arrangements may be made through these companies as well.