



# THE 8<sup>TH</sup> THOUSAND ARMED CHENREZIG NYUNGNE RETREAT (ONLINE) GUIDELINES

Though we are located in different places geographically, we will be engaging in this profound Nyungne retreat together in our own homes for the benefit of all beings. It is a powerful, quick and effective method to purify negativities and at the same time collect a vast amount of merit for oneself and others.

Nyungne is a strict retreat and involves fasting, silence, chanting and prostrations.

This is the retreat schedule according to Singapore's time (GMT +8).

	Start Time (GMT +8)	End Time (GMT +8)	GUIDELINES & DISCIPLINES
<b>DAY 1</b> 25 Sep	7:30 am	9:45 pm	<b>GENERAL GUIDELINES &amp; DISCIPLINES</b> + <b>DETAILED DISCIPLINES FOR DAY 1</b>
<b>DAY 2</b> 26 Sep	6:00 am	9:00 pm	<b>GENERAL GUIDELINES &amp; DISCIPLINES</b> + <b>DETAILED DISCIPLINES FOR DAY 2</b>
<b>DAY 3</b> 27 Sep	5:00 am	8:30 am	<b>GENERAL GUIDELINES &amp; DISCIPLINES</b> + <b>DETAILED DISCIPLINES FOR DAY 3</b>

In order to keep the atmosphere conducive to inner reflection and spiritual pursuit and to minimise distractions during the retreat, you are asked to abide to the following disciplines.

You must have read all information on the guidelines and agree to follow the disciplines until the completion of the retreat before you register to participate.

## GENERAL GUIDELINES & DISCIPLINES

1. If you are located in a different time zone, you **MUST** adhere to the retreat schedule according to Singapore's time, and not according to the time in your location.

For example, it may be breakfast in Singapore and night time in United States, you may however consume food regardless of the time in your location, as it is according to the specified retreat schedule.

2. You need to assess your living condition whether it allows you to abide to ALL the guidelines prescribed for the retreat. You would need to inform the people that you are staying with that you are engage in a retreat so that they are aware and do not talk to you unnecessarily and can help you out if need be.
3. Taking of medication during the retreat is allowed for people who are on regular medication. For people who are not on regular medication but have an emergency need to take medication during the retreat, this is permissible.

4. Mobile devices such as your computer, laptop or mobile phone can ONLY be use for attending the retreat online.

They CANNOT be use for all other purposes such as checking of social medias, emails, chatting on messaging applications etc.

5. During the section on doing prostrations, you MUST perform the prostrations together. You should prostrate to the best of your ability.

Except for people with pre-existing health conditions ONLY who are unable to prostrate, they are permitted to remain seated on the floor and recite the Praise to Chenrezig according to the text.

6. You must be sitting on the floor throughout the retreat. The use of seat cushion, sadhana tray or table is permissible.

7. For people with pre-existing health conditions and are unable to sit on the floor, sitting on the chair is permissible.

Participants who may feel sore in their legs or bodies from sitting on the floor for long hours during the retreat, are NOT allowed to change your seat to a chair.

8. You may lay down ON THE FLOOR to rest or sleep during all break times in the schedule. The use of mattress or mat is permissible.

9. Sleeping at night MUST BE on the floor. The use of mattress or mat is permissible.

10. Taking showers are allowed.

11. There should be NO makeup, wearing of accessories and use of fragrance.

12. The mind should be observed at all times and idle talk is NOT allowed.

13. Participants must attend all sessions of the retreat and come to sessions on time.

14. You MUST turn on your video showing your head at all times during all sessions.

15. You may prepare your meals in advance by asking someone for help or pre-order for delivery.

16. Please settle all outside communication before the retreat begins. Telling family and friends that you will be out of contact for the duration of the retreat and sticking by that decision significantly reduces distraction.

## **DETAILED DISCIPLINES FOR DAY 1**

1. You may take breakfast before 7:30 am and lunch only. The cut-off time for lunch is according to the time set in the retreat schedule.
2. You must be a full and pure vegetarian throughout the retreat. Eggs and the five pungent vegetables – onion, garlic, chives, green onion, leeks are not allowed.
3. No food of any kind after lunch is finished.
4. You may drink water all day long until bedtime.
5. You may speak ONLY when necessary until you lay down for bedtime. Silence begins once you lay down.

## **DETAILED DISCIPLINES FOR DAY 2**

1. Complete silence and fasting begin until DAY 3.
2. There must be NO speaking, NO eating, NO drinking at all.
3. For people who are on regular medication, taking of medication is permissible BUT MUST BE SWALLOWED WITHOUT WATER.
4. ONLY when there is an emergency that communication must be made necessarily, you may write on a piece of paper to the people around you.

## **DETAILED DISCIPLINES FOR DAY 3**

1. After the end of the first session, you may eat, drink and speak. Idle talk is not allow.