

Individual Retreat at
De-Tong Ling
Retreat Centre



Who are we?

De-Tong Ling Retreat Centre (DTL) is a Buddhist retreat centre following the Tibetan Gelugpa tradition, as well as being open to meditators of all Buddhist traditions and to those following other spiritual paths.

The centre is situated on 1300 acres of wilderness at the western end of Kangaroo Island, three kilometres from the coast with elevated long views out to sea across rolling native vegetation. It is uniquely designed to provide the most conducive conditions for solitary retreats. Two annual group retreats are also held, one over the Easter weekend (Calm Abiding) and a ten-day retreat in October (Lam Rim).

DTL is a developing centre which is in the process of building a Group Retreat Facility to cater for up to forty people. Currently there are four individual retreat houses, with future plans for a total of twelve.

DTL is an affiliated member of the **Foundation for the Preservation of the Mahayana Tradition (FPMT)**, an international, non-profit organisation founded in 1975 by Lama Thubten Yeshe (1935-84) and Lama Thubten Zopa Rinpoche, who is the current director. The Foundation is devoted to preserving and spreading Mahayana Buddhism worldwide by creating opportunities to listen, reflect, meditate, practise and actualise the unmistakable teachings of the Buddha and, based on that experience, spreading the Dharma to sentient beings.



Lama Yeshe



Lama Zopa Rinpoche



Code of Conduct

While at the centre, retreaters are requested to adhere to the following code of conduct. It is hoped this code of behaviour is accepted in the spirit in which it is intended – that is, to provide a safe, harmonious and caring environment in accord with basic Buddhist principles.

- ❖ *To abstain from intentionally killing any living being*
- ❖ *To abstain from stealing or taking that which is not freely given*
- ❖ *To abstain from lying*
- ❖ *To abstain from sexual misconduct*
- ❖ *To abstain from intoxicants, including smoking*

- ❖ *To engage in respectful speech and actions towards all Sangha, visitors, residents and volunteers*
- ❖ *To avoid harmful speech and instead, use appropriate grievance procedures to resolve concerns*
- ❖ *To behave in a way that is mindful of the centre's values of compassion, respect, harmony, and spiritual focus*

Retreaters are trusted to honour the purpose of retreat and refrain from activity that is not in the genuine spirit of 'retreating' from worldly concerns.

General rules

De-Tong Ling Retreat Centre aims to provide the perfect conditions for solitary meditation retreat. All applicants are requested to consider that the unique and very isolated conditions of the retreat centre, while highly beneficial for meditation practice, might not be the best environment for any practitioner if they are dealing with issues of stress or mental illness.

The retreaters agree to:

- Provide a retreat schedule / timetable before beginning retreat, and abide by it during the period of retreat.
- Not bring or keep any pets in the retreat centre.
- Prior to arrival, sign a safety waiver that covers the potential hazards of the natural environment, including high fire risk during the summer season.
- Refrain from playing music or musical instruments
- Agree to stay within the boundaries of De-Tong Ling retreat centre and not to leave the premises without prior arrangement with the manager.
- Refrain from entering residences on the adjoining Yacca Creeks property except in cases of emergency or if a prior arrangement has been made with the residents.
- Remove all personal items upon vacating.
- Provide explicit information about means of payment for use of facilities and service before entering into retreat.
- Leave the retreat house in good repair and pay for any damages beyond normal wear and tear.
- Vacate the premises if DTL management, in consultation with the retreaters' supervisor, deems it necessary to terminate the retreat.

What to expect

- De-Tong Ling is a **vegetarian** centre. Unless they bring their own food, the retreator will order groceries fortnightly and the Centre Manager will deliver them to the retreat house delivery box. The retreator will prepare and cook their own **meals**.
- **Mobile and internet reception** is sporadic and unreliable. The centre does not have phone or internet service for communal use. A working mobile phone with a **Telstra** SIM card is mandatory for a retreator at DTL for safety and security reasons - the property is very large and at times there may be no one around. The mobile phone can remain switched off during the stay but must be available for use when needed. Retreators are encouraged to restrict mobile phone usage to cases of genuine emergency.
- The **electricity supply** is from solar panels, hence is limited and can struggle if days are overcast. Therefore it is important to be conservative with power and lighting, so hair dryers and other high-powered electrical appliances cannot be used.
- There are no **washing** machine or **drying** facilities at the centre, hence there is hand-washing only. Washing of linen may be negotiated with the Centre Manager.
- The centre sits on land that is home to various kinds of **wild animals and birds**, including kangaroos, wallabies, possums, lizards, as well as venomous snakes, scorpions, and spiders. Wildlife is not aggressive but needs to be respected and should not be fed.
- **Centre boundaries** will be explained on arrival. It is critical to check and observe boundaries marked by gates or chains before walking to avoid entering private residences and solitary retreat land.
- The **winters** between June and September are cold, wet, and often windy. Between May and September the island receives two-thirds of its annual rainfall, varying from 450 to 900mm. The **summers** are usually hot and dry, and maximum temperatures can exceed 35 degrees Celsius. The high-risk fire season extends over a period longer than the summer months.
- **Firewood** is supplied during winter months and may require further chopping by the retreator to fit into the wood-burning heater.

Accommodation

Accommodation is provided in the form of small, comfortable, fully-furnished, earth-built houses, each with a separate meditation room. The houses are powered by solar energy and run completely off-grid. They are located in thick bushland with plenty of distance between them to maintain privacy and quiet. Communication with the Centre Manager is via written notes left in a delivery box at the entrance to the pathway leading to the house.

What is provided

- All bed linen, towels, blankets and pillows
- Fully equipped kitchen
- Gas stove and oven
- Small refrigerator
- Gas-heated hot water
- Wood-burning combustion heater
- Rainwater tank
- General maintenance assistance if required
- Access to Stupa, Gompa and Dharma library

What to bring

- Warm, waterproof clothing for winter
- Sun and insect protection in summer
- Good walking shoes
- All medication and toiletries
- Personal Dharma items e.g. photos, statues, books, implements



Travel

Retreaters are expected to arrange their own transport to and from the island. Prior to their arrival they should send their itinerary to the Centre Manager, who can organise transfer between ferry terminal/airport and DTL. When arranging travel it is best to arrive in the morning to allow time for shopping and safe arrival at De-Tong Ling, as wildlife is very active from dusk.



There is a daily ferry service between Cape Jervis on the mainland and Penneshaw on the island, via Sealink:

www.sealink.com.au

Sealink operates a coach service between Adelaide & Cape Jervis

There are daily flights between Adelaide & Kingscote, via Qantas

Costs

Groceries (including food)

The retreator pays for:

- items, based on their shopping list, purchased in Kingscote by the Manager.
- their own supplies which they may bring.

Accommodation fee

- \$190 per week for up to one month
 - \$160 per week for over a month
- Fees can be negotiated for very long retreats.

Discounts:

- 10% for DTL members and Sangha.
- 25% for those in the final phase of the FPMT Masters or Basic programs.

Service Fees

In addition to the accommodation fee:

- \$10 per fortnightly grocery delivery
- \$5 per day for firewood (in winter)
- Travel by car - pick up or drop off:
\$30 each way for Kingscote or KI Airport
\$40 each way for the ferry in Penneshaw

What next?

De-Tong Ling Retreat Centre is a unique place, a very rare gem in our highly modernised world. Its beauty is hard to describe in words and must be experienced by being there.

If you have any questions regarding your visit or would like to obtain a copy of the individual retreat application form, please visit our website or contact us:

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