



Four Close Mindfulnesses Retreat

De-Tong Ling Retreat Centre
Kangaroo Island

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 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 and with elevated long views out to sea. It is uniquely designed to provide the most conducive conditions for solitary retreats. At present we have four individual retreat houses and are planning to increase this number to a total of twelve.

We are a developing centre that is currently in the process of building a Group Retreat Facility to cater for up to thirty people. At present we hold two annual group meditation retreats, a Calm Abiding retreat over the Easter weekend and a ten-day Lam Rim retreat in October.

We are affiliated with 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 spiritual 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



Our Code of Conduct

While at the Centre, we request our retreaters to adhere to the following code of conduct. We hope 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 other volunteers.*

*To avoid harmful speech and instead, use appropriate grievance
procedures to resolve concerns.*

*To behave in a way that is mindful of the DTL values of compassion, respect,
harmony, and spiritual focus.*

The Retreat

This retreat will focus on the four close applications of mindfulness, which form the foundation of Buddhist insight practice.

We will investigate how our body, feeling, mind, and phenomena exist. By deepening our practice of these four, we can develop greater enthusiasm for positive activities, which create causes for a meaningful life.

The four foundations of mindfulness are related to Shamata (calm abiding) as they are the first four of the 37 Enlightenment dharmas.

The subject is an excellent alternative to Shamata as meditations are similar and provide an experience helpful for a more direct understanding of emptiness.

About the Retreat Leader

Australian monk Venerable Lozang Yeshe is well respected and highly knowledgeable FPMT teacher.

His first contact with Dharma was briefly at Buddha house in 2001.

A year later, he moved to Chenrezig Institute in Queensland where he studied until becoming ordained in 2005 at Sera Je Monastery in India.

After his ordination, Ven Yeshe went back to Chenrezig Institute to study with Khensur Rinpoche, Geshe Tashi Tsering.

In 2014 Ven Yeshe moved to Thubten Shedrup Ling Monastery in Victoria where he spend 8 years, including 2 years as the director.

Ven Yeshe is well known for his extensive knowledge and experience in Shamata (calm abiding). He has made a special effort to attend many different calm abiding retreats with many different teachers. That has given him a range of perspectives that he skilfully applies to meditation retreats he leads. His warm-hearted nature and ability to relate to others makes his retreats engaging, relatable and relevant.

Prerequisites for attending

It would help if participants had some familiarity with:

1. the teachings on calm abiding
2. the practice of prostrations
3. Vajrasattva purification meditation

For information about items 2 & 3 see FPMT website: <http://fpmt.org>

Participants shall be willing to:

1. observe silence during the scheduled times. Silence should always be observed in the meditation hall.
2. take a complete break for the duration of the retreat from mobile phones, iPads, laptops, and unrelated reading material. Bedrooms are provided with alarm clocks.

The Retreat

The schedule

A detailed schedule will be provided prior to the retreat. Each day will include prostrations, guided meditations, a discussion, a long lunch break and shorter breaks between meditation sessions. Each evening will conclude with Vajrasattva purification meditation. The day will begin at 6am and end at 8.30pm.

General routine

There will be a roster for meal set-up/clean-up and other jobs. Note that the dining area is located away from the meditation hall (Gompa) and accommodation, so there will be some daily travel involved.

Food

All meals are vegetarian. We try to cater for those with a genuine food allergy or intolerance.

Medications and Toiletries

Please remember to bring medications and toiletries as the closest doctor and chemist are about 80 km away.

For those taking the group travel option

We meet at Buddha House on Thursday, 6 April in the morning. The exact time will be confirmed closer to the date as ferry schedule tends to change. Please try to restrict your luggage to one piece for ease of packing for the journey. Bring your own snack for the drive or you may buy something at Yankalilla.

The drive to ferry is about 2 hours. The ferry crossing takes approximately 45 minutes and then there is a two-hour drive to DTL. Light refreshment will be served at the Centre upon arrival.

COVID-19 Protocols

Everything will be done to ensure your safety during travel and the retreat itself. Please take responsibility for keeping those around you safe.

Travelling to DTL

De-Tong Ling is on the western end of Kangaroo Island, about an hour's drive from Kingscote airport and an hour and a half from Penneshaw, along the Playford Highway. Because of the isolated location of De-Tong Ling, travel arrangements need to be carefully coordinated with respect to the connections between different travel services. We will negotiate details with you well ahead of time as everyone's arrangements become clearer.

De-Tong Ling organises a group travel option by mini-bus. This is included in the retreat fee and is the most cost-effective option. We meet at Buddha House, 496 Magill Rd, Magill, Adelaide on Thursday 6 April in the morning to depart for the ferry. The exact time of meeting will be confirmed closer to the date as ferry schedule tends to change.

At the end of the retreat, the group will depart DTL in the morning on Monday 10 April (exact time to be confirmed), arriving at Buddha House around lunch time.

Alternatively, you can arrange your own travel and the fee charged for the retreat will be adjusted accordingly. If you choose to fly, you will need to arrange beforehand with DTL for travel between the airport and the retreat centre (for a fee). It is wise to organise your travel early as flights are very limited, and the ferry may restrict its schedule.



Accommodation

Accommodation is provided in the newly constructed Group Retreat Facility (GRF) buildings, which are across the dam from the Stupa. Located close by are GRF buildings that are still under construction, hence the grounds have not been landscaped yet. However, the site is still surrounded by bushland and pleasant views.

In the accommodation block there are 12 single rooms, one four-bed dormitory and one room with ensuite and disability access.

The ablution block has separate facilities for males and females.

If you are bringing your own tent, you will also need to bring your own mattress, pillow, and bedding.



What to bring:

- Warm, comfortable clothing and good walking shoes
- Raincoat and/or umbrella
- Bath towel (if camping)
- Meditation blanket (cushions are provided)
- Torch
- Sun and insect protection
- ALL medication and toiletries. (Shops are 80 kms away.)

Note: Blankets, towels, linen, and pillows are provided in the rooms, as well as a lamp and an alarm clock.

What to expect

🕒 De-Tong Ling is a **vegetarian** Centre.

🕒 **Mobile and internet reception** is sporadic and unreliable. The Centre does not have phone or internet service for communal use. Telstra is the only company that receives service in the area.

🕒 The Centre is **off the grid** and powered by solar energy, while bottled gas is used for cooking. Hence, the electricity supply is limited, therefore it is important to be conservative with power and lighting - hair dryers and other high- powered electrical appliances **cannot be used**.

🕒 People need to do their own handwashing of clothes.

🕒 The Centre sits on land that is home to various **wild animals** including kangaroos, wallabies, possums as well as scorpions, and spiders. They are not aggressive but need to be respected. Please refrain from feeding the wildlife.

🕒 **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 **Weather** in April can be windy and very changeable. Average daytime temperature is 20 degrees, and night time 7 degrees. Mornings and evenings are usually cool and often cold.



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 the retreat, please contact the De-Tong Ling Centre
SPC at: spc@detongling.org or by phone: 0449 901 381



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