From the Editor

In these very troubling times our hearts go out to all who are dealing with fear for themselves, their loved ones, and all our fellow beings on this anxious planet. Our prayers go out to all who are afflicted with the Corona virus pandemic.

Originally this newsletter was to be a celebration of a new era at the Hermitage, welcoming the new Board of Directors and introducing the Hermitage’s incoming Executive Director, Bill Hicks. However, these are somber days, in the shadow of the Corona Virus and its impact on our planet.

We are therefore including teachings from our Lamas on how these difficult times can provide a focus on spiritual practice. Lama Rodney suggests the practice of metta meditation to ease fear and open the heart during times of fear and constriction, and Lama Sidney (in a linked audio file from one of his recent Sunday Teachings) talks to us about the corona virus and the Buddha’s Four Messengers.

On a personal note, this will be my last issue as editor of the Conch. I will be retiring from the Hermitage on April 1st. It has been my privilege to carry on the tradition of this newsletter, originally created and produced by Karma Govinda years ago. I send much love and appreciation to our sangha. Heartfelt thanks to all those of you who have offered the Hermitage your loving support over the years.

Lisa Devenish

Status of the Hermitage 2020 Retreat Season

March 22, 2020

Dear Hermitage Community,

It is with great honour that I reach out to you all for the first time as Executive Director of the Hermitage, but also bittersweet to be reaching out in such challenging and uncertain times. I look forward to sharing my vision for the Hermitage with you in the future.

As you may have suspected by now, Lama Rodney, myself and the Board of Directors have made the difficult decision to lock down the Hermitage and cancel all retreats in May and June. This decision has been made due to the obvious health risks to all teachers, retreat guests and volunteers, but also taking into consideration the risk to Lama Sidney and the local community of Denman island. At this point, we cannot say what we will do from July on, but to follow the direction of Government and Health Authorities. Our plan as of now is to assess the rest of the summer retreats on a month-to-month basis.

Some of our teachers have indicated that they would like to offer their retreats online. We will keep you updated as plans develop.

As the Hermitage income is made almost solely from the Summer Retreats, this spread of corona virus is a huge financial crisis for us – however, our concern for the wellbeing of our retreat guests, volunteers and precious teachers must take absolute precedent. Many of you have already registered and paid for your retreat. Some of you will be asking for refunds and we will of course comply with your requests. That being said, we are hoping that as many good people as possible, understanding what an incredible financial disaster for the Hermitage this will be, may reconsider and generously choose to donate your payments, or portion of. This will go a long way in keeping the Hermitage alive in the years to come. I feel we must do everything we can to raise a sense of charity and a supportive community for the Hermitage, including our three monks living on site. Any steps taken to encourage your friends and acquaintances to help out financially would be most greatly appreciated.

As a community, we all need to do our part to keep safe, to protect others and to do whatever is necessary to mitigate further risk to friends and loved ones. Lama Karma Kunzang suggests that real and ardent performance of Metta-meditation (maitri-bhavana) by as many individuals as possible would be most welcome at this time. Please feel free to contact myself for further information as it develops and any questions you may have :) 

Sending blessings to yourselves and your loved ones.

Stay safe, be well and I very much look forward to eventually meeting you all, as we make it through this … together.

Bill Hicks
Hermitage Executive Director
email: retreats@thehermitage.ca
Welcome Bill!

The Conch Newsletter

The Dharma Fellowship community is delighted to welcome Bill Hicks as incoming Executive Director of the Hermitage.

“Bill Hicks is in the inspiration business.” These words introduce a CBC news segment about Bill Hicks that aired on The National back in May of 2016*. For those of us who are now getting to know Bill as the Hermitage’s incoming Executive Director, truer words were never spoken!

Based in nearby Departure Bay, Bill is best known as the Founder and Director of Bill’s Place, a unique community in Nanaimo for people living with traumatic brain injuries. The road that brought Bill to the Hermitage has had many a twist and turn.

At the age of 23, Bill was living in Vancouver, launching his musical career as a full-time member of Vancouver’s popular, Juno Award-winning Powder Blues Band. He was living his dream.

Then tragedy struck Bill’s family. His 16-year-old brother Kevin was in a car accident and suffered a devastating brain injury that made it impossible for him to care for himself. Bill returned home to care for his brother and became increasingly aware of the challenges faced by brain-injured adults, who are so often marginalized in our society. Frequently managed by over-medication, with few social support services available, many fall through the cracks into lives of drug and alcohol abuse—and lonely isolation.

So a new dream began to take shape. Bill’s vision: Create a caring and supportive community for brain-injured adults. Create a refuge that provides residents with the professional support and supervision they need to stay healthy and safe, while encouraging their independence and fostering their self esteem.

And of course, because this is after all, Bill’s place, love, laughter, and fun are part of the equation.

That was 18 years ago. Bill’s Place is now a thriving community of six houses and an apartment building clustered in a pretty neighborhood in Departure Bay. For many it is a inspiring model of what can be accomplished when compassion and love are applied to solving the problems of a disenfranchised and vulnerable group. Bill’s Place is about so much more than combining resources to maximize them—it is about growing a community to become a family.

Last summer Bill attended his first Hermitage retreat and, as he has described it, he just fell in love with the place. So he didn’t leave. He came back as a volunteer bringing with him his impressive toolbox of organizational and team-building skills, sharing these as generously as he brought his carpentry and building experience to the construction of Lama Sid’s cabin. And the rest, as they say, is history.

It is hard to express how lucky we all feel to have Bill join us in co-creating the future of the Hermitage! We have an exciting team to build upon the past and shepherd our rustic little meditation centre into the future.

*Links to CBC story

To see the CBC broadcast about Bill’s Place, see
https://www.youtube.com/watch?v=8sj0JNirh8A

To see a text link about the story:
Maitri-Bhavana — the Cultivation of Love in Difficult Times

A lot of individuals are going to find themselves having to keep self-quarantined because of this coronavirus pandemic. They are going to have to self-impose some social isolation on themselves. Well, no better time could be made of your enforced stay at home, than to really practice a meditation such as this.

You may have heard of maitri bhavana as “Metta practice,” or “Love meditation,” or by some other name — it is all the same thing, only the word “metta” is Pali, while the Sanskrit is maitri. Love meditation was taught by the Buddha as a means to attain Nirvana, eternal peace. He also recommended it for working with fear and anxiety, if you are feeling those emotions. It is a meditation practice in which we radiate love for the benefit of all sentient beings.

The basic steps are simple, but for most people, Love-meditation is very hard to do. I will outline here, in brief, how to practice this unique type of meditation.

When I was young, between the ages of seventeen until about twenty-one or twenty-two, I lived as a student of a Tibetan meditation teacher known as Chogyam Trungpa Rinpoche, who was residing in Scotland. At that time he was teaching a very strict form of Shamatha, or ‘Calm-abiding,’ involving concentration upon the inhalation-exhalation of one’s breath as a focus of attention, which required a minimum of eight hours or more of sitting per day. As students we practiced this for many weeks, until some kind of steadiness was acquired by our ever-moving, jumping minds. Minds that leapt from sense-object to sense-object all the time while generating random thought-tweets and inner conversations non-stop.

However, Trungpa Rinpoche combined this strict routine, this demanding focus on a single object, along with Love-meditation practice (maitri-bhavana), which was something that he himself had learned from his own teacher, Khenpo Gonskar Wangpo. Trungpa Rinpoche said that Calm-abiding on its own was incomplete, even somewhat sterile, unless generously ‘oiled by love,’ as he put it, and set on fire with fervent devotion. And from experience, I very much believe him to have been right.

The six stages of Love-meditation — the six steps to oiling the machinery of the brain — consist of radiating heartfelt love, 1) toward oneself, then 2) to one’s close and intimate friends (or to one’s lover), then 3) to neutral acquaintances and people in general, then 4) to people who are difficult, harmful, or even what we call ‘evil’, —(to those we find difficult to forgive), then 5) to all four of the above. Finally 6) we radiate heartfelt love unconditionally to all sentient beings impartially. This means all types of living beings whatsoever—throughout every conceivable direction of time and space—completely and without bias or reservation.

The meditation is best if carried out in either twenty-minute or hour long sessions, with several sessions per day, as a way of training. A lot of individuals are going to find themselves having to keep self-quarantined because of this coronavirus pandemic. They are going to have to self-impose some social isolation on themselves. Well, no better time could be made of your enforced stay at home, than to really practice a meditation such as this. And when you get proficient, you will be actually helping others.

Love-meditation is described in the Hermitage Meditation Practice Booklet. First, you send love and acceptance to yourself, by silently repeating the words for five to ten minutes: “May I be happy, may I be healthy and well, may I be filled with love and joy.” After that, you continue the same thought, but without need for words, and you do that for a good twenty-minute session of sitting. (Remember, the words themselves have no power; it is only by engaging heart-emotion that the love begins to ‘work.’ That means, you must move from ‘words,’ to heart-based feeling, and from there to actual power, for this meditation to become effective.)

Next after you have done this for a number of days, or a week, send the same blessing to your lover, your family, and your close friends—first by using the words in your mind: “May you be happy, may you be healthy and well, may you be filled with love and joy.” Then, continuing, simply radiating love without ‘words,’ during a twenty-minute sitting.

Having repeated this for another five to seven days, proceed by sending your love to more distant friends, your acquaintances and all good people in general. Remind yourself, you are sending them not just the idea of love, but actual healing emotions, healing prayers. You can start by using the words: “May you be happy, may you all be healthy and well, may you all be filled with love and joy.” Always consider that your words have a real effect, like a type of silent psychic blessing.

Then gradually, as you mature in this practice, learn to send your blessings even to those people who have hurt or angered you, or who you know are intent on doing harm to you and others. Learn to love even the demons of the world! They need your love more than anyone. There is no jail so dark as the prison that evil locks itself into.

In the final stages of this very powerful but immensely difficult exercise, radiate your love out to all beings, to all the people throughout the world, including all animals, all living creatures.

Radiate your love deep into space — to all the teeming beings who live out there. Radiate it everywhere. Let your love consciously fill the whole universe of stars and planets, till it reaches infinity itself. Love has no limit, no boundary to its embrace.

The thing is, Love meditation is a healing practice when first directed to ourselves, and then, as we gain proficiency in the practice, to the benefit of others. This is especially applicable at the present time, when coronavirus is on the loose over every land. We can consciously choose to apply Love meditation even to deal with this disease, which at the moment is afflicting so many, here in our places of safety, in our land, and globally.

Geshe Chekawa Yeshe Dorje (1101-1175) was a Lama who had the responsibility of caring for a leper colony in Tibet during the 12th century. He started teaching maitri-bhavana to his community of afflicted lepers, giving the meditation a special twist that he called ‘Tonglen’ (gtong-len), a Tibetan term which simply means ‘send (gtong) & receive (len);’ the trade off of giving love in exchange for taking on the suffering of others.
Maitri-Bhavana (Continued from previous page)

Chekawa understood that love was a power that could be used as a way to carry out psychic healing, like the early followers of Jesus did, by "laying on of hands." But Chekawa's system is practiced within the heart, in deep meditation. And it worked! After less than a year, the lepers in his colony began to get well, the leprous scabs falling off their bodies.

Tonglen is thus a method of love-mediation in which one prays for the well-being of others but the particular twist that Geshe-la gave to it, was not only to radiate healing love to those in need, but to draw away their suffering and illness from them as well. This is visualized as a darkness that you draw to your heart, where it is consumed within the intense fire of your love. And in return, you then shoot yet another fiery dart of love back to the one on whom you are meditating, healing the affliction.

Basic Love meditation must be practiced first, until you become really proficient. Only then can you safely apply Tonglen, once you have gained some power in the practice. In either case, it is love by which you will be transformed, and it is love through which you transform another. This is always a movement from the darkness to Light.

*Lama Rodney*

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*Breathe*

Breathe in the weeping of this planet's anguished souls;
Breathe out the music of the spheres, as lullaby.
Breathe in the discord of our countless separate lives.
Remember—every beating heart desires peace.
Breathe in the greed that holds one's treasures close;
Breathe out abundance—throw open all the doors!
Breathe in the fears of soldiers world-wide
And manifest a world devoid of war.
Breathe in the pain of illness, fear of death;
Breathe out a healing balm—the strength to live.
Breathe in all poisonous rage, and toxic hate;
Release instead the medicine of love.
Breathe in the chaos of a billion restless minds;
Breathe out a single deep and silent heart.

*Lisa Devenish*

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*Let silence take you to the core of life.*

*****

*Love is the bridge between you and everything.*

*****

~*Rumi*
N. Darlene Tataryn
Board President

Embracing a dual lineage, Darlene Tataryn was ordained in 2014 as a Rinjai Zen Priest and for many years has been a student of many accomplished teachers in the Karma Kagyu Namgyal lineage in Canada. She teaches a Buddha Dharma relevant to the psycho-spiritual needs of the Western mind and culture. With a Ph.D in Expressive Therapy, she employs the techniques of Expressive Arts with psycho-therapeutic practices, guiding her students to experience a more direct and less tumultuous unfolding into equanimity, bliss, and beyond. Darlene is the Managing Director of One Wisdom Many Dharmas (which she founded as Creative Learning Systems in 1993), a private centre for Healing, Education, and Contemplative Arts. The Centre offers discussion groups and teaching workshops on Integral Theory and Buddhist Dharma as well as meditation training, individual and group therapy, movement therapy, and meditation retreats. Darlene teaches at the Dharma Fellowship's practice centre The Hermitage, as well as various other locations in Canada and USA.

John deJardin
Vice President

John de Jardin was a student of Ven Namgyal Rinpoche from 1974 until Rinpoche’s death in 2003, and he travelled with him extensively, sometimes serving as his attendant. He has also received teachings from a number of other teachers in the Namgyal lineage, as well as from HH The Dalai Lama, HH the XVIIth Karmapa, HH Sakya Trezin, Kalu Rinpoche, Aying Rinpoche, Dilgo Khyentse Rinpoche, Dzongsar Khyentse Rinpoche, Thich Nhat Hanh, Ven Sayadaw U Thila Wunta, Ven Sayadaw U Janakabhivamsa (student of Mahasi) and others. Between 1982 and 2003 John served regularly on the board of directors of Crystal Mountain Society, the Galiano Island-based Namgyal lineage Dharma group—sometimes as chairperson and for many years organizing the visits of Namgyal Rinpoche and other teachers to Vancouver. In 2005 John was ordained in Burma as a Theravaden bhikkhu for one Vassa (Rains Retreat). He has been attending retreats at The Hermitage since 2011.

John Munroe
Secretary/Treasurer

John Munroe is a Canadian entrepreneur, philanthropist, translator, and meditation enthusiast with a Dharma practice spanning four decades. In addition to his root lama Ven. Namgyal Rinpoche and several teachers in this lineage, John has studied with U Thila Wunta Sayadaw, U Pandita Sayadaw, HH Drukchen Rinpoche, Ayang Rinpoche, Dr. Thomas Verny, Anagarika Munindra, S.N. Goenka, HH the Dalai Lama, Dr. Daniel Ingram, Lama Shannon Stein, Pierre Zakarauskas and many others. John has devoted the fruits of his professional life to providing financial, logistical, and advisory support to teachers and centers in the Namgyal lineage. He helped establish and fund two Dharma centers in Japan and one in Canada, and twice invited/hosted Namgyal Rinpoche on teaching tours to Japan. CEO since 1998 of Tokyo-based environmental products and services company GaiaWorks Inc., John has ample nonprofit and for-profit board experience in both Canada and Japan. Since 2000 he has taught regular meditation classes in the Namgyal tradition. John fell in love with the Hermitage during his first visit in October 2018.

Rodney Devenish
Spiritual Director

Lama Rodney’s involvement in the Buddhist tradition of Mahamudra meditation began in Scotland in 1964 with the Vajracya Chogyam Trungpa Rinpoche (1939-1987). As a young English student, living in the same house with Trungpa Rinpoche until the latter’s departure for the United States in 1969-70, he received an exceptionally deep experience of the rich Kagyu Buddhist tradition of meditation. During those years he also had the good fortune to train with several other Asian teachers, learning the Sechen tradition with Akong Tulku, training in Vajrayana practice with Benchen Lama Chime Rinpoche, practicing Vipassana under the Theravada-master Chao Khun Sobhana Dhammasudhi and Zen mediation under the guidance of Sochu-san, a Zen-master from Kyoto, Japan. He became a lifelong student of his root teacher Kyabje Namgyal Rinpoche in the winter of 1969, and remained his disciple since that date up to the present.

Bill Hicks
Hermitage Executive Director

Bill Hicks is the founder and director of Bill’s Place, a unique care community that has been providing housing and personalized support to individuals whose lives have been impacted by acquired brain injury since 1996. (See page 3 for more about Bill Hicks.)

Rainbow over Baynes Sound on the day that the Hermitage was consecrated.
Beginner Mindfulness Meditation and Yoga Practices
Fiona Walker  [CANCELLED]
May 1st, 3:00 pm to May 6th, 11:00 am
This gentle, easy-going, silent retreat explores applied mindfulness as an introduction to good meditation practice. Includes daily somatic yoga, with an emphasis on pliancy of the body for greater wellbeing. The focus of somatic yoga is to gently deprogram, reverse, restore, and relearn what we need to nourish brain-body connection, thus enhancing meditation and our general quality of life.

Healing, Purification and Letting Go  [CANCELLED]
Dr. Cheryl Fraser and Shelane Donoghue
May 8th, 3:00 pm to May 13th, 11:00 am
Join us as we explore guided meditation utilizing the Tibetan practice of Vajrasattva. Tantra is a beautiful and complex form of meditation involving the body, speech, and mind that can produce powerful and rapid effects. We will explore creative processes – including sound meditation - to help with inner healing and purification. Begin to recognize and transform negative patterns, and uncover ever-present awake mind and a peaceful, loving heart.

Unifying the Mind around Love and Clear Seeing  [CANCELLED]
Pierre Zakarauskas
May 15th, 3:00 pm to May 20th, 11:00 am
Suitable for beginners or advanced practitioners. We will practice unifying the mind (samatha) around unconditional love (metta). Then we will start introducing clear seeing practices (vipassana) meant to foster the occurrence of insights into the illusory nature of a separate self.

Mindfulness and Meditation retreat  [CANCELLED]
Lama Tashi Davidson
May 22nd, 3:00 pm to May 28th, 11:00 am
This retreat will focus on mindfulness and meditation practices, attitudes, and themes worked with in the MBSR (mindfulness based stress reduction) program. Much modern research about mindfulness and stress reduction and well-being, results from MBSR programs. Moving past the weekend, practice will be informed by other modern and traditional perspectives on meditation and expand to include what has been described as the - four natural states of being..

Summary of the Dzogchen View, Tibet’s Deep Wisdom from the Instruction Lineage of Lama Dawa Gyaltse  [CANCELLED]
Lama Geshe Yong Dong Rinpoche
June 5th, 3:00 pm to June 10th, 11:00 am
In the Bon tradition the focus of Dzogchen is on gaining direct, immediate insight into the illuminated nature of the mind. Dzogchen practice ultimately brings the meditator to self-realization. Many practices within the Dzogchen tradition involve breathing techniques, physical exercises and esoteric mantra, leading to emotional relaxation, mental stability and profound insight, while also increasing the practitioner’s happiness, health and general well-being.

In Search of the Ox  Dr. Darlene Tataryn  [CANCELLED]
June 12th, 3:00 pm to June 17th, 11:00 am
What exactly are we doing when we sit in zazen? This retreat offers a complete guide to meditative practice; what to do and how to do it and the purpose for doing so. Exploring and following the path as outlined in the traditional Ten Ox Herding Pictures, this teaching will help orient a student, and point the way to Absolute and Positive Samadhi. Whatever level of experience in practice, willingness to participate fully is the only requirement!

A Taste of Freedom  [CANCELLED]
Terry Hagen and Mala Sikka
Jun 19th, 3:00 pm to Jun 24th, 11:00 am
Awareness through the magical dance of the elements with Terry Hagan and Mala Sikka – Resident Teachers of the Dharma Centre of Canada. The retreat will be held in silence apart from daily classes which allow plenty of time for questions. We will include gentle body work and movement that will assist us to integrate this magic dance of the elements. Working indoors and outdoors, we will use the natural mind and the natural environment as our teachers.

Think More Clearly, Feel More Deeply, Act More Effectively  Lama Connie Mitchell  [CANCELLED]
Jun 26th, 3:00 pm to July 1st, 11:00 am
Explore non-duality within the non-religious context of Natural Mind Meditation and Natural Mind Yoga. Cut through the chatter of self and learn to live more fully in every moment through daily meditation and yoga instruction, one-on-one support and concentrated practice within this silent, technology-free retreat.

Essence of Dzogchen Meditation: The Three Words of Garab Dorje  Lama Lena
July 3rd, 3:00 pm to July 8th, 11:00 am
According to Tibetan Buddhist tradition, Dzogchen, or Ati Yoga, is the culmination of the path and the instructions point to the primordial, open, and natural state of the mind. Dzogchen, the Great Perfection, the Great Freedom, are extraordinary teachings, pointing out instructions, and meditation practices, which facilitate the realization of our innate luminous awareness. To work with this teaching one first needs transmission from a realized master in the form of an introduction and pointing to the state of presence and awareness (rigpa), which is the capacity of the nature of mind.

Kundalini Yoga and Meditation to Awaken the Heart  Devmurti and Hari Amrit
Jul 10th, 3:00 pm to Jul 15th, 11:00 am
This wonderful retreat, in the sublime Sikh Yoga Tradition, will explore self-healing yogic techniques and meditation practices that awaken the consciousness and the rejuvenating potential of the individual. With daily practice of powerful Kundalini Yoga Kriyas, Meditations, Mantras, and Pranayama (breathwork) as taught by Yogi Bhajan, the emphasis is on opening the heart and awakening the consciousness within..

The Body of Nature  Lama Brian McCleod
July 17th, 3:00 pm to July 29th, 11:00 am
Our twelve day retreat will combine meditation, imagination and nature study. Our formal meditation practice will be anapanasati, or meditation on the energies of breathing in and out. Through the twelve day course of the retreat the focus of this practice will gradually move more and more to insight practice. To feed meditation and nature study we will be working with the exercises in Namgyal Rinpoche’s book A Body of Truth, which are based on a Western Mysteries approach to a study of the elements. 

Continued on following page
Awareness and Bodhicitta: Awakening the Mind of Compassion and Wisdom  
*Dr. Cheryl Fraser*

**July 31st, 3:00 pm to August 9th, 11:00 am**

A retreat for Advanced Students (and some dedicated beginners!) This silent meditation retreat will focus on practices that help liberate the peace, joy and kindness of the Awake mind. We will explore the nature of emptiness, or sunyata, which underlies our realization of compassion and wisdom. This retreat will also focus on assisting students to build strength, or merit, through the exploration of the seven factors of mind that help us to create happiness and peace from the inside out. These factors are Mindfulness, Curiosity, Energy, Rapture, Tranquility, Concentration and Equanimity.

**Deconstructing Yourself**  
*Michael Taft*

**August 14th, 3:00 pm to August 19th, 11:00 am**

The ego is a construction which is impermanent and empty—an insight which is the essence of liberation. Explore the wisdom of this truth as Michael W. Taft leads a silent retreat intended to allow practitioners to experience what Michael calls “deconstructing yourself.”

**Mahamudra**  
*Lama Rodney Devenish*

**August 21st, 3:00 pm to August 30th, 11:00 am**

The Hermitage Mahamudra Retreat – for serious seekers. Mahamudra Meditation is the path to Awakening that most focuses on realizing the true nature of Mind, by directly experiencing one’s own mind through meditation, clearly and simply.

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**Mahasi-style Vipassana Retreat**  
*Dr. Sean Pritchard*

**Sept. 4th, 3:00 pm to Sept. 20th, 11:00 am**

Dr Sean Pritchard, formerly the monk U Vansa, teaches in the Mahasi vipassana tradition. The practices taught at his retreat will provide a lifetime of tools and techniques to gain insight into the inner world and workings of the mind. Both beginners and seasoned meditators will benefit from the supportive and skillful guidance of this well-experienced teacher.

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**From The Board**

Greetings friends, and apologies for the many months between communications. As some of you are aware, for some time the Dharma Fellowship has been undergoing a period of transition. Fortunately, we’ve had the unstinting assistance of Lama Rodney, Lisa, and Bill Hicks (the wonderful new director of the Hermitage) to help us through this challenging process. Among other things we are working to make sure that the society’s finances are on a firm footing and we’ve arranged for a thorough inspection of all structures and systems on the property. We’ve also revised the membership process, and we’d like to encourage all of you to renew your memberships which will now run for a calendar year. A membership form is attached.

Take care, be well, and we look forward to seeing you at the Hermitage when that becomes possible.

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The Hermitage relies almost entirely on proceeds from our Summer Retreat Season to survive, so this season’s cancellations present a huge financial crisis for our Centre. Your donations at this time will help us keep the Hermitage alive. Heartfelt thanks for your generous support.

Ways to donate:
- E-transfer: email accounts@thehermitage.ca and send password separately.
- Cheques: mail to The Hermitage, 7131 Denman Road, Denman Island, BC V0R1T0.
- Online: go to thehermitage.ca and click on the “Donate” button in the yellow box.

For more information, phone 250-702-1609.
The Dharma Fellowship of His Holiness The Gyalwa Karmapa

Membership Application Form

The Dharma Fellowship is a non-denominational charitable and educational society registered in British Columbia. While the society is open to all religions there is a particular focus on the development and sharing of the Tibetan spiritual tradition in ways that are meaningful to Westerners. Membership is open to anyone in sympathy with these objectives, and includes voting rights in the society with yearly paid dues. Members are encouraged to be actively involved with activities that support the objectives of the society. Membership is not required to participate in or to help organize any of our programs.

Name: ______________________________________ Date (year):________________

Address: ____________________________________________________________

City: _________________ Province: _________ Postal Code:_________________

Phone: ________________________ Email: ________________________________

I would like to be added to the Dharma Fellowship email list. ☐

How did you learn about The Dharma Fellowship?: ____________________________

MEMBERSHIP FEE: ☐ $50 Individual ☐ $75 Family

CONCESSIONAL FEE FOR LIMITED INCOME: ☐ $35 Individual ☐ $50 Family

Payment Methods:

CHEQUE

Please make cheques payable to: The Dharma Fellowship and mail with membership application form to: The Dharma Fellowship, 7131 Denman Road, Denman Island, BC, V0R 1T0 CANADA

CREDIT CARD OR PAYPAL

Please use the payment button on: https://thehermitage.ca/dharma-fellowship-membership and email this application form to our Secretary/Treasurer John Munroe at jam@gaiaworks.com

DIRECT TRANSFER

To The Dharma Fellowship at accounts@thehermitage.ca. Please add note that this is for membership.

Would you like to make a DONATION?

All Donations are eligible for Charitable Donation receipts for income tax purposes, issued each February for the previous calendar year’s donations.