

## **The Tradition of Dana**

### **What is dana?**

Dana is the Pali (one of the ancient languages of India) word for generosity. It is the Buddhist practice of giving to support the teachers and the dharma. It is about opening our hearts to give as we have received.

Considered priceless, these teachings have been given freely since the time of the Buddha, and this 2500 year-old tradition continues to this day. The cost of retreat registration covers only room, board, and administrative overhead. The teachers receive no pay.

There will be an opportunity to offer dana to the teachers at the end of the retreat.

### **How much should I give?**

It is up to you to decide how much you would like to give. Offering dana is a practice of opening the heart and sharing goodness – releasing our human inclination to hold on. Look deeply within to determine what you feel you can offer – how you can balance supporting the teachers, the value of what you've been given, and what you can reasonably afford.

### **How and when do I give?**

The teachers and/or retreat managers will talk about dana toward the end of the retreat. The dana basket and envelopes will be placed in the lounge/sitting area of Garuda House (2<sup>nd</sup> floor, Wing A) the night before the retreat ends.

If you are leaving the retreat early, please see a retreat manager about how to handle your donation.

Dana can be made in the form of checks, cash or credit card. Checks should be made out to IMCC. Please include the name/date of the retreat on the memo line. IMCC has a 501-C3 designation from the IRS, and dana given to IMCC is tax deductible.

If donation is made by check, you will receive an acknowledgement from the treasurer. Be sure your name, address, and phone number are correct on your check. If you make a cash donation and would like the IMCC treasurer to send you a receipt, please put the cash in an envelope with your name, mailing address, and contact information.

Credit card donations will also be gratefully received.