

Shasta Abbey
Temple of Radiant Wisdom on the Solitary, Pure White Mountain

A Monastery of the Order of Buddhist Contemplatives

Rev. Ekō Little, Abbot

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All activities and publications at Shasta Abbey are offered in **dana** (generosity of spirit), without fees or even suggested donation amounts. From the time of the Buddha, this relationship of dana, mutual aid and trust has existed between the laity and the monastic members of the Buddhist Sangha. This reciprocal respect and kindness and depth of commitment to help each other are what enable Buddhism to survive and grow. As monks we try to practice the Dharma as purely as possible and we offer to share the Dharma through teaching, encouragement and example. We live in and maintain our monastery as a place of quiet refuge for all those who would like to join in our training. Shasta Abbey truly lives and functions through lay financial support which provides the traditional "four requisites" of food, lodging, robes, and medicine for monks. Donations can be made via mail, fax, phone as listed below, or via our online donation form, at www.shastaabbey.org/donate.html

Alms Bowl

Kind offerings to the monastery would be:

Dry, split firewood
63-cent and 84-cent stamps
Ibuprofen
Unscented Laundry soap
Almonds, cashews, fresh fruit

May our donors of the Four Supports,
Food, lodging, medicine, clothing,
Be free from enmity and danger;
Be free from mental suffering;
Be free from physical suffering.
May they take care of themselves happily.
May whatever they have gained not be lost.

Shasta Abbey Choir Scriptures (MP3), Abbot's Dharma Talks Online

Shasta Abbey Morning Service and Morning Office sung by Shasta Abbey Choir are now available on MP3 online, at the link below.

We invite you to hear Rev. Master Ekō's Dharma Talks, including the current series on **The Awakening of Faith**, on-line – at www.shastaabbey.org/talks.htm These and other taped Dharma talks are offered in the spirit of Dana at the monastery in the Buddhist Supplies Shop. Local congregation may also borrow Rev. Master Ekō's current taped Dharma talks (tape or CD) from the Vimalakirti Hall lending library for up to two weeks.

Books and Buddhist Supplies

Shasta Abbey Press books, including Rev. Master Jiyu's writings, are available online (for sale at villagebooks-mtshasta.com/bookfromshas.html) and at the Abbey, where they are offered freely in the spirit of Dana. Other Buddhist publications and supplies are available for sale in the shop on our grounds, which is open on most Sundays after the Abbot's Dharma Talk and by appointment.



Unscented laundry detergent