

OzZEN Dana Guidelines

What is Dana?

Teachings, meditation retreats and private interviews (dokusan) that are offered by OzZen are offered on the principle of dana. Dana is an ancient Pali word meaning "generosity", "giving" or "gift." It is directly related to the Latin word donum and through this to such English words as donor, donate and donation.

Dana is intrinsic to the 2500-year-old Buddhist tradition. Going back to the days of the Buddha the teachings were considered priceless and thus offered freely as a form of dana. The early teachers received no payment for their instruction, and in turn, the lay community saw to it through their voluntary generosity, their dana, that the basic needs of food, clothing, shelter and medicine were provided for these monks and nuns.

Beyond the practical dimension, dana also plays a crucial role in the spiritual life of a Dharma practitioner. It is the first of the six paramitas, or qualities of character, to be perfected. The act of giving itself is of immeasurable benefit to the giver for it opens up the heart, diminishes for a moment one's self-absorption, and places value on the well-being of others. The simple gesture of offering a flower, an act of service, a kind thought or a simple meal is in fact a sincere form of practice.

Teacher support

We do not have a strong monastic tradition in the West however our Zen teachers still follow the ancient model of dana (generosity). Teachers do

not receive any payment from OzZen. Retreat fees cover only the cost of your accommodation, food, retreat management and the teacher's airfare. Teachers receive financial support solely by your voluntary donations. Even though teachers may have an occupation, such as working as a therapist, there is a great amount of time given to preparing for teaching which means they have to reduce hours of paid work, therefore reducing their income.

Similarly, if the teacher works as a psychotherapist, time set aside to offer private interviews (dokusan) means a reduction in time set aside for paid psychotherapy sessions.

We ask you to consider that teachers invest many hours of their time serving the dharma and that they have the same living expenses, rent/mortgage, transport, education, that we all do.

How to make Dana Payments

Students can make dana payments to Sono via the PayPal [donation link](#) on the first page of the website or via Sono's bank account listed below:

Teacher's Bank Details

Please contact the teacher (or dharma facilitator) directly if you wish to make a dana deposit into their respective bank accounts.

Note: When making payments into the teacher's bank account please reference the payment with "dana".

Suggested amounts

You are free to give any amount dependent on your financial situation.
The following is a guide for those wondering how much to give.

EVENING TALKS

Suggested base dana* \$20-\$40

Suggested supporting dana** \$50-\$80

Suggested vocational dana*** \$100-\$120

DAY RETREATS

Suggested base dana* \$70-\$100

Suggested supporting dana** \$100-\$120

Suggested vocational dana*** \$140-\$160

MULTI-DAY RETREATS

Suggested per day base dana* \$70-\$100

Suggested per day supporting dana** \$100-\$200

Suggested per day vocational dana*** \$200 plus

PRACTICE INTERVIEWS (DOKUSAN)

Private interviews go for approximately 50 minutes.

Suggested base dana* \$30 - \$40

Suggested supporting dana**\$50 - \$90

Suggested vocational dana***\$100 - \$120

***Base dana** partially supports the teacher for the time taken to dedicate their life to the buddha dharma and some of the loss of income incurred by prioritising Zen teaching.

** **Supporting dana** is a recognition of the time allocated to prepare and present the teachings and/or of the loss of income incurred by the teacher by prioritising Zen teaching.

*** **Vocational dana** is optimal and supports the teacher in the long-term vision of being able to practice full-time as a teacher for the Sangha.

Please know any amount is more than welcome.

Supporting OzZen Financially

To support OzZen as an organisation donate via bank transfer

OzZen

BSB: 533-000

Account no: 02052963

Supporting OzZen By Volunteering

OzZen is run through volunteers. Please [email us](#) if you are interested in being involved.

THANK YOU FOR YOUR GENEROSITY!

Your support is deeply appreciated. Dana helps keep OzZen and the teachings alive.

