

# MONASTIC ACADEMY

FOR THE PRESERVATION OF LIFE ON EARTH

## CEDAR

COMMUNITY FOR THE  
EXPERIENCE AND DEVELOPMENT OF  
AWAKENING AND RESPONSIBILITY

2018  
**FALL**  
QUARTERLY  
REPORT

## LETTER FROM CAMERON JOYNER



Dear Friends,

As the craziness of our culture penetrates the headlines, as modern politics causes pain and suffering, I am thankful for the community of dedicated, caring individuals at the Monastic Academy who strive to overcome this cultural disease, thankful for the community that your generosity helped us create and stabilize. I am here because I see how much our society needs this training.

This has been an action-oriented quarter here at the Monastic Academy. We hosted a retreat with world-renowned meditation teacher, Shinzen Young. The sold-out retreat was so successful that we scheduled another retreat in November. It will be the first public retreat (that we are aware of) offering Neuromodulation with tDCS devices. We are creating the path of a modern monastery that explores the intersection of meditation and technology.

### **Internship**

In order to grow our community and support our residents, we hosted five interns during this summer, one of whom later joined the residency program. They helped with the day to day operations of the monastery, deepened their meditation practices, and worked on projects on the grounds. One of the most visible accomplishments was the creation of new trails to allow our guests easier access to the beauty of this property. Our guests have repeatedly raved about the existing main trail. We now have over six miles of new trails that connect to a larger trail network in the area. These trails work for hiking in the warmer months and cross country skiing in the winter. They improve our overall guest experience and serve as a resource for the residents to nurture themselves during the challenges of training.

### **Village**

One of our long-term goals is to create a village surrounding the monastery. This will allow our community to include individuals interested in contemplative practice who want to have close proximity to the monastery without undergoing the rigorous monastic residency program. This type of community usually surrounds monasteries in China and Japan and forms an integral part of the support system for the monastery and those training in it. In order to make this process more accessible we have renovated a space inside the building to create an apartment that will allow our village members to live on the property while building their houses. When the apartment is not in long-term use it will also act as a space for guests to bring their families, have their own space, and will accommodate those with dietary needs outside of our delicious vegan meals.

Six of you visited this quarter and one of you has already stayed in this apartment. I would like to invite each of you who made our property purchase possible to come visit and see the fruits of your giving and allow me to thank you in person.



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### **Vision Quest**

The residents spent a week disconnecting from technology and reconnecting with nature in the woods for our annual Vision Quest. This alternative type of training helps the residents draw from the wisdom of a powerful spiritual tradition practiced by the Lakota people. The week in the woods also allows them to deepen their connection with the land they live on. We are working to regenerate this art which is easily lost in our city-driven lives.

### **California**

In August, Soryu and residents Jōshin Koji, Tasshin Fogleman, and Harrison Heyl traveled to San Francisco to create our second location. Tasshin and Harrison are former residents who returned from lay life specifically to open this location. This was made possible by the generosity of a community member donating the use of their home. This California branch of the Monastic Academy is mirroring the path Vermont took. The Center for Mindful Learning originally began in Soryu's apartment in Burlington. After quickly outgrowing that space, they moved into the apartments above the Quaker Meeting House where our Sunday Sits are still held. The California location is already growing beyond their space, necessitating a search for the next place to put down roots.

### **Soryu's Ordination**

Our guiding teacher, Soryu Forall, celebrated the 20th anniversary of his ordination this quarter. The residents took him on a hike to the top of Mount Mansfield where a ceremony was held. Soryu's tireless dedication to the path and to life on Earth has been and continues to be an inspiration to me. We spoke to him of our gratitude for all the hard work and sacrifices he has made over the years. The strength he has shown and the wisdom he possesses have altered my life in ways that are beyond words. The subtle joy and confidence I now experience daily are a result of his guidance, love, and compassion. I thank him for all he has done.

It's been a challenging and fruitful quarter. Our California location allows us to grow our circles of influence to help more people, our apartment makes possible the next steps of the village that will sustain our community for decades to come, and we have followed through on our financial commitments to you. The seeds your generosity planted are beginning to sprout new life. Our journey to end human greed moves forward, full steam ahead.

In friendship,

**Cameron Joyner**  
Executive Director



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## FINANCIAL SITUATION

This year we have brought in our highest income to date of \$530,789, and we still have one quarter left. We have spent \$461,748. Of that income, \$225,449 is for our operating budget. Our operating expenses total \$221,256. In addition, we have added capital improvements to the property totaling \$243,286 which have been funded by our continuing capital campaign and reserves. We are projecting operating expenses for the fourth quarter to be \$93,907. We will have to aggressively solicit contributions to meet our goal. The outstanding balance on the loan of \$1,042,179 still remains the largest liability with annual interest payments totaling \$62,528.\* The interest payments are our largest expense.

-  Made first interest payments totaling \$15,640\*
-  Added capital improvements to the property of \$243,286
-  Year to date net revenue of \$69,041

\*Q4 interest payments are slightly lower because \$500 was forgiven from the loan at the end of Q3

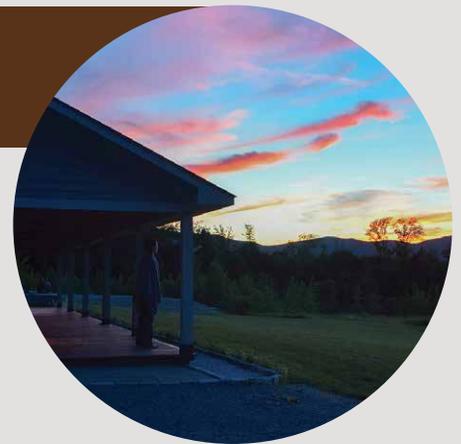
## INCOME NUMBERS

### THIRD QUARTER

GUEST INCOME	RETREAT INCOME	DONATIONS	*TOTAL INCOME
\$7,150	\$40,990	\$22,899	\$74,480

### YEAR TO DATE

GUEST INCOME	RETREAT INCOME	DONATIONS	*TOTAL INCOME
\$16,200	\$69,366	\$423,641	\$530,789



\*This includes more income than the three types listed



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## CALIFORNIA

It's an exciting time at the San Francisco Bay Area location. This nascent monastery currently consists of three full-time residents: Head Teacher Jōshin Koji, Executive Director Harrison Heyl, and Director of Care Tasshin Fogleman. Guiding Teacher Soryu Forall joined them in August and September to provide a boost of leadership and energy before returning to Vermont at the end of September.

The Bay Area is teeming with activity in the fields of technology, science, business, education, social media, and social and environmental justice. Additionally, this area is an epicenter for climate change policy as well as artificial intelligence and defense. We are here to have a seat at the table, to serve as a conscience in these fields, and to lead these fields in ethical and peaceful directions.

The three main priorities for the California location for the year:

-  Finding a larger space that meets the needs for training
-  Building a community
-  Fundraising to sustain our organization long-term



## VILLAGE

The excitement of the village continues to grow as the next steps of the process unfold. This quarter we transformed a section of the downstairs dormitory into a small apartment which includes two bedrooms, a bathroom, a sitting area, and a kitchen. With this new space it will be easier for us to host families with children, those with more diverse diets, as well as guests who need their own space. This apartment will also act as a place for those joining the village to stay temporarily while the building process for their houses is underway. The communal and financial support from the village is an integral part of our long-term stability and is deeply intertwined with our ability to flourish. We look forward to the laughter of children and the new energy that comes with new people becoming a regular part of the village.

## LEADERSHIP EMERGES: PROFILE ON DANNY JOSEPH



Danny has been a resident at MAPLE since October of 2016. In his time here he has held many leadership roles and been a vital part of the structure and success of the monastery. He is currently our Head of Resident Recruitment. He has also served as Guest Manager and previously held the Operations and Assistant roles. Danny's versatility and willingness to take on any project has created trust and admiration from the other residents and the leadership team.

Danny was born outside of Philadelphia but has also lived in Boston and Los Angeles. He received a Bachelor of Fine Arts in Audio Post Production from Emerson College in 2011. Ten days later he moved to L.A. to pursue his love of music. Danny began playing the drums 16 years ago and is also an accomplished guitarist and vocalist.

In L.A. he became the first employee of a music licensing company where he worked for four years. While there it was normal for him to listen to music for more than seven hours a day. After five years in California he heard about Soryu Forall's original program Mind the Music and was interested in the crossover between music and mindfulness. He had had no previous interest in living at a monastery but he was looking for a change to help him deal with some of his internal challenges.

Danny has brought his passion for music with him to the monastery. He is in the process of recording an album that he has been working on for three years. He enjoys listening to music he's never heard, sharing music with others, and practicing mindfulness while listening to and creating music.

### INTERVIEW WITH DANNY:

#### *Why did you join the MAPLE Mindfulness and Leadership training residency?*

I wanted to try something totally new with my life. After five years in Los Angeles, there was something deep within me that didn't feel alive, and I wanted to reinvigorate myself and shock myself out of that feeling in a way that would be helpful for me and those around me. If I could find something like that, then I would give it a try. MAPLE turned out to be the shock I needed. This was a time when I was interested in getting more serious about meditation practice, which was fairly new to me. Also I'd heard that Soryu taught a course called Mind the Music, which was instantly intriguing to me, so I was curious about working with him.

#### *How have you benefited from your time at MAPLE?*

MAPLE has given me training, which has translated into a lifestyle that is good for me and those around me. Accepting this challenge has been huge growth for me. Learning and embracing that making mistakes is all part of this path has been a major growth point for me as well (I make lots of mistakes). The way we are asked to practice mindfulness in the training, to keep the practice going at all times, has been massive for me. It's revealed to me an extremely dark, bitter, and unwholesome part of myself, which I've been learning to care for and work with skillfully, and it's also shown a part of me that genuinely, truly loves and wants to do good things while I'm alive. Both are to be seen and embraced within, but only one is to be actually trusted and nourished.

#### *What has been your biggest challenge?*

My biggest challenge has been to take an honest look at my own shortcomings. When problems arise, it's so easy to complain or blame others, but that overlooks the fact that we are the common factor in all of the problems that arise in our life. If we do the uncomfortable and uncommon act of recognizing our own responsibility, we feel obligated to resolve the problems we create. For me, anger, sadness, fear and all their fun friends rear their heads in the intense training that MAPLE requires. I've had to learn new ways of recognizing and working with them.

#### *What are your goals/what are you looking forward to as you continue to train here?*

As head of resident recruitment, I would like to fill this place to the brim with new residents, because I believe the world needs, and deserves, this kind of training. People are looking for the love that is offered here, which comes in many different flavors and is very real (if you can let it in). I want to let go of micromanaging other people in order for them to grow in their roles, while still helping them when they might need it. It's a tough balance. In my spirituality I would like to get more in touch with my Judaism during my residency and go as deep in my practice as I possibly can. In my free time I would like to continue to write and release music that comes from a place in me which is informed by the training, with the desire to generate good in the world via honesty and kindness with myself and others and acceptance of all the bumps in the road that eventually lead to those songs, words, and actions.



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### MOVING FORWARD

The third quarter of this year at the Monastic Academy has been one of progress. Soryu's long-term vision for this organization and its overall impact on the world require it to be bigger than him, bigger than any of us. The second location of this organization is the next step in accomplishing this vision. The California location opens the door to the changes our organization was founded to make in the heart of Silicon Valley, a cultural hub for emerging views. We are grateful to Jōshin, Harrison, and Tasshin for embarking on this adventure into the unknown and for all the support from our community that has made this possible. We move steadfast towards our mission to end human greed.



## FALL SCHEDULE

**October 19th-26th**

Circling Interpersonal Meditation Retreat

**November 17th**

Community Thanksgiving Celebration

**November 9th-15th**

Shinzen Neuromodulation Retreat

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## JOIN US

You are always welcome to visit for a day, a week, a month, or longer.

**Our address is:**

**751 Page Rd**

**Lowell, VT 05847**

If you'd like to come, or to be in touch for any reason, please email at [info@monastic.academy](mailto:info@monastic.academy) or call at 802-540-0820.

Thanks again for your support. Together we are building a whole new culture.

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