



MONASTIC ACADEMY

FOR THE PRESERVATION OF LIFE ON EARTH

CEDAR

COMMUNITY FOR THE
EXPERIENCE AND DEVELOPMENT OF
AWAKENING AND RESPONSIBILITY

2019
SUMMER
QUARTERLY
REPORT

LETTER FROM PETER PARK



Dear friends,

As I sit down to write this letter, I can feel the warm summer breeze streaming through the office window. My eyes are greeted by the trees and the green mountains. The stunning beauty reinvigorates me in our mission to protect this precious planet.

I am excited to be Executive Director of the Monastic Academy. I am proud of our work to develop the next generation to become loving, wise, and empowered leaders. This year we are at a pivotal moment as we build the foundation for decades to come. We are constructing the infrastructure for MAPLE Village and creating a metamodern education.

The world is in meta-crisis from environmental destruction, political impasse, and deep levels of personal anxiety and depression. This year, we were shocked by the rapid degradation of coral reefs, with half of the Great Barrier Reef having been bleached to death since 2016. We see escalating conflict between nations. Every forty seconds, a person takes their life somewhere in the world. The 20th century systems based on industrialization are broken in this increasingly complex, global, digital age. We need to train people to develop higher levels of human potential to address these complex times with consciousness and conscience.

In May, Soryu, several residents, and community members in partnership with Citizens Against Nuclear Bombers in Vermont organized a 24-hour meditation protest at the State Capitol. The protest was to tell lawmakers that Vermont citizens are against housing nuclear bombers in Vermont. Two weeks later, on May 23, the VT Senate adopted a resolution strongly opposing nuclear bombers in this state. We thank Soryu and the participants for putting their bodies on the line to give voice for a world free of nuclear weapons. Soryu and several residents practiced the full 24 hours without any bathroom breaks, water, food, and never left their meditation space.

Our California center, OAK, began a summer residency partnership with Paradigm, an organization in Oakland, CA dedicated to studying group dynamics and the human mind to improve the world. Both organizations are learning from each other and have been seeing a great amount of shared interest and community coalescing in California.

Soryu departed in late May for OAK to support the efforts there. While he is away from Vermont, the residents will stretch their leadership and teaching edges. It's rare to have a leader like Soryu who trusts us to create a community that develops more leaders. This summer, we will host many programs for awakening and adult development. We hope to see you here.

In friendship,

Peter Park

Executive Director



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APPRENTICESHIP & RESIDENCY

We hit a major milestone this quarter. This is the first time since moving to our larger Lowell property that we have filled our spaces to full capacity. Last quarter we reached the 17 residents and apprentices that we aimed for. We are looking forward to going beyond it this summer and fall with more arrivals scheduled. This quarter we were joined by three new residents, one of whom was a previous apprentice; the other two were previous guests. We also welcomed eight new apprentices. We have a healthy mix of trainees from local Vermont community members, past guests, and international students.

Our training center is unique in attracting so many from the younger generation. Our message and training provide the necessary growth to take on ever greater freedom and responsibilities to connect and care for our families, communities, and the world. We offer a trustworthy meta-approach that combines the best of traditional practices with emerging technologies such as circling, Bio-Emotive processing, and Unified Mindfulness.



CALIFORNIA OAK

Soryu and resident Autumn departed MAPLE late May to begin building community at OAK with Jōshin continuing as Director. Our team has hit the ground running with our combined many years of experience in connecting and growing communities.

We began an exciting summer collaboration with Paradigm. We will be learning Paradigm's system, while Paradigm members train in our monastic meditation approach. We have already seen significant impacts on the practice of individuals in the community after only a few weeks. This great opportunity demonstrates a meta-paradigm of organizations collaborating together for omni-win solutions for the sake of the world. This partnership also offers OAK more monastic space for funders, guests, and trainees.

This summer, OAK has increased the tempo of events significantly, hosting at least three events a week. Many of these have attracted large numbers with standing room only attendance. It's clear our message is needed and welcome in the Bay Area. Many people have reported being deeply moved by their connections with us and the content of these events.



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GUEST PROGRAMS

This year, we are offering more guest programs with outside facilitators to create a rich ecology of practices to benefit the path of awakening and service. Today's networked age gives us access to resources, practices, and teachers like never before. We are inviting some of the best experts to teach the next generation of teachers and leaders.

This June we hosted a new Bio-Emotive Emotional Clearing retreat led by Dr. Doug Tataryn, Darlene Tataryn, and Ali Tataryn. Although Dr. Tataryn has taught his system to many groups, this retreat was the deepest integration of the Bio-Emotive system with a residential community. The system teaches us how to differentiate between and express emotions so that challenging emotions can be processed and cleared. We had eleven guest participants from across the continent with very positive responses.

These guest programs have much to offer. First, they provide world class, life-changing workshops to the trainees here who would otherwise not be able to afford such training. Second, these programs attract a wide range of potential supporters and residents who might otherwise never come to visit. Moreover, our connections with experts in diverse fields offer them opportunities to train the next generation of heroes and also to meet new clients and partners through us. In this way, everyone benefits.



PUBLIC PROGRAMS INCLUDE:

Circling Social Meditation Weekend & Week-Long Retreats

July 19 - 21, July 19 - 25

Circling is a practice of social meditation bringing our attention to how we are connecting rather than focusing on the content of our conversations. By slowing down our interactions, we gain insight into the habitual, reactive ways we have learned to relate to each other and gain freedom to explore new pathways. This practice enables us to deeply see and be seen by others.

Wild Immersion with Darren Silver

August 30 - September 3

This five day immersion restores our connection to nature and with the wild parts of ourselves. Through the use of mythic storytelling, sweat lodges, and more, we have the opportunity to receive wisdom and medicine from the older and deeper parts of ourselves and nature.

Intimacy Workshop with Lynn Kreaden

September 20 - 22

In this time of alienation, many of us yearn for the feeling of intimacy and close connection. After decades of working with clients around the world, Lynn Kreaden is coming to the Monastic Academy to offer subtle energy healing, deep relating, and embodiment practices to reconnect with our inner, embodied wisdom.



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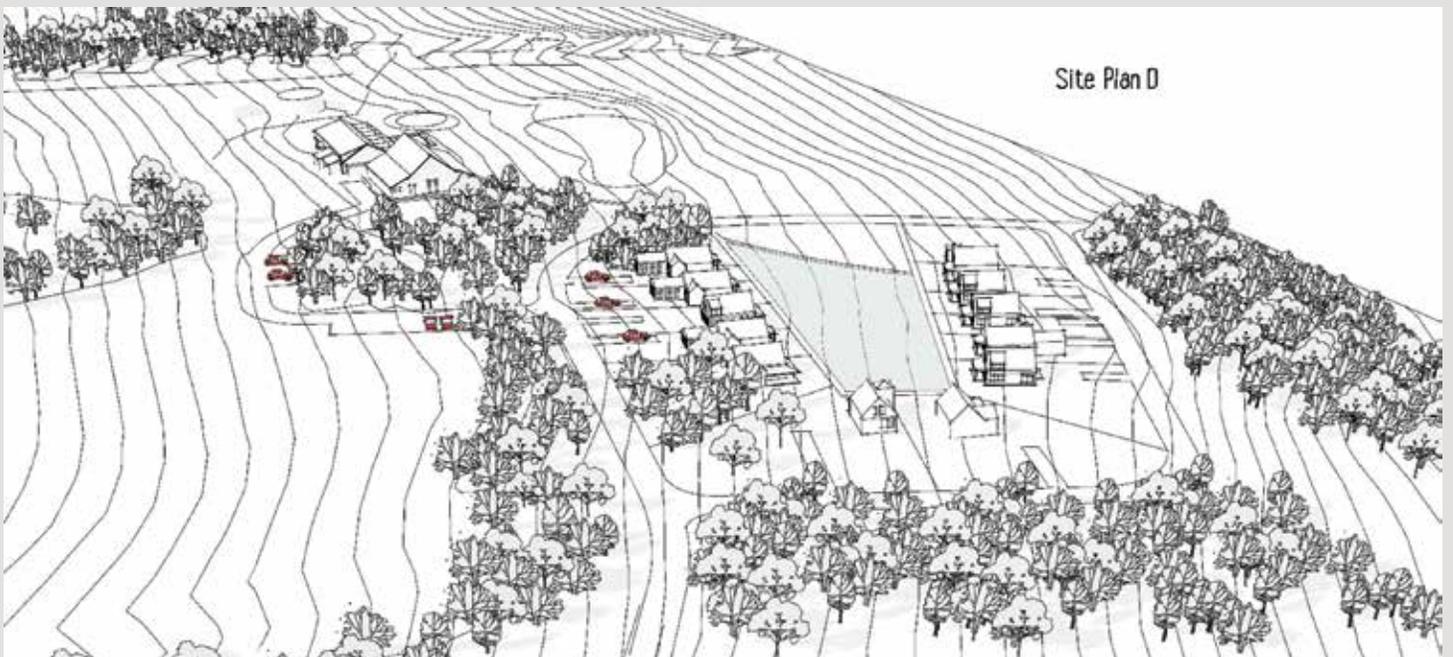
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CONSTRUCTION & MAPLE VILLAGE

Last quarter, we received a generous donation from one of our supporters to upgrade our kitchen. This project has given us a much more efficient, productive kitchen and pantry. We purchased an additional refrigerator, freezer, high-heat dishwasher for sanitation, more counter space, shelving, and a second entryway into the kitchen. More cooks can now work in the kitchen without bumping into each other. Our increased working capacity is invaluable in meeting the needs of our growing community of residents, guests, and of our future villagers.

Great news: we've also begun work on the village. We created a site plan working over several months with a wonderful designer, Julie Campoli, to create a close-knit community of houses within walking distance of our main center. Julie is a local Vermont designer with decades of experience designing beautiful, environmentally friendly communities. She felt inspired that our village community would benefit the world after walking the land and talking with Soryu.





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This year, we are working to do all the necessary infrastructure and preliminary work so that villagers may begin construction next summer. We have begun work on the wetlands and wildlife survey and are working with engineers to prepare the infrastructure work. We understand that human development has an environmental impact. As part of a living ecology, we aim to create a beautiful community and culture based in reciprocity.

One couple has already committed to building a house here next year. As a part of the MAPLE Village, all residents will have access to regular activities including meditation sits, meals, dharma talks, and workshops. Our vision is to have community gardens, tennis courts, and children being raised in a village with many friends and mentors. The Village residents will usher in a new age for our MAPLE center, benefiting themselves as well as the monastic trainees.





FINANCIAL SITUATION

Thanks to the generous support of friends like you, we have had a good financial quarter. The guest programs and recurring gifts helped us stay in the positive. Our revenue exceeded our expenses by \$18,237 for the quarter. For the year, our revenue has exceeded expenses by \$68,380 including loan forgiveness. We hope all of our supporters and lenders visit us this year so we can thank you and celebrate the transformative community we're building together here.

We have had a high number of visitors both old and new. This quarter had 41 guests participating in group retreats, solo retreats, coworking visits, and special programs. They arrived from around the world, including Vancouver and California. Our June Bio-Emotive retreat brought in 11 guests, including one of our lenders. Our circling retreat in late July is sold out. The success of these guest programs provides us greater financial security so we can be less reliant on any single supporter for our fiscal solidity.

One highlight for the quarter was the arrival of our resident Tasshin Fogleman who transferred from the OAK branch to take over as MAPLE's fundraising manager and assistant director. Tasshin has a passion for strategy, productivity, and commitment to excellence for the organization. He has been teaching and managing the fundraising team to steer us to a bright future through ethical, beneficial relationships. We are very fortunate to have him with us.

OAK continues to meet regularly with new potential partners and supporters. This quarter, we hosted a supporter retreat with local potential donors. We expect the fruits of our fundraising efforts in California to occur in the second half of the year.

2ND QUARTER

GUEST INCOME	DONATIONS	LOAN FORGIVENESS	*TOTAL INCOME
\$41,165	\$66,588	\$0	\$117,808

*This includes more income than the three types listed

2019 YEAR-TO-DATE

GUEST INCOME	DONATIONS	LOAN FORGIVENESS	*TOTAL INCOME
\$69,497	\$118,409	\$50,000	\$257,700

*This includes more income than the three types listed



LEADERSHIP EMERGES: PROFILE ON JOHN MURPHY

INTERVIEW WITH JOHN:

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

I followed a chain of trust to this place. I found Shinzen Young online, and he has become my main teacher. I came from Ireland to California to do a retreat with him. At the retreat, I met Harrison Heyl. He was my facilitator. I felt an instant connection with Harrison and trust with him. He seemed to understand deeply all of the problems I was going through and could really meet me where I was at. He told me about MAPLE and Soryu and the work that was being done here and it all sounded right to me.

I have been craving a more honest, authentic way of being in the world. I know there is so much potential in all of us, but it's not being harvested, it's not manifesting. This is certainly true in my case. But in Shinzen, I see this deep potential being embodied. The same is true with Harrison and Soryu.

I didn't feel like it was going to be enough, just doing a couple of retreats a year and meditating when I got home from work. I wanted to commit myself fully to the practice. I wanted support from like-minded individuals. I was craving community. This just seemed like that place that I was looking for.

How have you benefited from your time here?

I have acquired new skills in relating to others and myself. Particularly through circling, I have become more skillful in connecting and being myself with others. I have much more clarity around what it is that gets in the way of connection and what to do about it. It has become clear to me that meditation alone will not fix everything in my life. There are certain areas that require their own kind of care and attention. This has been a valuable lesson for me. My meditation practice has also really deepened and strengthened. I have been practicing the Forall Method and really exploring my breath in new and interesting ways. Having interviews with Soryu has been invaluable for pushing through some of the hindrances like doubt and sloth.

What has been your biggest challenge?

For me, the biggest challenge has been living in community. That's the biggest challenge for me everywhere I go, but here I can't run from it. Here, I see all of the ways I still don't trust others, or struggle to open up and connect, and that's very difficult at times. Even though I know that the old strategies of numbing out or daydreaming or distracting myself are dead ends, it's still a huge challenge to really drop them and change over to something healthier. Everything becomes so new and unknown that I get overwhelmed. Old patterns of behaviour and thinking become the fallback and then I have to find the strength and resolve to try again.

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

I look forward to going deeper into my practice. I hope also to continue improving my capacity for intimacy and connection with other people. I am also beginning to see the ways in which I have been hiding from my potential as a leader. I look forward to working through some of the barriers to my capacity to lead and take responsibility.

Coming to us from Ireland, John is one of our international residents. He began his search for truth in his teenage years and found his way to Shinzen Young who referred him to the Monastic Academy. He was intrigued when he learned that Soryu Forall was an early collaborator with Shinzen and that the Monastic Academy is the only residential training center working with Shinzen's Unified Mindfulness system. Recently, John completed his Unified Mindfulness teacher training certification.

John began as an apprentice in March. Without ever visiting the center, he took the leap to join us. After several weeks, he realized that he wanted to make a fuller commitment and chose to continue as a resident. He has taken on the voluntary leadership role of Kitchen Manager. These days, you can often find him training and coordinating apprentices and guests to make healthy, nourishing meals for the community. John embodies a soft warmth and integrity that can be felt immediately in his presence.



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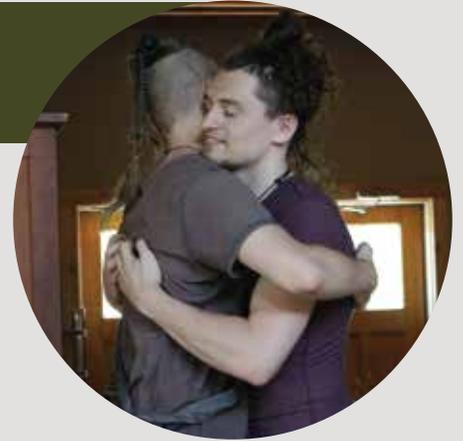
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MOVING FORWARD

Recently, I talked with a young apprentice, Elin, who has come to us from Princeton University. She mentioned that, unlike her peers spending their summers interning on Wall Street or Silicon Valley, she finds herself here. Why? Because it is clear to her that she has inner limitations hindering her wisdom, love, and power. She wants to take greater responsibility to impact the world and be a true leader. She has recognized that, in order to lead, she requires a broader degree of freedom and a more demanding form of challenge to reach her higher potential. By training at MAPLE, she is unlocking an unconditional source of confidence, care, and insight that she has not found elsewhere.

Her story is the exciting emergence of her generation and of our times. We are aware more and more of the complexity of all our human systems as well as humanity's self-created threats such as climate change, social injustice, and the epidemic of mental illness. Dangerously inadequate, the systems of the 20th century are endangering life on Earth. We need teachers, centers, and communities to train the next generation of young leaders to greater maturity so they can safely and successfully navigate the transition to a global, digital, and collective age.

Currently, we are hosting nine apprentices for several months. They include college students, school teachers, and adults in transition between lifestyles and careers. After their time here, many of them will return to their lives as more wise, loving, and empowered human beings in greater service to their communities. They would not have been able to afford the transformative training they are receiving without the faith and sustenance of supporters like you. Your contributions give us the organic vegan meals, the various programs and retreats, and most of all, a living community where honesty, love, and service to the world are paramount. Thank you for your continuing interest and trust in us. May all beings be happy and free through our efforts together.



SUMMER SCHEDULE

July 19 - 25

Circling Social Meditation Retreat

August 22 - 26

Young Adult Meditation Retreat hosted by the Intercollegiate Meditation Network (IMN)

August 30 - September 3

Wild Immersion with Darren Silver

September 12 - 14

Silent Meditation Weekend Retreat

September 20 - 22

Intimacy Workshop with Lynn Kreaden

October 18 - 25

Shinzen Young Monastic Meditation Retreat

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 or call at 802-540-0820.

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

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