



## Dana and Mondo Zen Facilitation

Dana, or generosity, is the first of the Six Paramitas. Paramita literally means having reached the other shore, transcendence or perfection. It is to become free from mental afflictions and from suffering itself. In Mahayana Buddhism, to engage with the Paramitas is to practice in accordance with selflessness and non-attachment for the benefit of self and others. Each Mondo Zen Facilitator takes their seat in service to the awakening of others and self.

Mondo Zen Facilitation is part of our charitable work. We offer Mondo Zen Facilitation generously, without attachment to receive anything in return. We are committed to teaching and practicing the dharma with clarity and compassion, “extending tender care, to all beings, beasts and birds, even rocks and waters.”

There is no charge for our work as Mondo Zen Facilitators. We do ask you consider a donation, as a freely given gift and as an energy exchange. Sustaining our facilitators and our community is essential for continuing to offer our teachings. Traditionally, monks spent a portion of their day with bowls searching for food in the village. In contemporary times, food is replaced with gifts, financial or through service. Your generosity is nourishing for our community. If your experience with Mondo Zen Facilitation is helpful, we welcome your donation with appreciation and gratitude.

Nobody is turned away for lack of funds. If you are curious about how much to donate, and it is within your means, the suggested contribution is \$50/hour for time with your Mondo Zen Facilitator. The full process may be completed in one or several sessions, usually lasting a total of four to six hours. Our Certified facilitators receive a portion of this dana, as does the Hollow Bones Zen.

[Hollow Bones Zen](#) is a spiritual community hosted by Friends of Zen, Inc, a 501C3, not-for-profit church. Your generosity helps us provide for more people, increasing the impact of our work. Your gifts are considered charitable contributions by the United States IRS. You will be provided with a receipt for tax purposes.

Dana offering options include:

- Pay [Online](#)
- Pay with check, made out to: Friends of Zen Inc.
- Mail to: 2829 W. Spencer St. Appleton, WI 54914

Your donations are much appreciated

Taiso Roshi

Abbot, Hollow Bones Zen