

8 week Residential Arts Intensive Program

At Heartwood Refuge Buddhist Monastery

Our focus will be on a deeply engaged arts immersion experience that incorporates a non-sectarian (Theravada, Mahayana and Vajrayana) approach to expression.

About the Program

Are you a musician with a spiritual thirst? Are you developing your artistic skill while in search of *something*? We are now offering a 8 week Buddhist Arts Intensive Program from Sunday, June 22, 2025 to Sunday, August 17, 2025 to 6 individuals who are between the ages 20-35, have a deep spiritual aspiration and inclination towards music. Our program is open to singers/songwriters, musicians and artists of all levels of experience! While music is the “thick” of this program, other forms of art may be discovered and expressed. Our 8 weeks together will include a studio recording session and culminate in performance with *DharmaVoci* at the *Bodhi Fest* Buddhist Arts Festival in Asheville, NC.

In choosing to enter into this intensive training you will discover new levels of understanding and meaning in your life and depart offering joy and inspiration to others through your creativity. The essence of Dharma practice is to respond appropriately with your whole being to whatever life brings you in each moment.

During this program you will receive Dharma teachings, possible Dharma transmissions, teacher guidance, music mentorship, workshops, singing lessons, access to multiple music platforms, subscriptions *and more!* Heartwood respects all the spiritual masters of Theravada, Vipassana, Mahayana, Zen and Vajrayana and offers refuge for contemplatives, serious practitioners, and those who are new to the dharma.

There are many people who come and go during the week as we are full with Sangha activities and Dharma learning. Harmony and respect is our way of life as we observe the Buddha’s teachings and appreciate each other’s presence and path. The communal living experience is rich with lessons and opportunities that allows us all to step forward from suffering and into selfless service causing happiness, contentment and joy.

Our co-founding Abbot, Venerable Pannavati’s, exposure to multiple religions has led her to understand that the world of faith would benefit from a deeper, meaningful, spiritual dialogue, as opposed to attachment to the language variations within communities of faith which keep them divided. So, this opportunity is open to non-Buddhists who have deep compassion for the world.

How To Apply

To be considered for the Residential Arts Intensive Program, please complete the application, and submit an audition fee and video introduction along with a demo of your musical or artistic expression. You can really be flexible and creative in your submission, we are not looking for perfection but searching for potential and heart. Once your application and video have been reviewed, you will receive further information regarding a telephone/zoom call or in-person meeting with program mentors. You'll be asked to examine your motivation for engaging in this program.

Please keep in mind that one of the core values at Heartwood is developing humbleness of wishes. Please consider carefully whether you have the sincere ability to take only what is offered and what is not offered in the training program.

Heartwood Refuge is under the spiritual direction of its founder, Venerable Pannavati Bhikkhuni. By becoming a resident you agree to follow her spiritual guidance and the leadership of the sangha.

Additional Skills

When you register to apply for this program please include any instruments that you play or technical skills that you have such as garageband, Logic, Pro Tools, social media marketing, content creation, photography, videography, digital art, and more!

Cost

There is a non-refundable application/audition fee of \$25. The Residential Arts Intensive Program cost is \$1500 inclusive of room and board, meals, off campus excursions, mentoring and workshops. This payment is required in addition to the work/study/practice commitment outlined above. It does not include any type of medical care or treatment. Participants are responsible for paying the costs of any needed medical care, prescriptions, or doctor's visits.

As a good faith gesture toward a participant's commitment to attend, once accepted, participants will be required to complete their admission process, including payment. This may be one payment in full or 50% payment, with the remaining balance due upon arrival. Partial scholarships are available based on need.

If a participant decides to leave the program before the end of the 8 week program no refunds will be provided. Your spot is committed, on our part, for the duration, and cannot be replaced.

Conduct

Participants at Heartwood agree to maintain a high level of Community Conduct, which includes taking the 10 virtuous action vows.

- I vow to avoid killing living beings.
- I vow to avoid taking what is not freely given.
- I vow to avoid sexual misconduct.
- I vow to avoid false speech.
- I vow to avoid malicious speech.
- I vow to avoid harsh speech.
- I vow to avoid gossip.
- I vow to avoid covetousness (fewness of wishes).
- I vow to avoid ill will
- I vow to avoid wrong view.

Communication

For this two month period we expect participants to arrange their affairs so as to be free from external obligations of lay life as you will be holistically engaged with community, heart, minds and hands. While you will never be without access to communications, we are asking for intense dedication to this process. It is an experience of spiritual renunciation.

Commitment to Diversity

It is crucial to ensure the diversity of the community experience in a myriad of ways. Diversity is inclusive of gender, orientation, class, race, and physical ability. It also includes practitioners of various Buddhist traditions, as well as other contemplative wisdom traditions which uphold the same qualities of character.

Leaving the Center/Coming and Going

Participants should expect to remain at the Heartwood Refuge and Retreat Center for the whole 8 week period, except for emergencies. We encourage everyone to be realistic in his or her commitment. Leaving the monastery should be limited. If you need to leave for any period of time, even on a day off, please communicate to a mentor. If you have already planned essential time away this should be discussed with the mentor upon applying for the program. Weekend off campus excursions are part of the programming.

Relationships and Courtship

Your stay at Heartwood is a time for intense practice. It is not the place or time to seek or develop a new romantic or sexual relationship, exclusive friendships, or to solve relationship problems. Should you wish to pursue a relationship, this may be a time to change your place of practice so that you can give your attention to developing a healthy relationship, which requires more time and attention than is available here.

Lodging

Lodging is double occupancy with a shared bath. The monastery has a main structure where the permanent residents live and a separate cottage where four of the participants will live. Activities are held in both.

Cleanliness

Living at the monastery means living in a well kept environment. Participants will do their part to maintain an uncluttered atmosphere that is conducive to clarity of mind and meditation. Participants will be expected to keep themselves and their living quarters clean and neat by keeping and using only what is necessary.

Service Meditation

Participants wholeheartedly undertake dharmic duties such as cooking, gardening, shopping, and housekeeping as a very important part of their spiritual training. This is the way the monastery is maintained for both residents and the community. It is critical that participants take their commitment to dharmic duty wholeheartedly and take responsibility for whatever task they are assigned. Participants will be expected to engage in an average of 7 hours a week of service, attend all scheduled activities and support the community as needs arise.

Meals and Food

All participants are required to attend community midday main meals; breakfast and supper is completely optional. Main meals will include meal preparation and clean up. Meals are mostly vegetarian with an emphasis on grains, seasonal fruits, and vegetables. Any meat dishes are prepared separately. Special diets are generally not supported, although serious medical food allergies are taken into consideration. In this program, we will cultivate a gratitude toward food by appreciating whatever we are given. Participants will make it part of their practice to adapt themselves to the monastery diet, rather than trying to change the monastery to adapt to them. We accept all donations of vegetarian food whether it be organic, fast, junk, canned or food straight from the garden. We will embrace it all and be grateful that we have been offered these gifts.

Kitchen Use

The kitchen is available 24/7. Kitchen cleaning is shared among all residents. After clean-up, there should be no dirty dishes, plastic bags, spilled food or kitchen appliances left on the counters. The floor should be swept and, if necessary, mopped. A general rule is to always clean up more than your share.

Quiet Hours

Generally, we maintain quiet hours in the monastery from 8pm to 8am and 10pm to 8am in the cottage; and practice mindfulness of speech at all times.

Clothing

Participants should dress modestly while at the monastery and respectfully during Dharma talks and Dharma study. Long shorts and sleeveless shirts are acceptable, low cut blouses are not.

Medical

If you take prescription medicine for an on-going condition, or have any other medical issues, please inform the prioress before entering the training. The monastery does not have medical insurance for residents. You will be responsible for any medical or dental treatment you may need. All participants must provide for their own health insurance.

Drugs, Alcohol, and Smoking

Alcohol, marijuana, cigarette smoking and illegal or unprescribed drugs are not permitted at the monastery. If you bring alcohol or drugs onto the grounds you will be asked to leave, immediately terminating your program.

Gross Misconduct

Residents, whether on monastery grounds or elsewhere, are absolutely not to engage in any violence, pornography use, or sexual misconduct. Weapons of any kind are not permitted on the grounds. Any case of gross misconduct as described here will result in your being asked to leave the center, immediately terminating your program.

Pet Policy

Participants in the Heartwood Buddhist Arts Program may not bring pets to the facility.

Sample Schedule

Life is unpredictable and residency at Heartwood reflects this unpredictability. It gives you the opportunity to meet life's challenges by adapting to the varying schedules and expectations; spontaneous meetings are held, and the needs of the center are always changing. In life we never know what is coming next, either from others or ourselves, but we can do our best to be open, balanced and tranquil in whatever circumstances. Here's a following sample to demonstrate what daily life might look like during your residency period.

MON

6:00 a.m. *Individual Meditation & Dharma Practice*
8:30 a.m. - 9:30 a.m. *Breakfast*
9:30 a.m. - 11:30 a.m. *AIP (Arts Intensive Program) Activity*
11:30 a.m. - 1:00 p.m. *Health & Wellness/Rest*
1:00 p.m. - 2:00 p.m. *Main Meal*
2:00 p.m. - 3:00 p.m. *Service*
3:00 p.m. - 4:30 p.m. *AIP Activity*
4:30 p.m. - 6:00 p.m. *Study/Flex Time*
6:00 p.m. - 7:00 p.m. *Supper and Clean Up*
7:00 p.m. - 8:00 p.m. *AIP Fellowship*

TUES

6:00 a.m. *Individual Meditation & Dharma Practice*
8:30 a.m. - 9:30 a.m. *Breakfast*
9:30 a.m. - 11:00 a.m. *Group Dharma Study*
11:30 a.m. - 1:00 p.m. *Health & Wellness/Rest*
1:00 p.m. - 2 p.m. *Main Meal*
2:00 p.m. - 3:00 p.m. *Service*
3:00 p.m. - 4:30 p.m. *AIP Activity*
4:30 p.m. - 6:00 p.m. *Study/Flex Time*

6:00 p.m. - 7:00 p.m. *Supper and Clean Up*

7:00 p.m. - 7:45 p.m. *Group Meditation*

8:00 p.m. *Optional Tea time*

WED

6:00 a.m. *Individual Meditation & Dharma Practice*

8:30 a.m. - 9:30 a.m. *Breakfast*

9:30 a.m. - 11:30 a.m. *DharmaVoci/ RAIP*

12:00 p.m. *Dharma Talk*

2:00 p.m. - 3:00 p.m. *Main Meal*

3:00 p.m. - 4:30 p.m. *AIP Activity*

4:30 p.m. - 6:00 p.m. *Study/Flex Time*

6:00 p.m. - 7:00 p.m. *Supper and Clean Up*

7:00 p.m.- 8:00 p.m. *Fellowship*

SAT

Self Care

As we move closer to performance times the schedule will change!