

Dana (Generosity)

"If beings knew as I know the benefit of generosity, they would not let an opportunity go by without sharing." ~ The Buddha

[Generosity](#) is the first of the ten qualities of character, or *parami*, that the Buddha taught his students to cultivate. The practice of generosity develops our lovingkindness and compassion, deepens awareness of our interconnectedness, and encourages non-attachment.

IMS aspires to share the Buddha's teachings with all who are interested. To help ensure that finances aren't a barrier to coming on retreat, we offer a sliding scale retreat fee structure as well as scholarships. However, income from retreat fees covers only about 50% of our operating costs and generally does not include compensation for teachers. Donations from those who can afford to give more allow those who can afford less to also benefit from the teachings.

Whenever you are inspired to offer a donation, you join a community directly engaged in transforming suffering and bringing greater wisdom and peace to the world.

We invite your generosity in the following areas:

[Donations for Teachers](#)

Our teachers are continuing the ancient Buddhist monastic tradition of freely offering the teachings, even though almost all live in contemporary Western culture. Your contributions help teachers to lead a life devoted to teaching both at IMS and in other parts of the world. Your gifts also enable them to take time for their own practice, ensuring that their teachings are constantly enriched. *At the Forest Refuge, where participants often stay for long periods, IMS supplements donations to teachers as needed to provide an adequate offering.*

[Donations for IMS](#)

To balance our budget and to provide wise stewardship of our resources, we rely on donations to supplement retreat fee income. Your contributions support creating a simple yet optimal retreat environment – from maintaining our facilities and serving nourishing food to caring for our retreatants, teachers, and staff.

[Donations to Help Others Participate in a Retreat](#)

About a third of all those who practice at IMS receive financial assistance and would not be able to attend retreats without this support. Your donations to our scholarship funds -- for general retreatants, for people of color retreatants, or for young adult retreatants 18-32 -- make it possible for all who are interested to receive the teachings, regardless of financial means.

[Legacy Giving](#)

Legacy, or planned, gifts are the cornerstone of IMS's future. It's easy to include IMS in your will or estate plan to ensure that the Buddha's teachings of wisdom and compassion will be taught and practiced at our centers for generations to come.

How to Offer a Donation

- You can make a donation [online now](#), or there will be an opportunity at the end of your retreat to support your teachers, IMS, and your fellow practitioners. At IMS you will find dana envelopes next to the donation box in the Forest Refuge dining room.
- Donations can be offered by check (payable to IMS), cash, credit card, donor advised fund (DAF), stock, or an IRA qualified charitable distribution (QCD). All contributions are in US dollars and are tax-deductible here.
- [Sustaining the Sangha](#): By joining IMS's monthly giving program, you make a difference every day and help create a steady stream of support for IMS. Your donations can be deducted automatically from your bank account or charged to your credit card.

If you have questions related to giving, please contact our Development office by calling 978-355-4378 ext. 230 or emailing development@dharma.org.

[Meal Dana](#): An Expression of Generosity

"In giving a meal, the donor gives five things to the recipient. Which five? He or she gives life, beauty, happiness, strength, and quick-wittedness." ~ The Buddha

Help continue a tradition that has flourished in Asia since the time of the Buddha – the offering of meals to spiritual practitioners.

Food is offered to meditators, teachers, and staff as a simple act of generosity. Meal dana often celebrates a birthday, expresses appreciation for a beloved teacher, family member or friend, honors someone who has died, or commemorates another of life's many milestones. If you or your group of friends would like to offer a meal, you can provide us with an optional brief dedication. This will be inscribed on our Meal Dana board at either or both of our centers.

Donating meals is a direct way to support the IMS community. Your generosity will nourish your fellow meditators, teachers sharing the dharma, and staff and volunteers serving IMS. You can offer a meal [here](#), or during your retreat. Your donation is tax-deductible.

We suggest the following amounts to help us meet our food costs:

<u>Meals</u>	<u>IMS (Both Centers)</u>	<u>Retreat Center</u>	<u>Forest Refuge</u>
Breakfast	\$170	\$110	\$60
Lunch	\$250	\$165	\$90
Light Dinner	\$105	\$75	\$35
Entire Day	\$525	\$350	\$180

Thank you from all of us at IMS. May your generosity bring you joy.