

Dana: The Practice of Generosity at Mountain Stream Meditation Retreats



Frequently Asked Questions

What is dana?

Dana (pronounced "daa-nuh") is a Pāli word meaning *giving*. Dana is the first perfection of the heart (pāramī), and the foundation of Buddhist practice, based in the understanding that giving opens the heart, creates connection to others, and teaches letting go. Dana in the form of monetary gifts supports our teachers and staff and is most often the only form of compensation given to teachers for teaching retreats.

Is dana a tip for service provided?

No. Dana is a form of practice and part of how our community supports retreat teachers and retreat staff. We encourage practitioners to see beyond the transactional view that we encounter all around us and instead tap into the generosity in our hearts. Dana is "paying it forward," stepping into the cycle of generosity that honors the Dharma ancestors who came before us, expresses gratitude, and supports those who come after us.

Is dana tax deductible?

Yes. Dana is set up to be fully tax-deductible.

How does dana for teachers work?

100% of your teacher dana offering goes to the teacher of the retreat. Mountain Stream does this to ensure the tax-deductibility of these gifts. Mountain Stream does not take any fees or administrative portion. Teachers are independent and not employees of Mountain Stream.

For retreat teachers, is dana their only source of income?

It depends on each individual. For some teachers, dana is their sole source of support, while others receive income in a variety of ways outside of their teaching at Mountain Stream.

Do retreat staff receive dana?

Yes. Retreat staff (cook & manager) are reliant upon the generosity of the communities they serve, and gratefully accept dana to support their livelihood. Please consider offering a gift to them at the end of your retreat.

How much dana should I offer?

As you are moved by the teachings and your experience, and understand your own financial capacity, please choose a level of giving that is best for you. We intentionally do not offer a

suggested amount. The teachings of the Buddha have lasted 2,600 years in part because of the generosity of individuals, families, and communities across the world.

What do my registration fees pay for?

Registration fees pay for the rental of the retreat center, the cost of food for our meals, and helps to support our administrative costs.

Are there additional ways that I can offer support to Mountain Stream?

There are many ways individuals can support Mountain Stream:

- Any amount may be donated to Mountain Stream above the registration fee.
- Donations may be offered online: visit mtstream.org/donate.
- You can support our scholarship fund by designating a gift specifically for the fund.
- An ongoing monthly donation to our [Monthly Giving Circle](#).

What are ways of giving?

- Cash
- Credit Card - visit mtstream.org/donate
- Check payable to Mountain Stream Meditation, PO Box 2510, Nevada City, CA 95959
- Debiting your checking account by setting up online bill pay with your bank
- Donor Advised Fund
 - ❖ Stocks/Appreciated Securities
 - ❖ Disbursement through IRA/retirement accounts
 - ❖ Offering a legacy gift through a bequest in your will
 - ❖ Company matching gifts (Provide your company with our tax ID, 68-0351052)

Do I get a receipt for my donation?

Yes, after making any of the above donations, you will receive a thank you letter with our tax ID information included. If you choose to join our Monthly Giving Circle by making a monthly offering, you'll receive an end of year statement around January with a list of your donations/gifts throughout the prior year.

What is Mountain Stream's tax ID?

Federal tax ID# is 68-0351052.

Who do I contact if I have more questions?

Please contact Marcia Craighead

Retreat Manager

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