

**Can I enroll in the program at any time?**

It is possible to apply to the program at any time the application process is open ended.

**Do I need to be a Buddhist or become a Buddhist to be part of the program?**

You do not need to become a Buddhist to participate in the program, everyone is welcome to apply. The program will cover the buddhadharma that points the way out of suffering.

**Can I attend retreats if I am not part of the Dharma Heart Program?**

Everyone is welcome and encouraged to attend the retreats, you do not need to be a part of the program. Program participants will be receiving readings, the recorded teachings and time to discuss their practice with Dana between retreats while those who drop into Dharma Heart retreats will not receive these additional resources.

**Will there be an opportunity to take refuge and the bodhisattva vows?**

For those who feel a deep connection to the buddhadharma and want to take refuge and the Bodhisattva vows, there will be an opportunity to so. This topic will be explained during the Dharma Heart Program.

**How often will this program be offered?**

We don't know if this program will be repeated in the future. We will see how things unfold.

**Can I participate from a distance?**

Yes! As part of the program you will receive the video recordings of Dana's retreat talks. Readings will be provided and conversations with Dana are available via phone or email between retreats. The same costs are applied to online and in-person retreats.

**What is Hinayana and Mahayana?**

The term Hinayana is a much debated term. First it is important to make clear that it is not a synonym for Theravada Buddhism. The term yana refers to vehicle, the vehicle that leads us away from suffering. These are different approaches that work with the different minds of beings. These "yanas" are interrelated.

Hinayana forms the foundation of all practices. It includes the Four Noble Truths, the Noble Eightfold Path, the Four Foundations of Mindfulness, impermanence, renunciation, the law of cause and effect and so on.

Simply put, Mahayana is called the great vehicle as it brings in the Bodhisattva path, the path of the awakened heart, as well as builds on the foundation of the Hinayana. This vehicle opens the heart, continues to train the mind and points to the emptiness of self and phenomena and the power of living with Bodhicitta, an awakened heart.



