

The Asociación del Jardín de la Meditación hasta la Liberación Final (Garden of Meditation Until the Ultimate Liberation Association) is a project for the establishment of the meditation practice as a foundation for the daily life and, above all, as life-long practice. The Association comes to light in 2007 under the auspices of Lama Djinpa Tarchin (Borja de Arquer, 1937-2017), long-term disciple of the former Kalu Rinpoche, the former Bokar Tulku Rinpoche, Khenpo Tsultrim Gyamtso Rinpoche and the former Lama Yeshe.

The ground and shape of the Association's meditation activity is a meditation retreat house in the remote hamlet of Caneto, Huesca (Spain) to shelter the blatant and urging need to provide retreatants with appropriate conditions for mid- and long-term retreats of meditative absorption in today's circumstances either as a sole practice or as a basis and complement for other meditative or contemplative practices. Enlightened with the motto "Don't harm, give the victory, meditate, fly and return for the benefit of all sentient beings", the ultimate purpose of the meditation house is to provide the meditator with the necessary circumstances and means for them to be their meditative solitude bearer as well as the others' solitude protector in order to ply the meditative absorption practice.

The meditation house is not a Dharma Center per se in the usual sense, i.e., it is not a place for the introduction to Buddhist teachings, philosophy or scholarly studies, and it is definitely not a guest house or hostel for rural-life, relaxation or spiritual seekers, nor for supporters or sympathisers of cultural exoteric Buddhism. It is above all a mixed-gender place for meditative and spiritual training alone. No teachings are given in the house—they are to be accessed through the preferred channel, like courses and teachings offered at the Dharma center of choice, e.g., Dag Shang Kagyu, Panillo, Huesca (Spain) —our root Center, at a 20-minute eastbound drive from Caneto— or the series of courses offered by the Association at outer venues.

Formal monastic vows, although accepted and even encouraged on a per-person basis, are not a requisite in order to be eligible to take part of the meditation activity of the retreat house, but the internal practice and life style is 'monastic' in its etymological sense ('monos', solitary) and it is mandatory to seriously abide by the five basic secular Buddhist precepts of never 1) killing or harming any life form, 2) stealing, 3) getting intoxicated, 4) lying and 5) establishing intimate relations in the premises. On top of that, the Bodhichitta and Vajrayana vows are to be observed and renewed every full moon, which will be complemented with the silence or 'useful talk' vow. In any case, the most important rule by far is that of invariably sitting in the meditation hall at every and all meditation sessions without exception. As stated above, the house is exclusively dedicated to the practice and cultivation of group meditation during six daily 90- or 120-minute sessions, plus optional private meditative, contemplative and study after-session periods in personal cells.

Apart from functional positions for practical and organizational issues, amongst which is the spiritual assistance and assessment of the resident counselor, in the meditation retreat house there is no religious hierarchy or structure whatsoever nor any personal distinctions with regard to religious Buddhism.