

# 山門寺

## Mountain Gate

Mountain Gate is located in northern New Mexico in the mountains at approximately 7800 ft. elevation. Because of this high mountain location the weather is changeable and there is a broader spread of day-to-night temperatures than at lower elevations. Layering clothing is most helpful under these circumstances, as in the early morning hours it can be quite a bit colder than it will be once the day warms up, even in the winter. If you can go online to check weather forecasts, type in 87521 for the zip code; it will come up “Chamisal NM” but that’s only eleven miles away, though to be sure it’s also two mountain valleys away. It will give you a general idea about the temperature range you’re likely to expect, although it is not always accurate.

### What to Bring:

- 1 - Your usual toiletries, INCLUDING toothpaste (Mountain Gate does not supply toothpaste). Soap is supplied.
2. - Any required medications
- 3 - Bath towel and washcloth
- 4 - Loose, comfortable, work clothing; be prepared if necessary to work outdoors and possibly doing things like shoveling and painting. **Laundry facilities are not available** except to long-term residents.
- 5 - Comfortable zazen clothing. You are welcome to wear your sitting robe if you have one, or the traditional Rinzai lay outfit of samu gi and hakama, ditto; if you don’t have any regular sitting apparel, loose, plain-colored, dark clothing is appropriate. Of course if you are an ordained Buddhist you will wear your monk’s zendo clothing. The zendo can be cool, so be prepared to wear warm clothing underneath your zendo clothing, particularly in winter. (Outdoors it can be -10 degrees F in the early morning and 50 degrees F later in the day, and the zendo warms up in the sun.)
- 5 - We do have snow and sometimes mud in winter and serious mud in the rainy season. The rainy season is usually July/August, and it is a true monsoon, i.e., it usually rains—if it’s going to—in the late afternoon for a short while, sometimes only a couple of minutes. Winter snow can fall any time between September and late April.
- 6 - INDOOR SHOES. Our floors are brick and pretty hard on socks. It is helpful to have a pair of dedicated indoor shoes in addition to your outdoor shoes. We

wear indoor shoes in the zendo. **ALL** shoes, indoor and outdoor—except boots—should be of easily slipped on and off.

7 - If you require special food it must be cleared with Roshi ahead of time. You will need to bring it with you and speak with her about where it can be kept, as **it cannot be kept in your room** due to the danger of its attracting mice.

And last but most important: Bring your strong dedication and deep commitment to Zen practice.