

ASHRAM GUIDELINES

The Ashram is offered to us as a place for our spiritual growth and we invite all to participate in maintaining the purity of the atmosphere and the cleanliness of the environment.

The Ashram is open to all who are introduced into the Sahaj Marg system of meditation, and to those who would like to be introduced during their stay in the Ashram.

The length of stay is limited to 14 days but can be extended with special permission.

All are encouraged to contribute for a minimum of 2 hours daily by doing volunteer work.

Parents are responsible for their children at all times.

All food at the Ashram is strictly vegetarian, knowing that non-vegetarian food is inimical to our spiritual progress.

Alcohol or drugs are prohibited. Smoking is allowed only at the especially designed area behind the kitchen.

Decent and appropriate clothing must be worn at all times.

Pets or other animals should not be brought into the ashram campus.

Please use all resources sparingly and take care not to waste them.

Use of the Ashram Internet connectivity should be kept to the minimum.

Downloading videos, Internet TV and games are prohibited.

Cell phones should be used only when necessary, keeping in mind not to disturb others.

Please refrain from operating equipment or tools without the approval of the area responsible.

Make the most of your stay at the Ashram. Use all the opportunities offered to you by attending daily satsangh, going deeper into your practice, participating in programmes and committing yourself to service.

Remember to maintain an attitude of love, remembrance and brotherhood when at the Ashram to preserve the atmosphere that Master has created there.