

# The Ashram of Enlightenment

P. O. Box 812

Cornville, Arizona, 86325-0812

**Swami Sri Guruji Grace Love**

Founder and Spiritual Director

**928-649-3335**

**www.EnlightenmentAshram.com**

## ENLIGHTENMENT INTENSIVE PACKING LIST

### BRING TO THE INTENSIVE:

toothbrush

toothpaste or equivalent

deodorant or equivalent

hair dryer (low voltage, if used at all)

clothes for the length of time for the Intensive, including sleepwear suitable for dormitory living; do not depend on being able to do

laundry while you are here as you may not be moved, or have enough exterior energy or time to do so. Allow two extra sets of clothes in case of food spills or being caught in the rain, or in case you are moved to extend your stay. Suitable retreat clothes are comfortable but not revealing or emphasizing body parts (low or high cut, tight, holes cut or worn in suggestive places, etc.) Dress for the Intensive is informal and comfortable. You may want to wear loose, drawstring, or stretch waistbands. Jeans with loose waistbands are o.k. Some prefer neutral colors; others prefer white or cheerful colors.

rain coat for cool or rainy weather and for use as a bathrobe in group living

light jacket or sweater - 72°inside (outside 85-105° days, 60-70° nights)

walking shoes for walking contemplation (tennis shoes are O.K.)

warm socks for meditation room

any vitamins, birth control pills, or special diet items approved ahead of time by Guruji and pre-labeled in separate containers for each meal

journal material (notebook, laptop, pens, small tape recorder, tapes)

any scriptures or inspirational books, CD's, tapes, or videos special to you

## LEAVE AT HOME:

distracting jewelry  
distracting cosmetics  
watch (or pack away until time to depart)  
anything that could be a potential distraction for you

You will be served a primarily vegetarian lunch and dinner every day starting on Monday, July 22nd. Breakfast options will be provide for you to prepare. Dharmsala and The Hermitage, where you will be housed have space for nineteen additional residents. Both houses have lots of doors, windows, and 2 1/2 to 5 acres for walking contemplation. Three bedrooms have two single beds, two have three beds, two are private rooms with Queen-sized beds, and the Women's Retreat Room at Dharmsala has five single beds in a large room.

You will have a towel rack and storage space for your toilet articles in one of the seven bathrooms, and closet and chest of drawer space.

Both Retreat Houses have stainless steel and some glass cookware, stainless silverware, dishes, blender, Champion juicer, and eating utensils for your breakfast preparation, 1-2 electric stoves, 2-3 refrigerators, dishwasher, and a washer and dryer downstairs.

The Hermitage has two electric furnaces and is cooled with three efficient swamp coolers. Dharmsala has an electric furnace and air conditioning. Both are on artesian wells and septic systems.

Local telephone service is available. **Bring your own long distance phone card.** Use of the Ashram phones for your own long distance charges is **not** available. **Please do not even ask.**

Those staying at The Hermitage will be transported Ashram van daily to and from Dharmsala and on Tuesday, Guru Purnima, The Enlightenment monastery Satsang Hall. You will not need a car while here.

If you smoke, or drink alcohol or caffeine, it would be to your advantage to stop or cut down at least three days before the Enlightenment Intensive. Neither smoking, alcohol, or caffeine are allowed on the Intensive. This will allow you to prevent your body from experiencing withdrawal symptoms during the Intensive which might interfere with your experience. Many have found the vitamin Choline available in Health Food Stores to prevent nicotine withdrawal symptoms.

**For those flying into Phoenix Airport, time your flights with the departure and arrival of the Sedona-Phoenix Shuttle. (928-282-2066 or [www. Sedona-phoenix-shuttle.com](http://www.Sedona-phoenix-shuttle.com), which has eight trips both ways a day. With 24 or more hours prior notice, Ashram staff can pick you up and deliver you to the Camp Verde stop, where the shuttle comes for \$25 each way, fifteen minutes away from our properties, and 1 hour and 45 minutes from the Phoenix Airport. We can pick you there with 24 hour notice.**

**If for any reason, you will be unable to arrive by the time scheduled, please call Judi at 928-649-1067 and let her know at least 72 hours ahead of time, if possible.** If you have a previous time commitment already known that would cause you to arrive later, state that on the application form under “current problems that may keep you from being able to be here with your full attention,” and discuss it during your interview with the Intensive Master, Guruji Grace Love, prior to your arrival.

Telephone messages of an emergency nature for you can be left at 928-649-1029 at any time, and can be conveyed to you before the start of the Intensive, on breaks or after its completion. Express mail can be sent to you care of Dharmasala, 525 Gloria Lane, Cornville, AZ 86325. UPS or FedEx can be sent to the same address. FAXs can be sent to 928-649-0293.