

The Ashram of Enlightenment  
P. O. Box 812  
Cornville, Arizona, 86325-0812  
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www.EnlightenmentAshram.com

### **AGREEMENTS FOR YOUR ENLIGHTENMENT TRAINING**

These are the agreements you are asked to make in order to participate more easily in your Enlightenment Training. They have been found to be helpful and supportive to many previous Enlightenment Training participants. **The purpose of these agreements is to facilitate your full participation and to support you in having the maximum value from the Training.** Please read them carefully. These guidelines are not meant to hinder you in any way. They will be in effect from the time you begin your training until your full and total Enlightenment and its integration, and their application results in stable Samadhi (naturally high Consciousness).

#### **I AGREE TO:**

1. **Do only the process and techniques that are presented.** I will put aside other techniques for the duration of the Training, unless previous agreement has been reached with Guruji Love, preferably prior to starting Training, or in the first interview with Her after starting Training.
2. **Do the techniques with full intention to Enlighten and as accurately as I can.**
3. **Follow the timetable and the instructions of the staff to the best of my ability.** Ask for further clarification, if needed, or communicate to Guruji why you feel unable (money, schedule, other preferences, etc.)
4. **Allow other Ashram staff, retreat and training participants and visitors to go through whatever they are going through, and refrain from taking it upon myself to facilitate their processes.**
5. **Refrain from talking about anything that would distract me and/or others from contemplating and focusing on Enlightenment.**
6. **Eat only food that is approved by Guruji ahead of time.** Eat three healthy, balanced meals a day during the Retreat. A vegetarian diet is often useful to support your meditation. Others require small amounts of natural or organic meat or fish. Appropriate additions for pregnant participants or other special dietary needs are to be arranged **prior to your beginning Training.**
7. **Use only the vitamins, flower remedies, aromatherapy oils, and homeopathic remedies approved ahead of time by Guruji, and carry them with me to use them during the day. If I feel unable to take suggested remedies, etc., I will communicate this**

**immediately to Guruji, with the intent to work it out.**

8. **Refrain from the use of coffee, caffeine tea, alcohol, smoking of any kind, all drugs including street drugs, stimulants, depressants, and Aspirin.** No drugs or alcohol are permitted on the grounds of the Ashram properties or in the possession of anyone on retreat or visiting here. Aspirin substitutes may be approved for individual situations. Please discuss any experiences of head pressure and its location the minute it starts with Guruji, as it may be an indication of approaching Samadhi or Enlightenment. Taking medication may stop your process.

9. **Discuss any medical conditions and current treatments prior in initial discussions with Guruji** to determine if someone with such conditions as diabetes, cancer, kidney dialysis, heart conditions, epileptic seizures, multiple sclerosis, blindness, COPD, emphysema, asthma, AIDS, HIV Positive, sexually-transmitted diseases, psychiatric diagnosis taking psychotropic medication, some allergies including bee stings, pollen, eating disorders, sexual addictions, pregnancy, head lice or nits, sleep-walking, etc., can be suitably supported while on retreat here or can suitably focus whole-heartedly on Enlightenment. Our focus and training here is on Enlightenment, not rehabilitation or crisis support.

10. **Refrain from the use of all medicines,** except birth control pills or medications previously discussed and approved by Guruji, except for emergencies.

11. **Take regular healthy nurturing pause breaks. Refrain from suppressing or avoiding issues or lower your vibration** by over-talking, overeating, overworking, oversleeping, rescuing others, running away, misusing reading or writing materials, computer, e-mail, radio, TV, video games, internet, CD's, records, tapes, DVD's, videos, or social media.

12. **Not wear excessive or distracting jewelry.**

13. **Wear modest, unrevealing clothes to and in the Ashram and Dharmasala Retreat Center and GOD's House in Switzerland.** Suitable clothes are comfortable but not revealing or emphasizing body parts (not low or high cut, tight, holes cut or worn in suggestive places, etc.) Wear clothes with no visually distracting patterns, suggestive slogans, or logos. **I understand that my wearing underwear is required (including a bra for women).**

14. **Bathe daily, wear clean clothes every day, and wash my sheets at least weekly or at the end of a five day Enlightenment Retreat.**

15. **Refrain from all sexual activity to the best of your ability. Discuss ahead of time with Guruji any sexual issues as yet unresolved or sexual awareness or sexual sensations that arise during or just prior to your time on Ashram grounds.**

16. **Refrain from touching others without their consent and then with no sexual intent.** Ask for permission ahead of time to give or receive hugs, massage, etc. Refuse hugs, massage, etc., if you are not moved to receive in this manner.

17. **Refrain from blaming, evaluating, or communicating blame or evaluations** to Guruji or Ashram staff, Enlightenment Training participants or Ashram visitors.

18. **Not project anger or frustration onto Guruji or any other staff member, resident, Enlightenment Training participant, animals, or furniture or equipment. I understand if it happens once, I will be asked to leave the Satsang Hall or room where it has occurred and take time out in my private retreat room or outside. I understand that if it happens a second time, I will be immediately asked to pack and leave the Retreat and Center. I understand that all fees are non-refundable.**

19. **Not to teach or share any processes or techniques learned from Guruji, any Ashram of Enlightenment staff, residents, or visiting students, or any Ashram-produced books, videotapes, DVD's, or CD's without first getting Guruji's specific external verbal permission.**

20. **To maintain verbal and/or email communication with Guruji and/or a staff member at least weekly, with no exceptions except previously approved by Guruji.**

21. **Not to bring firearms, slingshots, archery supplies, knives, including pocketknives, or weapons of any kind to any of the Ashram properties or to any Ashram event.**

22. **Talk to the person who can do something about it.** (This is usually the person with whom you perceive you have an issue. If you are not able to do so effectively, go to someone on a higher level of vibration who is clear on this particular issue **and** is skilled in supporting you, and ask for assistance.) If there is a repair or maintenance to one of the Arizona buildings, talk to Kabir or Judi about it right away.

23. **Share spiritual experiences or what my Ashram experience was like for me with others, as I am moved, but not specific content of issues, my own or others unless I am still on the Retreat and/or sharing with someone who was there or who has taken an Enlightenment Intensive or Enlightenment Retreat before.**

24. You may experience head pressure, vision blurring, Guruji's or someone else's face and/or body blurring or disappearing, energy or gold light, an apparent temporary inability to speak, an apparent loss of memory, an apparent inability to walk and/or stand or otherwise move; an apparent heaviness of limbs, eyelids, or of whole body. These can be signs of approaching Samadhi and/or Enlightenment.

**I agree to tell Guruji or the available staff person immediately when this is happening, even if it is in the middle of the night. Enlightenment is more important than social conditioning.**

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Write Your Spiritual Name

Date

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Print Your Spiritual Name

Date

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Write Your Legal Name

Date

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Print Your Legal Name

Date

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Guruji Love, PhD

Date

May you Enlighten. OM