

The Ashram of Enlightenment
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AGREEMENTS FOR YOUR ENLIGHTENMENT INTENSIVE

These are the agreements you are asked to make in order to participate more easily in your Enlightenment Intensive. They have been found to be helpful and supportive to many previous retreat participants. **The purpose of these agreements is to facilitate your full participation and to support you in having the maximum value from the Intensive.** Please read them carefully. These guidelines are not meant to hinder you in any way. They will be in effect from the time you arrive until the time you leave, and their application results in 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 Intensive, unless previous agreement has been reached with Guruji Grace Love, preferably prior to arriving, or in the first interview with her after arriving.
2. **Do the techniques with full intention to Enlighten and as accurately as I can.**
3. **Follow the schedule 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 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 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 Intensive. A vegetarian diet is often useful to support your meditation. Appropriate additions for pregnant participants or other special dietary needs are to be arranged prior to your arrival.
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 stimulants, depressants, and Aspirin.** No drugs or alcohol are permitted on the grounds of the Ashram 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. **Refrain from the use of all medicines,** except birth control pills or medications previously approved by Guruji, except for emergencies.
10. **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, or videos.
11. **Not wear excessive jewelry or a watch,** unless Guruji has agreed to it ahead of time. (This is waived on the day that you are leaving, as you may need a watch for meeting a departure schedule.)
12. **Surrender car keys, wallet, and/or purse to the appropriate staff person for safe lock-up during the Intensive.**

13. 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 the Intensive.

14. 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.

15. Not take bathroom breaks during lecture, sitting contemplation, or at the beginning of any process. Bathroom breaks may be taken at any other time and I will not linger.

16. Refrain from blaming, evaluating, or communicating blame or evaluations to Guruji or Ashram staff, retreat participants or visitors.

17. Not project anger or frustration onto Guruji or any other staff member, resident, retreat 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. 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.

18. Remain on the grounds of the Ashram for the duration of the Intensive, unless accompanied by Guruji or one of the staff people, or if Guruji has previously cleared jogging, grocery shopping, etc.

19. Not make or receive telephone calls other than with Guruji, unless previously approved by her. If I have important business or emergency personal calls I am expecting or anticipating needing to make, I will do my best to arrange for them **prior to the Intensive. If this does not seem possible, or if I need assistance in making these arrangements, I will, to the best of my ability, discuss this with Guruji **prior** to arriving at the Intensive, or at my first opportunity upon arriving, when I first talk to Guruji or send a message to her via another staff person. FAXes, e-mail, package delivery; visitors are to be cleared ahead of time in the same way.**

Long distance calls can only be made from the Ashram buildings with a calling card. Bring your phone card with you. Charging long distance calls to the Ashram is not available.

20. Not to bring firearms, slingshots, archery supplies, knives, including pocketknives, or weapons of any kind to the Ashram.

21. 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.)

22. Share spiritual experiences or what my Intensive 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 Intensive and/or sharing with someone who was there or who has taken an Enlightenment Intensive before.

23. You may experience head pressure, vision blurring, Guruji's or someone else's face and/or body blurring or disappearing, 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.

Write Your Spiritual and Legal Name

Date

Print Your Spiritual and Legal Name

Date

Swami Sri Guruji Grace Love

Date