

PACKING LIST TO BRING TO YOUR RETREAT:

toothbrush

toothpaste or equivalent

deodorant or equivalent

hair dryer (low voltage if used at all; we have an American voltage one you can use)

clothes for the length of time for the Retreat, including sleep wear suitable for Ashram living; you will have some time available for doing laundry, and there is a washer and dryer available at Dharmasala. Suitable retreat clothes are comfortable but not revealing or emphasizing body parts (not low or high cut, tight, holes cut or worn in suggestive places, etc.) Dress for the Retreat Center 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. Preferably no visually distracting patterns. Wearing underwear is required. Many find white traditional Indian clothes (kurta and dhoti) useful to wear on retreat.

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

light jacket or sweater - 72 air conditioned degrees inside

socks for meditation room

any vitamins, herbs, and special diet items approved ahead of time by Guruji

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

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

LEAVE AT HOME:

distracting jewelry

distracting cosmetics

watch (or pack away until time to depart)

cell phone (or turn off and pack away until time to depart)

anything that could be a potential distraction for you

FACILITIES

Dharmasala, where you will be housed, has space for one additional resident. This building has lots of doors, windows, and 2.9 acres for walking contemplation. The Seclusion Suite is a private room and bath with a king-sized bed. The bed is fully made and your towel and washcloth will be provided. You will have a towel rack and storage space for your toilet articles in your bathroom, and closet and chest of drawer space.

The Retreat House has stainless steel and some glass cookware, stainless silverware, dishes, blender, Champion juicer, and eating utensils for your meal preparation, 3 electric stoves, 5 refrigerators, 2 dishwashers, and a washer and dryer downstairs.

Dharmasala has an electric furnaces and air conditioning. It has an artesian well and septic systems.

If you smoke, or drink alcohol or caffeine, it would be to your advantage to stop or cut down at least three days before your time here. Smoking, alcohol, or caffeine are not allowed on the Retreat grounds. This will allow you to prevent your body from experiencing withdrawal symptoms during the retreat that might interfere with your experience. Many have found the vitamin Choline, which is available in Health Food Stores, to prevent nicotine withdrawal symptoms.

Telephone messages of an emergency nature for you can be left at Dharmasala at any time, and can be conveyed to you before the start of the Retreat or after its completion, or at a time when it does not interfere with your focus here. Express mail can be sent to you care of Dharmasala, 525 Gloria Lane, Cornville, AZ 86325. UPS or Fed-Ex can be sent to the same address. FAXs can be sent to 928-649-3671.

Ace Xpress provides door-to-door service pre- booked preferably two weeks in advance at 1-800-336-2239 or in Arizona, 928-639-3357, www.acexshuttle.com, \$60 one-way, \$99.

If for any reason, you will be unable to arrive by the time scheduled,

please email Guruji at Guruji@enlightenmentashram.com or call at 928-649-3335 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 than on the Questionnaire under “current problems that may keep you from being able to be here with your full attention,” and discuss it during your interview with Guruji Love, prior to your arrival.

Enlightenment is Your Destiny.