

# ENLIGHTENMENT RETREAT PACKING LIST

toothbrush  
toothpaste or equivalent  
deodorant or equivalent  
hair dryer (low voltage, if used at all)  
clothes for the length of time for the Retreat, including sleep wear suitable for Ashram living; do not depend on being able to do laundry while you are here as your schedule will be busy. 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 (no 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 or Indian clothes.  
rain coat for cool or rainy weather and for use as a bathrobe in monastery housing  
light jacket or sweater - 72 degrees inside  
warm socks for meditation room  
any vitamins 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, DVD's, tapes, or videos special to you

## LEAVE AT HOME:

distracting or expensive jewelry  
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

## RETREAT CENTER DETAILS:

Dharmasala Retreat Center has space for two additional residents. The building has lots of doors, windows, and acres for walking contemplation. All the beds are fully made and your towels and washcloth will be provided. You will have a towel rack and storage space for your toilet articles in one of the four bathrooms, and a private 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 furnace and air conditioning, and three supplemental electric mini-split furnace/air conditioners to cool and heat its 5,200 square feet. It is on an artesian wells and septic system.

#### OTHER DETAILS:

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 products 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 taking 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 or The Ashram at any time, and can be conveyed to you before the start of the Retreat or after its completion. 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. Fax's can be sent to 928-649-3335. Call first so we can turn on the Fax machine.

#### AIRPORT SHUTTLE SERVICE:

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](http://www.acexshuttle.com), \$60 one-way, \$99 round-trip.

If for any reason, you will be unable to arrive by the time scheduled, please call Guruji at 928-649-3335 or email her at [guruji@enlightenmentashram.com](mailto:guruji@enlightenmentashram.com) 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 prior to your arrival.