



## - Guidelines for Sevadars -

### *The Ashram*

#### **What is an Ashram?**

A community formed with the specific purpose of promoting the spiritual development of its members, often under the guidance of a mystical or spiritual leader. A place of training to excel in all aspects of life from the mundane to the super natural.

Ashrams are usually located in the midst of nature, immersed in the sanctuary and beauty of mother Earth.

The Ashram members live simple lives and their competency, proficiency and devotion directly influences the vibrancy of the ashram. With more devotion, ashrams become greater centres for new spiritual practitioners to take the path of yoga.

The leaders of the ashram play a significant role in steering members towards their spiritual growth. For those who come to Q do R on a non-paying basis and with the intention of doing Seva, i.e. selfless service, a high degree of commitment to the tasks at hand is expected. Adding your own personal contribution is a wonderful way to further oneself and to improve the environment for all.

One's spiritual growth includes both spiritual practices and labouring. Crystallization of your spirit will come about when reality meets the resistance of your mind and of your fantasies. Burning your karma and fast progress will come about when you confront your subconscious patterns and tendencies and surrender to the greatness of the present moment.

#### **Associação Ram Dass Guru (ARDG)**

The Ashram is managed by the ARDG which is a non-profit organisation. Its aims are to share Kundalini Yoga & yogic lifestyle (specially focusing on risk groups) and promoting cultural and artistic events. ARDG currently sponsors regular KY classes in a rehab centre, a prison and senior university. ARDG also welcomes Sevadars who come and stay in the Ashram, by providing them with accommodation and food in exchange for voluntary work. As Seva comes under the auspices of the Association the Sevadar has to become a **member**.

Upon acceptance, the Sevdar is required to pay a non-refundable fee of €50. €20 is for ARDG membership for one year. €30 is an administration fee.

Please note; if you do not cancel your Seva booking with a minimum of 6 weeks notice the fee will not be refunded.

Your reserved place will only be guaranteed upon receipt of the above payment.

Please make your €50 payment by bank transfer to the account:

New Bank

NIB: 0007 0000 00169422626 23

IBAN: PT 50 0007 0000 0016 9422 6262 3

SWIFT: / BIC BESCPTPL

## **Aquarian Sadhana**

With a view to maintaining a vibrant and elevating atmosphere in the Ashram residents are asked to contribute by participating in daily Sádhana which takes place in the yoga room. Any Sevdar who is an experienced Kundalini yogi or an instructor will have specific day/days on which she/he would be responsible for leading Sádhana in order to cover all the days of the week.

Time: between 05:30 - 08:00.

Aquarian Sádhana Structure: To include recitation of Jap Ji Sahib, a yoga kriya, chanting the 7 Aquarian mantras and concluding with an Ardaas (Prayer).

Anyone who comes into the yoga room between the above times is expected to participate in whatever is going on there at that time.

All Sevadars are expected to take part of daily Sadhana.

## **Kirtan**

Kirtan (devotional singing) is held every evening from 18.00 – 18.30 which includes a shabd or a mantra (preferably not an Aquarian Sádhana mantra) followed by the healing meditation for 11 minutes. Kirtan leaders change every Wednesday.

All Sevadars are expected to take part in daily Kirtan.

## **Communication**

There is a Sevadars' meeting every week when feelings are expressed and information is exchanged. Additionally once a weeks there is an "Ashram Training" meeting where the dynamics of ashram life are discussed through practical examples and training towards improvement is acquired. It is compulsory to take part in the above mentioned meetings. Feel free to voice your opinion, communicate issues and make suggestions for improvement either in the meetings or personally to Ram Prakash Kaur (Seva coordinator), Amritdev Kaur (Ashram manager) or to the directors of the ashram Satya Kaur & Shiv Charan Singh. To complain to others and make accusations about another is counterproductive and insincere. If someone reminds you of what needs to be done please do not take it as a personal attack or as an order, instead be thankful and look for ways of fulfilling such a need as promptly as possible.

## Eco

With the principle of working with nature as much as possible at Quinta do Rajo, we look for ways of reducing consumption & waste, increase the recycling and reuse of products, give preference to natural or eco friendly products and, as much as possible, saving energy.

## Qualities

There are some basic qualities we have identified as important for human impeccability to manifest.

We are happy to work with you in developing any or some of these qualities:

- completing jobs
- respecting boundaries
- being responsive and prompt
- cleanliness as godliness
- time keeping
- exercising good manners

## Food

We eat and promote a vegan diet, specifically the macrobiotic approach to food. Meat or fish are not allowed to be cooked at the Ashram, except for the dogs.

All Sevadars are expected to share with the group the 2 main meals of the day.

Anti-social behaviour and skipping the routine and structure of the Ashram timetable is strongly discouraged. You will be taken up on this should a pattern develop.

## Discounts for Sevadars

### Prices for teaching fees:

The possibility exists to take part in evening yoga classes, workshops and other courses which take place at QdR. There are regular Kundalini Yoga classes three times a week.

The discount prices to Sevadars are as follows:

Evening intermediate and beginners classes: €3.00/class or €9.35/month (1 weekly class) or €15.00/month (2 classes per week).

Afternoon KY for Seniors: €2,35/class or €7.50/month.

Red Tent sessions are scheduled every other Tuesday on a donation basis. These are led by experienced participants. Female Sevadars are encouraged to participate.

Karam Kriya courses taught by Shiv Charan Singh are occasionally open to Sevadars at the cost of 1/3 of the original price.

### Prices for food and accommodation:

When a Sevdar fully takes part in a course and is therefore off duty, he/she is expected to pay 50% of the cost of both accommodation and food.

If friends or family visit they are entitled to 50% discount on the food and 50% discount on the accommodation when staying in the same room as the Sevdar.

## Animals

We have 3 dogs at Quinta do Rajo and one hen. As a part of seva duty you could be asked to take care of the animals.

## Terms and Conditions

- Your **first 2 weeks** serve to give us an impression as to whether you can adjust to ashram living. You may simply have too many objections to the way it is run or be unable to understand what it takes. In that case it is better to realize that your stay is not viable and either party can communicate this to the other.
- On a work exchange basis the Sevdar is expected to work **6 days** a week which consists of **5 days** of **6 hours** and one day of **4 hours**, making it all together **34 hours** of work with **1 day** off. Tasks are to be assigned by either the Seva coordinator or Ashram manager.
- Long term Sevadars will have an extra 2 days off after 3 months seva. These days must be taken by the end of the 4th month, and in negotiation with the Seva Co-ordinator.
- Work Exchange consists of food & bed in a shared dorm, all other necessities regarding living space are covered. Occasionally one may need to move dorms to better accommodate guests.
- The **minimum period** of a work exchange deal is 40 days, as this is the required period for shedding and acquiring habits.
- The day off will be assigned by the Seva coordinator at the time of your arrival.  
If the Sevdar wishes to take a different day off, he/she must give us at least 24 hours notice.
- There will be, from time to time, paying guests at QdR. Sevadars are to welcome them and serve them.
- The good functioning and sustainability of the Ashram depends on a high degree of commitment and flexibility in order to serve others. Therefore, your prompt response to whatever task is required at any given time is essential and expected.

I have read and agree to abide by the content of this document.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_