

- Om Guru Om -

Sydney Siddha Yoga Meditation Ashram

PROPOSAL TO MANAGERS

18 May 1997

Sydney Siddha Yoga Meditation Ashram

As Managers of the Ashram:

- 1.** Would you like to create a more effective, consistent way of attracting new sevites?
- 2.** Would you like to be able to have more enthusiastic, long-term sevites?
- 3.** Would you like to be able to plan ahead for large seva projects?
- 4.** Would you like to create a deeper, clearer and fuller understanding to new-comers around the purpose and role of the ashram?
- 5.** Would you like a more inspiring way of attracting “great-timers” to do seva in the ashram that is also more appropriate to their needs?

Overview

“The more one follows the discipline of a sacred place, the higher will one rise, the more intense will be one’s longing for God.”

Swami Muktananda, Ashram Dharma

It is proposed to present a very special “Live-in Weekend”.

- The Ashram Schedule was set up by Baba to provide a vehicle for seekers to attain spiritual awakening and the supreme knowledge.
- A live-in weekend based on the Ashram schedule would create a focus for honouring the Guru within, the essence of Siddha yoga.
- At this time it is a very commonsense approach to be utilising existing resources and focusing on following the Ashram schedule.
- No new programs are required for this week-end.
- The weekend could provide both “great-timers” and new-timers a great way of “connecting” more deeply with the experience of Siddha Yoga by simply following the existing Ashram schedule.
- It would create an existing structure for introducing new people to the essence of the purpose and operation of the Ashram. (A bird’s eye view!)
- “Great-timers” can be offered a more appropriate “vehicle” to connect with the Ashram on a regular basis that has clearly defined boundaries.
- New-comers can experience the wholistic nature of Siddha Yoga.
- New-comers can experience all the aspects of Siddha Yoga in the context of the Ashram. *(They are then more likely to be inspired with enthusiasm and give themselves whole-heartedly to Guruseva, which is in fact, the only way it works.)*

- We can plan Special Seva Projects well ahead and have them carried out on a regular basis, (not in a Panic at the last minute.) These projects would be one focus of the weekend.
- We do not need any significant additional strain on our current resources.
- It would be held once a month with various simple additions to create a cohesive, informative and meaningful experience for new comers,
- It would create a way for “great-timers” to immerse themselves more fully into the ecstasy of spiritual practices for a specific weekend.
- By having these weekends every month (*say the last weekend of every month*) everyone can plan ahead to choose the most suitable time for them.
- It could be a catalyst for igniting the fire of Guruseva and Spiritual Practices within seekers.
- A Coordination Team could be made up of the myself, the Ashram Coordinator and a representative from Teachings.
- There would be limited places available (say 6 to 10) and there would need to be an awareness of the ratio of new people to “Great-timers”.
- The live-in weekend could also stimulate a greater interest and awareness for new people to attend the Ashram on a regular basis.
- It would also provide an understanding of what it is to live in the Ashram.
- It would give an “inoculation” for anyone thinking about living in the Ashram for a longer period.
- It would develop a stronger base of the community with a greater understanding of Ashram Dharma.
- The live-in weekend is mainly about following the Ashram schedule.
- The live-in weekend would create a time for everyone to participate and become closer as a community by spending time living in the ashram for the weekend - Trustees, Managers, Team leaders, coordinators, sevites.
- *We do not need to create anything new with a Live-in weekend!*

Suggested Live-in Weekend Schedule

Friday

Registration & Moving in.	5.00pm to 6.30pm
Dinner	6.30pm to 7.00pm
Orientation	7.00pm to 7.20pm
Nama Sankirtana (Fast Chant)	7.30pm to 9.00pm
Swadhyaya Orientation	9.20pm to 9.45pm
• Guru Gita (primarily)	
• Arati (primarily)	
• Rudram	
• Shiva Arati	
• Shiva Mahimnah.	
Lights out	10.00pm

Saturday

Meditation	06.15am to 07.00am
Breakfast	07.00am to 07.45am
Guru Gita	08.00am to 09.30am
Guruseva	10.30am to 12.30pm
Special Project for new people	
Regular Devotees can:	
• Coordinate the teams;	
• Join the teams or	
• Do other specific seva.	
Lunch	12.30pm to 1.30pm
Ashram Dharma Study Group	02.00pm to 2.30pm
Study/Contemplation in silence	02.30pm to 3.30pm
Introduction to Siddha Yoga Program	04.00pm to 5.30pm
Evening Arati	06.00pm to 6.20pm
Dinner	06.30pm to 7.15pm
Satsang - Public Program	07.30pm to 9.00pm
Lights out	10.00pm

Sunday

Meditation	06.15am to 07.00am
Breakfast	07.00am to 07.45am
Guru Gita	08.00am to 09.30am
Seva Project <i>Continues...</i>	10.30am to 12.15pm
Lunch	12.30pm to 01.30pm
Hath Yoga Program	01.30pm to 03.00pm
Amrit Break	03.00pm to 03.30pm
Special Finale celebrations:	
• Master of Ceremonies	
(Staying involved)	03.30pm to 03.45pm
• Finale	03.45pm to 05.00pm
Sankirtana: "Om Namo Bhagavate Muktanadaya."	
- Gurudeva Hamara Pyara	

Darshan
