



SAHAJ MARG SPIRITUALITY FOUNDATION

SPURS RETREAT RANCH — AMERICAS | WWW.SHAJMARG.ORG

Rev. Master's Guiding Light

"a RETREAT was for always the few, who needed to retreat from everyday life, and retire in seclusion to introspect, meditate, brood over one's inner condition etc. The purpose was to re-enter normal everyday life refreshed spiritually to face life with a renewed sense of purpose, to restore balance to one's life. A retreat could never be for the many or for the multitude."

"...abhyasis will stay for a minimum of three days, and for a maximum of thirty"

"So these retreat centers—this also came to me out of a vision, you see. Let us say Sahaj Marg has been a mining company—mining ore. You know, I mean in some way preparing that ore for smelting, for steel-making, etcetera. Now comes the second organization in the process which will put you through the smelting process, refine you, purify you, and give inside you not the steel of the metal, but the steel of integrity, the steel of devotion, the steel of determination that 'I shall achieve this goal within this lifetime.'"

"Group satsanghs ONLY for the residents undergoing the retreat will be held only once a week. A resident prefect will be available for personal discussions, and advice. Residents are EXPECTED TO MEDITATE INDIVIDUALLY IN THEIR OWN ROOMS."

"the Retreat Center shall be like a cave hidden away from public view and available only to those abhyasis who wish to improve their abhyas"

"... none of the birthdays, and other usual holy occasions will be celebrated formally in such retreats. Abhyasis in retreat must use the sacred and auspicious day in celebrating, in an inner way, and resolve to emulate the great lives of our Masters."

"... I hope you will make use of these centres for the purpose they are established. Come as you are, go away something else."

"So here we look into ourselves, find ourselves as we are with the courage to look at what we see, and to accept what we see, and then comes the boldness and the determination to change what we see into what it should be. That is the culmination of yogic practice."

RETREAT APPLICATION FORM

PART 1 – PARTICIPANT DETAILS

Name	
Street Address	
City	
State	
Country	
Zip Code	
Phone Number	
Fax Number	
E-Mail	
Emergency Contact & Phone Number	
Abhyasi ID	

PART 2 – CENTER DETAILS

Prefect Name	
Prefect Phone Number	
Prefect E-Mail Address	

PART 3 – TRAVEL DETAILS (Please refer to the months for Women & Men at the end of this application form)

Planned Arrival Date	
Planned Departure Date	

PART 4 – ADDITIONAL DETAILS

What languages do you know?	
How proficient are you in English?	
What is your educational background?	
What is your occupation?	
Does your family support your decision to participate in the Retreat Program?	
Do you have any special needs during your stay?	

PART 5 – SAHAJ MARG PRACTICE BACKGROUND

How long have you practiced Sahaj Marg? Please specify your date and place of introduction.

How often do you receive an individual sitting?

How often do you attend Satsanghs?

Have you met Rev. Master? Please elaborate.

Have you participated in any Sahaj Marg gatherings? Please elaborate.

What Sahaj Marg literature have you read?

PART 6 — PARTICIPATING IN THE RETREAT

Please answer the following questions as fully as possible. We are looking for thoughtful and complete responses. Please use additional sheets if required.

Please list all your reasons for wanting to participate in the extended retreat program at SPURS

Please consider carefully the guidelines Rev. Master has provided for the Retreat Program (outlined at the beginning of this application form). Based on this, please describe how you would spend your time at the retreat.

CALENDAR FOR MEN & WOMEN BATCHES

MEN	Jan, Mar, May, Jul, Sep, Nov
WOMEN	Feb, Apr, Jun, Aug, Oct, Dec

PLEASE RETURN THE APPLICATION FORM TO:

SPURS RETREAT CENTER
1 1907 JIM BRIDGER ROAD
AUSTIN, TX 78737

E-MAIL: AUSTIN@SAHAJMARG.ORG