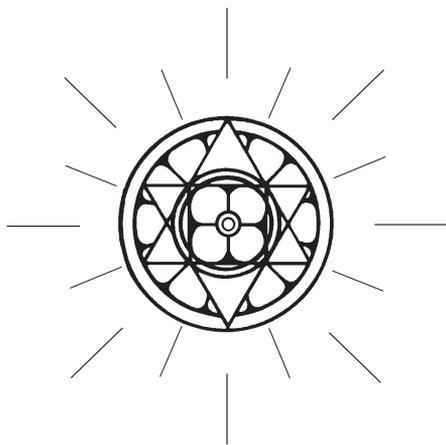


*Welcome*  
*to*  
*Sri Aurobindo*  
*Sadhana Peetham*



*“The Ashram is a place for  
those who wish to serve the Divine.”*  
- The Mother

**Sri Aurobindo Sadhana Peetham** is a community dedicated to the practice of Sri Aurobindo’s Integral Yoga with a special emphasis on karma yoga (or selfless service). Collective residential facilities are provided for concentrated sadhana (spiritual practice) in an ashram atmosphere. We are happy to provide the following information to help make your experience at SASP as conscious and as peaceful as possible.

### *General Guidelines*

Throughout the ashram buildings and the surrounding gardens, the SASP community follows 4 specific rules laid out by the Mother for the original Sri Aurobindo Ashram in Pondicherry. No smoking, alcohol/drugs, politics or sex relations. In addition, we appreciate limited use of cell phones on the ashram premises.

**Cell Phone:** Please keep your cell phone in your room in either the off or silent mode. Refrain from using your phone in any of the community-shared areas of the ashram (Meditation Hall, Relics Room, dining room, multi-purpose room/library).

### *Overnight Guests*

SASP is a non-profit organization and depends partly on donations from guests and integral yoga devotees for the maintenance of the ashram facilities, programs and meals.

- **Suggested donation for guests on work exchange:**  
\$10/night with minimum 4 hours karma yoga/selfless service.  
*(Please check with Dakshina or Angelo for work projects).*
- **Suggested donation for all other guests:** \$25/night

*(For those staying long-term or challenged with financial difficulties, special arrangements can be considered).*

**Concentrated quiet atmosphere:** A quiet atmosphere is cultivated at SASP. You may often find the members totally occupied with the work at hand. The Ashram is our home, place of work, and place of sadhana and the combined demands do not often leave much time for socialization. Thanks for your goodwill and understanding.

## *Karma Yoga (Selfless Service)*

Karma Yoga activities for guests at SASP may include gardening, cooking, general maintenance of the property, office work or help with special projects. Guests may check with Dakshina or Angelo to see where help is most needed during the time of their stay.

*“To work for the Divine is to pray with the body.  
Work done in the true spirit is meditation.”*

*- The Mother*

## *Community Facilities*

Please feel free to wander through the grounds and gardens, which are especially nice at sunset and sunrise. (Please respect the paths and walkways and avoid stepping on the flowerbeds). Volleyball, basketball, and table-tennis is available in the tennis court. In the warmer months, feel free to refresh yourself in the swimming pool. Children are not allowed to play near or in the pool or ponds unless supervised by an adult.

We welcome you to make conscious use of the indoor facilities: the Meditation Hall and Relics Room, the dining room, the multi-purpose room and library, as well as the new yurt (in process), and the laundry facilities.

*Use of each of these facilities is outlined in more detail in the pages that follow.*

## *Children*

**Children are welcome to visit SASP provided they are supervised by an adult at all times** both indoors and outdoors. SASP cannot be responsible for the safety of children on the ashram grounds. **Outside there is a full-sized swimming pool and two small ponds, which require that parents be especially watchful of their children.** Inside the main ashram building, children are expected to behave in a manner that is respectful of other guests and members and of the quiet atmosphere. (Running, yelling and handling of electronics, delicate items and anything not specifically offered to the child for play are to be avoided). Children are not permitted inside the Meditation Hall or Relics Room unless they are able to sit silently with a parent. There is a selection of children’s books and films for children in the Library/ Multi-media room which is a good place for children to read, draw or play quiet indoor games. A new Yurt (circular building) next to the tennis court is being developed to, among other things, provide a spacious area for visiting children to play more freely.

## *Meditation Hall and Relics Room*

We invite you to enter the Meditation Hall and the Relics Room with your highest level of consciousness and with clean hands, feet and clothing. Please do not wear slippers. Clean socks are provided outside the meditation room door for your use. In addition there is a foot bath available in the rest room nearest the meditation hall.

Please do not bring food and drink (including water) into these rooms, and please keep your bags, overcoats, etc. in your car or in the coat closet in the entry way.

***PLEASE SWITCH OFF YOUR CELL PHONES!*** *In order to maintain the special environment of the Relics Room and Meditation Hall, it is imperative that cell phones be switched off before entering and if possible, **we ask that you not carry your phone into these rooms.***

The **Meditation Hall** is generally used for silent meditation, reading, study circles and retreat activities. *Please do not light incense in the Meditation Hall or play any of the musical instruments without permission.* We invite you to take one of the Darshan Messages that come from Pondicherry Ashram and are kept on the altar.

The **Relics Room** contains the sacred relics of Sri Aurobindo and is dedicated for silent meditation and concentration only; please refrain from conversation, asanas, pranayama (audible breathing exercises), laying down, journaling, etc. ***For more information about the significance of the Relics, there is a free booklet on the topic available on the altar in the Meditation Hall on the entry way table.*** Incense is available to be lit under the small Service Tree.

### **COLLECTIVE MEDITATION SCHEDULE**

You are welcome to join the SASP community members every evening for meditation/study. **Time 8:00 pm – 8:30 pm.** Please arrive on time.

**Monday :** Silent meditation (Relics Room)

**Tuesday:** Silent meditation (Relics Room)

**Wednesday:** Music, group reading and meditation (Meditation Hall)

**Thursday :** Silent meditation (Relics Room)

**Friday :** Music and group reading of Savitri (Meditation Hall)

**Saturday:** Study circle and meditation (Meditation Hall) *(may last up to an hour)*

**Sunday:** Om choir, audio recording of Mother reading Q & A in French  
*(English translation available)* followed by meditation (Meditation Hall)

***This schedule is subject to change depending on seasonal programs. (See Retreat flyer and brochures on the entryway table for special events).***

## *Retreats and Special Activities*

The SASP community offers monthly retreats on the 3rd Saturday of every month. Each gathering is a full day of activities with shared lunch and dinner. We also hold special meditations on Darshan days. Please see the retreat brochure or the SASP website <[sasp.collaboration.org](http://sasp.collaboration.org)> for details on future programs. If you would like to be on the retreat brochure mailing list and/or e-mail list to receive detailed information about each coming event, please leave your information in the guest book on the table in the main entrance.

**Children's Program:** A children's program is available that runs parallel along side the monthly retreat and follows the theme or topic of the adult program. Its purpose is to engage the children in consciousness awakening activities that introduce them to Integral Yoga and Sri Aurobindo and the Mother through stories, play, and creativity. Please contact Dolores to enroll.

## *Kitchen and Dining Facilities*

The SASP residents take turns preparing the daily meals for the community and guests. The kitchen is for this use only. Please do not enter the kitchen unless arrangements have been made for you to assist a SASP resident with meal preparation or clean up. Detailed guidelines on the use of the kitchen are posted on the fridge.

All SASP residents and guests are asked to wash their personal eating and drinking utensils in the dish room provided for this purpose. Overnight guests are given a set of dishes and a place on the storage rack in the washroom. One-time guests may leave their dishes in the drainer next to the washing sink.

### **DINING SCHEDULE**

All meals are vegetarian (no meat or eggs; dairy may be included). Lunch is our main meal of the day. Meals are served buffet style on the round counter outside the dining room and are available for self-service at the following times:

**Breakfast:** 8:00 am - 9:00 am

**Lunch:** 12:00 pm - 1:00 pm

**Dinner:** 6:00 pm - 7:30 pm

Tea and snacks are available throughout the day in the self-service counter inside the dining room. All faucets within the main ashram building access our water filtration system, providing well water that is safe for drinking.

*If you have special dietary requirements, please let the kitchen staff know well in advance.*

## *Multi-Purpose Room & Library*

There is a multi-purpose room in the lower level of the ashram that houses the library, and serves as a space for multi-media events and other activities. Since this room is located just beneath the Meditation Hall, the noise level must be kept at a minimum at all times so as not to disturb those who may be in silent meditation.



8:00 am - 5:00 pm (Monday - Friday) is a quiet time when this room is used for work and the use of the library. Books may be checked out with the use of the library's computerized checkout system (when computer is free) or via a handwritten log in the checkout journal. (*Computer check-out instructions are posted on the bulletin board next to the computer*). **Note: The corner AVI-USA office and computer are private and off-limits.**

Films may be viewed after 5:00 pm with the assistance of an SASP resident. Please do not use the media equipment without the guidance from a resident.

Prior to 8:00 am and after 5:00 pm this room can be used for asanas, pranayama and other activities that are respectful of others who may also be using the space.

*\* Please note that DVDs, CDs, audio cassettes, rare editions and book volumes from sets are for in-house use only and may not be checked out of the library.*



## *Internet Access*

The library computer is available for internet use by guests during non-work hours, when not being used by the librarian or assistants. Also note that if you bring along your own laptop computer, you may access the ashram's wireless internet from almost anywhere in the ashram. The password is Earlgrey1.

## *Laundry Room*

The small room outside the house next to the kitchen houses the community's washing machine and dryer. These facilities are available for use by guests staying several days or more. Please consult with an ashram resident before using as our system requires certain settings and minimum usage of soap. In consideration of others waiting to use the facilities, please take note of the time your wash is due to finish and be sure to remove your laundry items as promptly as possible. If you use the laundry baskets, please return immediately so that others may use.

## *Bed Linens and Towels*

On your day of departure, please remove the bed sheets and towels from your guest room and bathroom and place them in the white plastic hampers in the laundry room.

## *Auromère Products*

Auromère Ayurvedic products, incense and books on Integral Yoga—as well as cards and calendars—are available for purchase in the alcove at the bottom of the stairs just before entering the Library. Guests are welcome to fill-out an order form for any items purchased with your address and credit card information if applicable; cash and check payments are also accepted. Please leave your filled out form and payment with an ashram resident. A larger selection of books is available at the Auromère warehouse in downtown Lodi. Ask Dakshina or Angelo if you would like to coordinate a visit in the warehouse during business hours or would like us to bring a particular item back for you. Catalogs, order forms, and a calculator are also available for your use. Local sales tax is 8.75%

## *Contributions*

In addition to the ongoing work, programs and general maintenance of SASP, there are numerous projects, short and long-term, that you can be involved with and help support. Please see the ashram website <[sasp.collaboration.org](http://sasp.collaboration.org)> or ask Dakshina for more details. Your contributions are deeply appreciated.

*There is in the Ashram no exterior discipline and no visible test. But the inner test is severe and constant, one must be very sincere in the aspiration to surmount all egoism and to conquer all vanity in order to be able to stay here. A complete surrender is not outwardly exacted but it is indispensable for those who wish to stick on, and many things come to test the sincerity of this surrender. However, the Grace and the help are always there for those who aspire for them and their power is limitless when received with faith and confidence.*

*-Sri Aurobindo*

