



MAHADEVIAASHRAM

Aum Asatoma Sat Gamaya From Untruth to Truth lead me
Tamasoma Jyotir Gamaya From Darkness to Light lead me
Mrityormam Amritam Gamaya From Death to Eternal life lead me
Aum Shanti Shanti Shanti Aum Peace, Peace, Peace

Practical Guidelines

Safety

Mahadevi Ashram and the village of Tzununa in general are pretty safe. Nonetheless kindly note that this is still Guatemala and the ashram does not take responsibility for your belongings.

To ensure a relaxed safe environment please remember to keep all doors closed/locked when no one is around, this includes the storage room as well as the front and river doors of the property. If you would like to leave your valuables in our safe, please don't hesitate to let us know.

Food and Hygiene

We offer simple vegetarian food, beneficial for spiritual practice.

Kindly note that the premises are free of meat/fish, drugs, tobacco and alcohol.

Important: Guatemala is a tropical country and intestinal parasites are a frequent occurrence! To be on the safe side make sure to read the Cooking Awareness Guidelines (in the kitchen)! Please brush your teeth with drinking water only.

Sleeping Quarters

We expect you to keep your sleeping quarters clean, tidy and suitable for spiritual life. We reserve the right to check and get back to you if we find this is not the case. Please keep all your food in the kitchen or if you need to have it in your room, make sure to use a Tupperware (insect-proof).

Sacred Spaces

All spaces designed particularly for *sadhana*/spiritual practice are to be kept in utmost cleanliness and order. We invite you to maintain these spaces with love, compassion and devotion.

Important: Please note that all yoga mats, crystals, musical instruments, books and other objects are not to be removed without approval of the Space Holders.

Music, Internet and Recording

At the ashram we encourage devotional music (including Indian classical), which supports spiritual evolution and the deepening of awareness & unconditional love to be played or listen to only during appropriate times. If you would like to listen to different music we kindly invite you to always use headphones.

As Mahadevi is a sacred space dedicated to the awakening of consciousness we invite you to use Internet only when it is needed for practical reasons. If you are wondering what to do in your free time being offline, feel welcome to do more practice, self-study or ask for karma yoga tasks around the space.

If you would like to **record** a session, kindly check in with the Teacher/Space Holder.

Pets

Kindly check in with us if you are planning to bring a pet on site. Do not feed the pets unless asked for. Please enjoy the dogs only outdoors (they are not allowed on wooden porches or in sacred spaces) and do not take them on walks without checking in with us first.

Share, Trade, Sell

We encourage you to share and exchange goods and objects, while asking you to talk to us in case you would like to sell anything on the ashram premises.

Quiet hours

Please maintain complete silence before 8 am and after 9.30 pm to support a lifestyle of awareness and simplicity.

The Morals and Ethics

As this community is built around spiritual practice, we allow the ancient morals and ethics of the yogic tradition to guide all action. We humbly invite guests to help uphold that vibration.



Non-Violence (*Ahimsa*) This applies to thought, speech and action. Before we do anything we ask, “Can I do this with love?”
****Remember:** You’re a sentient being too! Be sure to take care of yourself. Sleep well, eat well, and recognize your limits.

Truthfulness (*Satya*) As we strive toward benevolent truth in thought, speech and action, we remain aware of the tendency to create stories and dramas around our identities, lives and actions. Your time here is an opportunity to cultivate the most authentic you and share it with others harmoniously!

Non-Stealing (*Asteya*) This applies to all property and resources, including the resources of time, personal energy and attention. Nobody likes to be trapped in a conversation, activity, or space they don’t want to be in. Please be sensitive to individual needs for space, time, and quiet.

Appropriate Sexual Conduct (*Brahmachariya*) Our sexual energy is an invaluable resource of transformative power. While we remain honest with ourselves about our sexuality, we are also careful that our expression of it causes no harm. Please be sensitive to all people sharing this space.

Non-Attachment (*Aparigraha*) We observe the tendency of the mind to hold onto things, thoughts and experiences, including our opinions and even our sense of identity. With this in mind, we invite all students to approach the practices and teachings with an open, unattached mind.

Cleanliness (*Saucha*) Maintaining a state of purity of mind, heart and body helps to cultivate clarity in the practice and experience. This applies to maintaining personal hygiene as well as neatness and cleanliness in all spaces.

Contentment (*Santosha*) In times of difficulty, we remember that, for millions of people, the struggle to access food, shelter and clean water makes spiritual exploration all but impossible. We’re all divinely blessed!

Self-Discipline (*Tapas*) This space provides an opportunity to drop deeply into a practice that accesses the limitless potential of the human design. What we get from it is a reflection of our own dedication.

Self-Study (*Svadhyaya*) Free time is an opportunity to deepen our connection to and understanding of the practice. There are several practice spaces, as well as a library. Feel free to make the most of it!

Life as Practice (*Ishvarapranidhana*) The practice extends off the mat. Every moment of life is an opportunity to dedicate our energies to our highest purpose, for the benefit of all beings.

With Gratitude for your support and understanding,

Jai Gurudev!

*Aum Purnamadah Purnamidam
Purnat Purnamudachyate
Purnasya Purnamadaya
Purnameva Vashishyate
Aum Shanti, Shanti, Shanti*

*Aum That is perfect,
This is perfect.
When perfection is taken from the perfect,
Perfect alone remains.
Aum, Peace, Peace, Peace*

