



ISHWAR ASHRAM TRUST

(FOUNDED BY SHAIVACHARYA ISHWARSWAROOP SWAMI LAKSHMAN JOO MAHARAJ)

Ishwar Ashram, Ishber Nishat, P.O. Brein-191121
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Important Information for all devotees visiting Ishwar Ashram

Welcome to the sacred abode of the great master, Shaivacharya Ishwar Swaroop Swami Lakshman Joo Maharaj. In Gurudev Maharaj's divine words "*Ishwar Ashram will continue to remain a heaven of peace and tranquility in this world of greed, conflict and turmoil. For this my blessings will always be there*"

❖ **General guidelines:**

- ❖ Ishwar Ashram is dedicated to creating a more spiritually aware, conscious and compassionate world. Our mission is to create a safe environment to promote spirituality, ethical behavior, respect and trust.
- ❖ To gain the maximum benefit of your stay, it is advised to spend most of your time in silence and engaged in your meditation practice. You are encouraged to discuss philosophical aspects of Kashmir Shaivism within yourselves or scholars. However, political discussions are strictly prohibited in Ashram Premises.
- ❖ Please respect ashram culture and enhance the spiritual atmosphere of the Ashram. The Ashram should not be treated as a social club, holiday accommodation or a resort. In keeping with the tradition during the lifetime of Gurudev maharaj, strict silence should be observed on Mondays in upper ashram area.
- ❖ To respect the local culture and the monastic tradition, kindly restrain from overt expressions of affection in public. Guests are advised to observe celibacy (brahmacharya) as part of the spiritual discipline while staying at the Ashram. Modest dress (shoulders, midriff, and legs covered) should be maintained at all times, including during asana classes. Please avoid wearing tight clothing both for your own comfort and as a sign of respect for the local culture. In general, all clothing should be loose-fitting and comfortable.
- ❖ Use of tobacco or consumption of alcohol, non-prescription drugs, meat, fish, onions, garlic, and eggs are NOT allowed while staying at the Ashram. Persons using any form of narcotic substances are restricted from entering the Ashram premises. No pets are permitted in Ashram.
- ❖ Please take off your shoes before entering the following areas
Upper level : 1) Main ashram complex 2) The library 3) Ashram lawns 4) the Satsang/Prayer hall 5) Bhairava Temple
Lower level : 1) Amriteshwar temple 2) Residential complex Rooms. Please maintain absolute cleanliness and hygiene everywhere

- ❖ Please keep your phones switched on or on silent mode while in the Upper level Ashram premises
- ❖ Plucking flowers from anywhere in ashram is strictly prohibited
- ❖ Make judicious use of water and electricity. Switch off the lights, fans, geysers, and any other electrical equipment when not required. Use of heavy electrical items like irons, cookers, etc., are not allowed in rooms
- ❖ Wash rooms located at all areas in ashram need to be kept in meticulously clean state.
- ❖ Upper Ashram including open spaces/lawns shall not be used for any function other than those in IAT ashram calendar. No Shamiana / Tents shall be put in Green lawn /open spaces in upper ashram area
- ❖ Please follow COVID appropriate behavior/distancing at all times.

❖ **Ashram Accommodation:**

- ❖ It is recommended to book accommodation in advance. For those without prior booking, accommodation, if available, shall be offered on the spot. Please fill in your details in the ashram accommodation register. Donation for accommodation should be paid before check-in. At check out, kindly do a final cleaning of your room and the bathroom, leaving it clean for the next devotee. Kindly clear your final dues with the caretaker. All payments may kindly be done online/cheque/Paytm/Through QR code.(please avoid cash payments) Kindly remove the bedsheets/pillow covers at the time of check out and put them near the washing machine area. Please note that it is very important to keep your room tidy and clean at all times during your stay.

❖ **Amriteshwar Temple**

- ❖ Amriteshwar Temple is open for entry to all. Please read the instructions outside the temple before entering the same. Do not make any offerings of Food or Money in the temple. Do not play Bhajans or commercial-style recordings in the temple.

❖ **Satsang / Prayer Hall**

- ❖ Do not sleep or lie down on the floor. Please sit comfortably on the floor, respectfully facing the dais of Swamiji and his masters while in the meditation hall. Only those with physical difficulties should sit in chairs. Please refrain from general worldly conversations in the hall. No discourses/lectures/Bhajans by individuals are permitted in Satsang/Prayer Hall (except on special events like Gurudev Maharaj birthday and Gurudev Maharaj Jag). Mobile phones must compulsorily be kept in silent/vibration mode in Satsang /Prayer Hall. Please be in Satsang hall every day for daily evening puja (Evening - 7:00pm to 8:30pm, except Sunday). On Sunday, the timings for prayers shall be afternoon- 2:00pm-5:00pm

❖ **Main Ashram Complex**

Verandah area on the ground floor is for meditation/silent contemplation. The rooms of the complex can be seen through the glass emplaned doors. Entry inside the rooms is not allowed.

❖ **Havan Shala**

- ❖ The Havan Shala is restricted to the annual Mahasamadhi havan (jag) of Guru Dev and the Mahasamadhi havan (jag) of his master (Swami Mahtab Kak ji) . No havan or yagya (fire ceremony) shall be performed, which does not conform to the teachings of Trika Shaivism.
- ❖ **Meals**
- ❖ The meals for those staying in residential complex of ashram are served in ground floor dining hall. Please visit the dining hall for meals on time. Timing shall be Breakfast (8.30 am to 9.30 am), Lunch (1.00 pm to 2.00 pm) Evening Tea (5.30 pm to 6.00 pm) and Dinner (8.00 pm to 9.00 pm)
- ❖ Please be seated in the dining hall and allow the service team to serve you the meals. After finishing your meals, please wash your own plates and other utensils and stack them back
- ❖ In routine circumstances, only the checked in devotees at residential complex are served meals in this dining room. No items cooked at anyone's residence outside is allowed in Ashram
- ❖ During special events/celebrations, meals are served in the Hall above the Vur/Kitchen area.
- ❖ Tea prashad after Sunday prayers is usually served in the main ashram (either lawns or on ground floor room below satsang hall)
- ❖ **Parking**
- ❖ Please park your cars inside the driveway so that other vehicles already parked inside do not get obstructed. Please park with judicial use of the parking space available. Additional parking is available in ashram parking area facing the main road. Also, a large government parking area is 200 metres from ashram (near northern foreshore road)
- ❖ **Donations**
- ❖ It is advisable to make donations by cheque (payable to "Ishwar Ashram Trust") / online transfer to ashram account/ through QR code available at ashram office. Cash donations may kindly be put in donation box in satsang hall
- ❖ **Offerings:**
- ❖ It is advisable to check with a local trustee/senior devotee if you bring any offerings to the Satsang/Prayer Hall. The usual norm is to get fruits and sweets (mithai) and place them on the dais in front of the photograph of Gurudev Maharaj. Please do not bring food that contains any non-vegetarian constituents, including eggs, tomatoes, onions, carrots. In no case should the distribution be done by the devotee who has brought the offerings. Please adhere to the protocol of distribution of Prasad for that day.
- ❖ Please feel free to make positive suggestions to improve the ashram experience. E mail : iatsrinagar@gmail.com , whatsapp/sms 9311611344

Thank you, and may Gurudev Swami Lakshmanjoo's blessings and grace be with you on your path of Self-realization!

*Secy/Trustee
Ishwar Ashram Trust*