

## Svaroop<sup>®</sup> Vidya Ashram Residency Application

Thank you for your interest in living in the Ashram! It is a profound way to live, with a lot of laughter and a lot of love, as well as rapid progress toward your spiritual goals.

Ashram residents make a minimum 6 month commitment to residency. Your first three months are a trial period, and include regular meetings with Swami Nirmalananda to help you with any adjustments or personal needs.

As a resident, you take vows as a junior monk (brahmacharya), from which you are released when you move out. Traditionally, brahmacharis wear white or yellow, but avoiding black, dark brown and navy is a good way to start. Your vows entail five lifestyle choices:

Celibacy (brahmacharya)	with special rules for married couples
Non-greediness (aparigraha)	including <ul style="list-style-type: none"> <li>a) limiting your personal possessions;</li> <li>b) tithing 5% of your income;</li> <li>c) working outside, through either paid work or volunteer work (which is a way of being non-greedy with your time).</li> </ul>
Austerity (tapas)	Maintaining the Ashram schedule (attending scheduled programs both in the Ashram and at Downingtown Yoga Meditation Center); Plus maintaining other personal practices according to your need and interest.
Self-Reflection (vichara)	Taking responsibility for your own actions and attitudes; Regular vichara sessions (formal and informal sessions) and monthly meetings with Swami Nirmalananda.
Service (seva)	Offering your service to the ashram and to your own family. <ul style="list-style-type: none"> <li>a) This means you'll do 2 hours of Ashram seva per day, taking care of kitchen, household and garden, like you would at home.</li> <li>b) It also means you'll remain actively involved with your family members, including spending time with them for important occasions, holidays and other times.</li> </ul>

Monthly rent is \$1,500 and includes:

Your housing and meals (eaten on-site or pack-your-own-lunch). Every resident assists with serving and clean-up for meals, and sometimes with cooking.

All Ashram programs and trainings during your residency, except that you must participate in a course in full (no partial enrollments). Professional trainings are not included in your residency, and must be enrolled in and paid in full.

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Steps to applying for residency:

1. Complete the prerequisites:
  - Foundations of Svaroopā<sup>®</sup> Yoga;
  - Meditation Made Easy or Shaktipat Retreat within the preceding 12 months;
  - A previous Year-Long Programme or Sutra Studies with Swami Nirmalananda;
  - Monthly tithing (in any amount) for at least 4 months before you apply.
2. Submit your Residency Application to Swami Nirmalananda. All the information you provide will remain completely confidential.
  - Submit it by mail to Swami Nirmalananda (marked “personal), 1400 Hampton Drive, Downingtown PA 19335;
  - Or by emailing your scanned completed application to [swami@svaroopayoga.org](mailto:swami@svaroopayoga.org)
3. Phone (or in-person) interview with Swami Nirmalananda: this will be scheduled after your application is reviewed.
  - The phone interview is for the purpose of you asking any questions you have, and for Swamiji to ask any questions she has, actively identifying the factors that incline your residency to be successful as well as those that may get in the way.
  - The review of your application and your phone interview can be completed within a few days from the time you submit your application.
4. Upon approval of your application, you receive an Invitation to Residency.
  - This communication will come to you by email.
  - Next you meet with our Business Manager or a Board Member regarding your residency agreement, financial deposit, moving date and move-in process.
5. Brahmacharya initiation
  - This will be done 2-8 weeks after you move in, at a time that allows all the other residents to participate.
6. Residents' Meeting
  - Just prior to your move or soon afterward, you will join in one of the regular Residents' meetings, to discuss seva, work schedules, family schedules and other personal and Ashram needs.
  - The meeting will include scheduling future meetings, approximately every 10 weeks.

OM svaroopā svasvabhavah namo namah

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**Legal Name:** \_\_\_\_\_

**Sanskrit Name and meaning** (if you have one): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

From whom did you receive this name? \_\_\_\_\_

When? \_\_\_\_\_

How have you been using it? \_\_\_\_\_

**Attach a passport photo** to your application (or send it by email).

**Prerequisite Courses or Trainings** — note the details about each prerequisite below (to the best of your knowledge/memory):

- Foundations of Svaroopā<sup>®</sup> Yoga — location & date \_\_\_\_\_

- List your Teacher Training programs with Master Yoga and approximate dates:

\_\_\_\_\_

\_\_\_\_\_

- Meditation Made Easy or Shaktipat Retreat (within the preceding 12 months) — course name, location & date:

\_\_\_\_\_

- A previous Year-Long Programme or Sutra Studies with Swami Nirmalananda— course name, location & date:

\_\_\_\_\_

**You are applying to be a resident for:**

\_\_\_ Six Months

\_\_\_ Longer Period

Your intended start and end dates \_\_\_\_\_

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**Your Contact Information:**

Current Address: \_\_\_\_\_  
\_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Birthdate (mo/day/year) \_\_\_\_\_

Emergency Contact Information \_\_\_\_\_  
\_\_\_\_\_

Are you married: Yes \_\_\_ No \_\_\_

If "yes," please provide the name of your spouse and contact information:

\_\_\_\_\_  
\_\_\_\_\_

If "yes," is your spouse also completing an application for residency? \_\_\_Yes \_\_\_No

Do you have dependent children? \_\_\_Yes \_\_\_No

If yes, list their names and ages:

\_\_\_\_\_

**Your Vision** (use additional pages):

Reasons you want to live in the Ashram:

Your vision and your recommendations for living in community:

Specific skills and abilities you bring to the Ashram include:

Description of your current sadhana (daily spiritual practices):

Preferences for doing seva:

Have you ever lived in a similar community? If so, please describe your role and your experience.

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**Personal History** (Attach a resume, if desired, in place of answering the next two questions).

Educational Background: Degrees, Schools, Dates.

Work Background: Companies, Dates, Responsibilities.

**Personal Finances:**

You have been tithing to Svaroopa® Vidya Ashram since what date? \_\_\_\_\_

Svaroopa® Vidya Ashram is a 'business' as well as a spiritual community. This means that the Ashramites are helping to support the Ashram financially as well as doing deep yoga practices with Swamiji.

Monthly rent is currently \$1,500, which is figured as a value of \$500/month for your private bedroom and use of a shared bathroom, \$500/month for all your meals, and \$500/month for your participation in all Ashram courses and programs (except professional trainings) while you are in residence.

Please help us by supplying information about your financial arrangements:

- I currently have the assets available to cover the estimated \$1,500/month expenses during my first 3 months of residence at the Ashram:
  
- I plan to work at a job or profession in a nearby location to cover my expenses
  
- I have a sponsor who will cover these expenses

Name \_\_\_\_\_ Relationship \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

All of the information I have provided above is complete and accurate.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_