**Memo to Visitors Arriving for Guru’s Blessing (From a Fellow Devotee)**

 May 12, 2013

 Guru’s is no Five-Star facility but unadorned, pristine Nature. It may help for urbanized Sangha to prepare for a camping experience with a totally open heart and mind.

**Here are some things you should bring:**

● A torch or headlamp, preferably an eco one without batteries.

● Towel, soap, shampoo, tooth brush+paste, toiletries.

● Salves for insect bites or stings.

● Your regular medicines, vitamin supplements (Around Guru I find I didn't need any.)

● Personal first aid kit.

● Sun hat or cap, sun lotion, UV lotion etc.

● Sun-glasses.

● Portable water bottle. (We have a small water filter for well-water.)

● Toilet paper.

● Seniors esp. may wish to bring a lidded "night pot" and absorbent underlay for use inside, saving night trips to the (sometimes) distant toilets.

● Fussy eaters may wish to bring dried snacks, powdered soups and drinks.

● For the country setting, you may like a bucket and scoop for outdoor Showers.

● Сamping shovel and extra big trash bags.

● Tent, mat and sleeping bag.

● Warm sleeping bags for very cold weather during the cold season.

**Contributions:**

People have been asking about donations. If you are inspired to contribute online for the preparations (food, puja tent, tarps, bamboo, etc), please click the[Donations](https://maitriya.info/https%3A//maitriya.info/en/donations) button on [Maitriya.info](https://maitriya.info/https%3A//maitriya.info). To contribute on site, please find Jyampa Topchen.

**Injunctions within the Sacred Precincts:**

● Sangha is requested to remove all leather and silk wear, jewelry as well as glasses when coming up to Guru for Blessing. (A handy pocket helps.)

● Remove sandals before entering sacred precincts for meditation and Blessing.

● Needless to say, no radios or distracting chatter.

● Restrict phone calls to emergencies only.

● Leave cameras, smartphones and video recorders outside the precinct.

● Here is our chance to deepen our direct links with Guru. It is best to abstain from gossip (Separation) and to remain in a meditative/prayerful state even when back in our tents. Going inwards, we come closer to Guru and, believe it or not, to each other.

Welcome, Sisters and Brothers!

 Joan

<http://maitriya.info/en/news/153/memo-to-visitors-arriving-for-guru-s-blessing-from>