

# 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.
- Camping 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](#) button on [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>