



HOUSE RULES , CODE OF COMMUNITY & HARMONIOUS LIVING

The Guru Ram Das Ashram is a self-sustained community, a model for the future on how we can grow in Sangat serving each other.

We are very grateful for your presence in the Ashram, and in order to spend our time together in harmony, we kindly ask you to read consciously our House Rules and be aware of the systems and functioning of our facilities.

All these House Rules apply to all our guests and residents, whether you spend some hours or stay for a longer period of time.

If you have any questions about our House Rules, please feel free to write us at dharamsaalkeskus@gmail.com

We look forward to hosting you,

In elevated spirits,

Directive of Guru Ram Das Institute and Ashram at Rajamaa



Table of Contents

The Ashram	3
Vision, Mission	4
Arrival, entry and hours of the Ashram	5
Parking and unloading	5
Public and Private areas	6
General house rules of the Ashram	6
Food and Kitchen	8
Dress code	9
Children, babies and accompanying adults	9
Accommodation and cabin rules	10
Showers and Sauna	11
Toilets	11
What to bring	12
What not to bring	12
Gurdwara	13
General schedule for the Ashram during trainings	14
Feedback	15
Contact and location	16



The Ashram

The Guru Ram Das Institute and Ashram at Rajamaa is a sustainable community, which is ever changing. The Ashram is located in the middle of nature with very simple facilities. The ashram's main inspiration has been the humility that is expressed by the life of Guru Nanak, living with and experiencing nature in its raw form.

The micro-climate of the Ashram is **very humid and occasionally windy**. Mornings in the late-spring and summer time are generally humid, misty and cold, with temperatures around 5-7 C. The temperature rises in the day to a warm climate, yet in a rainy or cloudy day it can stay around 12 C.

All facilities, including food preparations, cleaning and all that needs to be done to run the facilities are done by ourselves. The Ashram is changing every year, with new buildings and facilities being built and improved constantly.

Depending on the weather, we will be practicing yoga, Sadhana and Kirtan either inside the geodesic dome, or outside on the grass. We need to be very flexible as the weather might change unexpectedly and we might need to move in the middle of the class.

We understand that the adjustment may bring up some uncomfortable emotions, feelings or resistances as your body and mind adapt to the different conditions in the Ashram:

- **All facilities are entered through the outside - prepare for camping-like experience, being outside in the elements for most of the day.**
- living in a shared space with little time/space for individual privacy
- yogic diet and yogic lifestyle including Sadhana at 5:00 am
- long days with lots of yogic experiences and personal processes

We kindly ask you to be patient and tolerant to yourself and others. Listen to what processes are happening within you and communicate with others as needed. If you see anything needs attention please let us know immediately!



Vision, Mission

VISION:

“Build a home where the honesty, tranquility, peace, service and giving can dwell, where tolerance, brightness and spirit can shine and show people that God lives.” - Yogi Bhajan, July 21, 1988

MISSION:

The Guru Ram Das Institute and Ashram in Estonia is built on the principles of Sikh Dharma, Khalsa consciousness and the Teachings of Yogi Bhajan. Its mission is to offer a place of solace of the soul, where everyone is welcome to find their inner self, through sharing the technologies and principles aligned with the tradition of Sikh Dharma, including Kundalini Yoga, Karam Kriya and sustainable living. We are to be a sustainable community which respects the environment and the nature within us and around us in the forest and as the community of conscious beings through the practice of Simran and Seva.

Our three pillars are: Naam Japo (meditation on the One), Kirat Karo (do hard work and honest living in alignment with our highest values.) and Vandh Chhako (sharing with all as equal and serve the Sangat).

The Institute and Ashram's mission is also to provide a home for the Khalsa Panth and the Siri Guru Granth Sahib, the 11th Guru of the Sikh Dharma tradition, and to continue the mission and live by the principles given by the 10th Guru, Guru Gobind Singh, mainly to represent royal courage and be a lighthouse in the darkness providing self-sustainability (Saibhung). Part of our mission is to live every breath in Cherdi Kala - ever-rising spirits.



Arrival, entry and hours of the Ashram

Entry to the Ashram is only allowed to those who are participating in any event, with prior registration. Accompanying persons (eg babysitters, child-carers, etc) must also register for entry and must read and agree to these rules.

Arrival to the Ashram is on the hours agreed upon with each course or training. If for some reason you cannot arrive on the agreed time for your course or training, you must let us know by email or sms, and inform of your expected time of arrival. **We do receive any guests arriving later than 20:00.** If your arrival is later than that, we kindly ask you to cancel your arrival that day and come on the next day.

Once a course or training finishes, we kindly ask you to leave during the agreed time, within an hour of finishing the last activity, unless you are from the cleaning seva team. We want to remind you that those who are permanent residents in the Ashram will retake their normal activities and we appreciate the respect of our privacy.

Parking and unloading

There are two parking lots which are marked accordingly, in the edge of the premises. **No cars are allowed inside the Ashram, unless for 10 minutes for dropping bags or collecting bags before or after the course. No cars are to drive in the courtyard during classes or teaching time.**

Please make sure your car is locked once you park in the parking lot. Cars parked in our premises are the sole responsibility of the owner.

If anyone is dropping you off at the Ashram, please make sure they know these parking rules and do not drive into the courtyard. **Taxi or pick-up cars must wait by the parking lot.**

If you don't have a car, it is possible to come to Aruküla by train. If you want us to pick you up, it must be agreed upon in advance. Aruküla train station is 5 km from the ashram, so you can also drive by bicycle and enjoy a 25 min ride in the fresh air.

Public and Private areas

The main house, the wood workshop (these two are yellow) and the house adjacent to it are private areas. We kindly ask guests not to stroll around, sit in the terraces, nor take pictures of these places.

In all the closed buildings of the Ashram, including the dome, the kitchen and the cabins we have a **no-shoe policy**. If needed please do bring inside shoes.

Do not allow any of the cats inside of the enclosed buildings. For this please also do not leave the doors open when you are not in the cabin.

Entrance to the cabins is only allowed to those who are temporarily or permanently residing in them

Always keep an eye on your belongings, Generally the ashram is a very safe place, however you are the sole responsible for your belongings at all times.

General house rules of the Ashram

No part of the teachings are to be taken as medical advice. For any medical or psychological advice please turn to the professionals in such fields.

Keeping a policy of equality, and honouring mutual respect and keeping a zero-discrimination policy, the Ashram reserves the right to deny entry and/or deny participation to any students who observe a discriminatory, inappropriate or violent behaviour towards others, either verbal, physical or psychological.

The Ashram / School is not responsible for any objects lost, broken or damaged during your stay at the Ashram. Please keep an eye on your belongings as you are the sole responsible person for them.

It is not allowed to promote, sell, or offer products, services or therapies (including massage, coaching, healings, essential oils, food supplements, and other similar), not even by donation nor free of charge, without written consent by the Ashram directive.

The Ashram is an off-grid sustainable environment, which means all electricity is coming from a solar panel system. Hot water is only available during a sunny day and is limited. **Our use of electricity and water must be very conscious and limited. No electrical appliances are allowed to be used at the ashram except charging of phones/devices (eg. DO NOT BRING hairdryer, iron, electricwater heater)**

There is no public Wifi available in the Ashram for guests. The wifi is only for residents (including long-time volunteers) and has a limited range. 4g is

available, but we kindly ask you to disconnect from the internet as much as possible. For note taking, we encourage paper and pen rather than computer.

Three friendly cats live in the property outdoors and in the main house. Please do not allow them into any of the buildings and keep the doors closed at all times to prevent them from entering.

The Ashram sells yogi tea, some yoga clothes, turban fabric and yoga books. Bring cash if you are interested in buying.

The School and Ashram reserves the right to take group pictures during the events, always respecting the privacy, sensitivity and privacy of the participants and always in a group setting (we will never take close ups of participants). Some of these pictures may be used for the Ashram website and course promotion. If you prefer not to be included in any pictures, please do let us know in writing.

We kindly ask participants not to take pictures, voice recordings or video of other participants during courses or trainings, and it is definitely prohibited to take pictures or record people without permission while meditating, doing yoga postures, or chanting unless they have expressed their consent in written.

No part of the trainings or courses is to be audio recorded or video recorded without written consent of the trainer.

There are some bicycles available for use at the Ashram, these are mostly intended for the permanent residents and 40-day Sevadars. It may be possible to borrow them, please ask in advance.

If you break something, even if by accident, we kindly ask you to replace it. If you notice anything is out of order, or needs repair, is dangerous, please inform us immediately.



Food and Kitchen

It is strictly forbidden to bring into the Ashram premises and consume (including the cabins) tobacco, alcohol and recreation drugs of any kind. (Medical drugs as appointed by a doctor do not fall into this category)

The diet in the Ashram is lacto-vegetarian, during courses it is mostly vegan. We kindly ask you not to bring or consume any food that contains animal products.

We also kindly ask you NOT to bring extra food for your stay during courses and trainings, unless specifically specified or allowed by the Ashram. That includes snacks, sweets, coffee, cookies, etc. IF you are a long-term volunteer you can have a separate shelf in the fridge for your personal food items.

If you are pregnant, lactating, caring for your baby or accompanied by a child during your stay at the Ashram, please let us know in advance. In this case we ask you to take care of your extra snacks and we will appoint a place in the kitchen for your extra food.

Kitchen entrance and use during courses and trainings is only for those who are working in the Kitchen seva and/or residents. Storage of food in the kitchen and refrigerator is only for course / training food, and we do not allow space for personal food storage, unless specifically agreed upon with the Ashram directors (eg for pregnant ladies, baby, or children special foods).

*****Appliances in the kitchen need to be used differently during a sunny day or a rainy day / night (we will explain more in detail at the ashram).**

If and when the sun is shining directly on the solar panels, we may be able to use electrical appliances. **When the sun is not shining on the solar panels (mornings / evenings / cloudy day) we will ONLY use gas appliances. If you need to heat water for tea, etc, please make sure you follow this rule!**



Dress code

Keeping in mind grace, respect and equality, we have decided to establish a code of dress in the ashram, which applies to all persons who come in the ashram:

- Your dress must be discreet and not transparent, tight or too revealing
- We kindly ask you to use loose, comfortable clothing (recommended white and of natural fabrics)
- We kindly ask men not to be without shirt, nor ladies to be wearing bikini or revealing clothes during courses and trainings.
- We encourage everyone to use a head cover of natural fabrics during meditation, chanting, kirtan and sadhana. Entrance to the Gurdwara is only allowed with a head cover.

Children, babies and accompanying adults

Children are very welcome at the Ashram. There are children also living in the Ashram permanently. Guests, trainees and sevadars who would like to bring their child must check beforehand when registering. If accepted, you are the sole responsible person for your child during all times. We do not provide child-care. If you are in a course / training, we invite you to bring someone who takes care of your child as you will be occupied in the training. No children should be left alone without adult supervision. We have gardening tools, wood working machines, and all sorts of dangerous hardware that children are not allowed to play with. Please do not allow your child to climb on the solar panels or the dome. Guest children are not allowed to come into any of the private places including the main house or the workshop.

For families accommodation, we kindly ask you to bring your own tent. Cabins are only for participants of the training, and unless there are special circumstances which we have previously agreed with we cannot assign any beds for children or babysitters.

Partners are only allowed under certain circumstances, and under previous agreement: 1) if and when they will be participating in the event (and paying for it) 2) they are doing Seva during the whole day of the event, or 3) they are babysitting.



Accommodation and cabin rules

The Ashram offers at the moment three wooden cabins for indoor accommodation of guests and residents, with individual bunk beds of up to 6-8 person each. Please be aware that in your cabin there may be also permanent residents and long-term volunteers. For volunteers: during courses we might need to rearrange you according to ladies-only cabin or gentlemen-only cabin or shared tent.

Your accommodation at the Ashram needs to be previously agreed upon with the organisation of your course. It might be possible to come a day earlier if your course begins with Sadhana, please inquiry.

Cabin assignment is to be done by the directive and it might not be possible in every occasion to chose companions of the same cabin.

We kindly ask you to respect other guests in your cabin and to honour their need for silence and quiet.

We ask those sleeping in the cabins to keep them clean and in order during their stay, and also do a thorough cleaning after their stay (the instructions are found inside of each cabin)

If you are sleeping in a cabin, **please bring your own bed sheets** (bed linen, duvet cover and pillow case) **and towel**. Duvets and pillows are available for each bed. If you would need to rent bed sheets from the Ashram, the cost is 10€ for the full duration of your stay (exception: long-term volunteers). Rented linen is to be brought to the washing closet at the end of your stay.

If you are sleeping in a tent, please do bring your tent and all the necessary equipment (mattress, sleeping bag, etc).

Quiet time: 22:00 Please keep the noise down after 22.00, and respect that time also if you are sharing a cabin etc.



Showers and Sauna

Showers are located in a covered, outside building. On the left side there are three shared showers for ladies, and on the right side of the building there is one individual shower which is for use for families, ladies who need privacy or men. Please knock before you enter that shower to make sure no one is using it at the moment, and use the sign of "in use" for the time you are using it (dont forget to remove it too!)

Hot water is very limited and we kindly ask you to take a 3-5 minute hot shower maximum. We need to allow time for the boiler to heat water enough for everyone so we recommend not to wait until the evening to have a shower, but do it during the day when there is less users.

There are ecological soaps in both showers, if you bring your own please make sure it is ecological. Do not use chemical products, nor shave or cut your hair, in any of the showers or sinks. Please clean the shower / sink after each use.

Using the sauna is only with proper swimsuit and towel. Please use your towel to sit on, or use a sauna paper for hygienical reasons. It is not allowed to use the sauna naked. Heating of the sauna is only allowed to those who have been previously instructed and in appointment times.

Toilets

There are three dry toilets (outside) for use of the guests and residents, these are located next to the showers. The instructions for use are found in the toilets. Please do not throw into the toilets anything which is not organic - for sanitary items use the bins provided.



What to bring

- Please pack light and bring only the minimum that is necessary. The cabins have very little space for suitcases and storage of your personal items.
- Bring very warm clothes - our summer is similar to a winter in southern Europe. Prepare to be outside in humid climate and walk on wet grass.
- Yoga mat /sheepskin that can be used on the grass, shawl/blanket for relaxation, waterbottle/thermos for tea (cups and food utensils are provided)
**we have yoga mats, meditation pillows, relaxation blankets available in a limited quantity. If you use our yoga mats outside, on the grass, please clean it after use.*
- Outdoor equipment: good shoes for walking in wet environment/forest, and shoes for waling in the grass that can be easily taken off (eg. Crocs, etc). Inside shoes and/or woollen socks highly recommended.
- Bedsheets (bedsheet, duvet cover, pillowcase). Pillows and duvets are provided. If you do not want to take your own bedsheets you can rent from the ashram at 10€ per person.
- If sleeping in your own tent: bring all necessary equipment, including mattress and sleeping bag. If you want to sleep under the geodesic dome, please make sure you have the agreement of the Ashram, and bring mattress/ sleeping bag/pillow. Use of the relaxation blankets or decorative cushions for sleeping is not allowed!
- Towel, shower necessities (please use only organic soap/shower gel/shampoo etc! – soap is also provided), swimsuit in case you want to go to sauna or we decide to go swimming in a nearby lake.
- Good clothes for any kind of weather (cold/rain/hot). **Highly suggested to bring a warm pajama, warm sweater and woollen socks. If the weather forecast predicts rain, bring rubber boots. We are walking on the grass most of the time.**
- insect repellent / sunscreen in case you find it necessary
- yoga clothes, and **clothes for garden work, etc, which can get dirty.**

What not to bring

Coffee, alcohol, tobacco, drugs, extra food, sugar, pets.

Smoking is only allowed in the parking area. If you have any prescribed drugs and/or allergies we should be aware of (eg. hay fever, asthma, wasps etc) please bring your medicine and let us know.



Gurdwara

Gurdwara means “Door to the Guru”. In our Ashram, our Guru is the Siri Guru Granth Sahib, which is in the tradition of the Sikh Dharma, including all the teachings related to the Technology of Sound. It is in the form of a book, which by reciting, reading and singing gives us the experience of the highest consciousness. It contains compositions from multiple traditions, all in the Quantum Technology of Shabd Guru - sacred sound. Beyond a religion, it is open to all who want to experience their radiant body and the light of understanding, infinite grace, by listening or singing.

There is no need to do anything in the Gurdwara, you can just come and sit, meditate and enjoy the peace it brings. Regardless of your religion, belief, or non-belief, everyone is welcome to come to the Gurdwara.

We kindly ask all guests who visit the Gurdwara, and are in the presence of the Siri Guru Granth Sahib when it is in open book form:

- take your socks off
- keep your head covered (head covers are available at the entrance)
- do not point your feet or back towards the Guru
- the custom is to bring an offering to the Guru, which can be in any form

Everyday after Sadhana we will do an Ardas (Prayer) and take a Hukam (message of the day) in the Gurdwara tradition. Evening kirtan will also take place in the presence of the Guru, and we will do a closing Ardas and Hukam to close the day.



General schedule for the Ashram during trainings

05:30-07:45 Aquarian Sadhana

07:45-08:15 Ardaas and Hukam from the Siri Guru Granth Sahib (at the Gurdwara)

08:00-9:30 breakfast and seva or free time

09:15-13:00 Training / course time

13:00-14:15 Lunch

14:15-18:30 Training / course time

18:15-18:30 Kirtan or healing meditation

19:00 Dinner, Sauna

22:00 Quiet time

(may change depending on the training, retreat or course)



Feedback

There is always something at the Ashram which can be improved regarding both the environment and the way the Ashram is managed. Constructive criticism is welcome. For that purpose there is feedback box at in the kitchen. Even more welcome, however, is your contribution to the improvements.

If you see anything or anyone that needs attention please let us know immediately!

We know that we can never please all the people all the time.
We do not even try to please some of the people some of the time.
We deliver the teaching which will deliver you to your own infinity.

**Wahe Guru Ji Ka Khalsa
Wahe Guru Ji Ki Fateh!**



Contact and location

Rajamaa Ashram,
Kalesi küla, Raasiku vald, Estonia
dharamsaalkeskus@gmail.com

For emergencies within the Ashram:
+372 53731839 Sukhdev Kaur Khalsa
+372 5183706 Teet Tooming

Rajamaa Ashram:
Guru Ram Das Institute, Kalesi küla, Raasiku vald, Harjumaa.
Google maps / Waze: [Rajamaa Ashram](https://goo.gl/maps/vaQmJ98wB2T2)
<https://goo.gl/maps/vaQmJ98wB2T2>

Document last updated May 2023

