



RESIDENTIAL RETREAT PROGRAM

Residential Agreement

This agreement is between New Dharma and a true seeker who wishes to stay at a New Dharma house. It is not a lease or a tenant agreement in the ordinary sense. The purpose of this agreement is to assist both seekers and New Dharma to manifest a higher consciousness. This includes physical duties and responsibilities on the part of everyone - this is what brings this vision into life.

Staying at a Spiritual House

Participating in the New Dharma Residential Retreat Program is a commitment and a consecrated action to manifest this purpose. Staying at a New Dharma house is not likely to be easy. It is likely to set in motion a process of transformation that is difficult to recognize, and sometimes trying. This transformation will impact all parts of one's system: physical, emotional, mental as well as psychic. This process may bring at times great happiness, insight and fulfillment and/or at other times acute discomfort, distress, confusion, and dysfunction. These are natural consequences of the spiritual force at work. Therefore, there will be times when things will be difficult or may seem to go wrong while staying at a New Dharma house. These are only on the surface, and typically a necessary part of the transformation process.

Responsibility

Responsibility is an awareness. It is attention to the situation and circumstances in such a way that one can respond appropriately. With each responsibility comes a series of regular actions or duties that are aligned with that responsibility. Listed below are the duties for fulfilling this agreement.

Participant Responsibilities

The first responsibility of staying at a New Dharma house is personal responsibility. This means that you take full responsibility for your own life, your experiences and what happens to you while staying in the house. This also means you agree to relieve all others from any liability for what may happen to you while you are staying in the house, be it physical, mental, or emotional. This is your responsibility only. In order to respond appropriately and be in responsibility to your process it is helpful to stay in the process as much as possible, and let it be exactly as it is without trying to change it. Staying in the silence and stillness and enduring calmly will be useful allies for you in this endeavor. Please also respect other people's processes and let them be where they need to be.

The second responsibility is to look for opportunities to be in service and self-giving. This can be done by assisting in the smooth flow of programs and activities going at the house. For example, keeping the facility and its grounds clean and conscious, to respect other participants, the neighbors and help others by reminding them of their purpose for being in the house.

The third responsibility is to read and follow the house rules of each of the New Dharma houses. Each house has specific house rules. These should be posted and updated regularly. Rules are to assist you in remaining conscious of your purpose for staying at the house and your ability to manifest that purpose.

The fourth responsibility is to participate in all the programs and daily activities at the house. These include all meditations, satsangs and other programs.

The fifth responsibility is to financially contribute to New Dharma, either as a one-time donation or a monthly commitment. Please remember that just as students depend on teachers, teachers also depend on students.



New Dharma Responsibilities

The first responsibility of New Dharma is to clearly define what is required for one who stays as a visitor, guest, or resident and to support the purpose for staying at New Dharma house. The intended purpose is to manifest a New Dharma, a new way of living that manifests Truth, Consciousness, and Love. Staying true to this intention allows our spiritual community to fulfill this mission. It affects the individual who stays at the house, others in the community of seekers whom they come in contact with including other participants, the board members, founder, employees and volunteers, the community where the New Dharma house is located and ultimately the world.

The second responsibility of New Dharma is to assure to the best of its ability that the environment supports the people physically, emotionally, and mentally who choose to stay here. In order to do this New Dharma recognizes and supports the unique limitations and capabilities of each person who participates in the programs or stays at the house in order to assist them in their process of self-transcendence. This includes a clean, conscious place to stay, clear communications, a regular program structure, maintaining a positive and supportive atmosphere that engenders higher consciousness and the transformative process.

The Intent

Staying at a New Dharma house is an opportunity to expand your capacity and maturity to become a manifesting instrument of the Divine Principle that lives us and shapes this world. It is New Dharma's intent to create mature and capable spiritual beings.

Staying at a New Dharma house is not about renting a room. It is about an opportunity to participate with New Dharma's spiritual work at a deeper level. You may be moved from one room to another depending on the needs of the house and as determined by New Dharma. All room assignments are done in consultation with Sat Shree, and his assessments of how you can make the most progress during your stay.

I, _____ (first & last name) will be staying at a New Dharma House _____ (MM/DD/YYYY) to _____ (MM/DD/YYYY).

I agree to pay to New Dharma (check the correct box):

Individual Retreat

\$50 per day for _____ days (_____ has been prepaid).



I agree to make a donation to New Dharma. In keeping with the tradition of offering teachings in the spirit of generosity, teacher donations are greatly appreciated. Please remember that just as students depend on teachers, teachers also depend on students.

During my stay at a New Dharma house, **I agree to participate in all New Dharma spiritual practices which include:** morning and evening meditations, satsangs and other programs.

I agree to make myself available to participate in Seva as outlined by the House Manager, and to abide by all house rules.

I have read and signed all of the following:

- RESIDENTIAL AGREEMENT
- TERMS & CONDITIONS
- WAIVER OF LIABILITY

Participant Signature

Signature: _____ Date: _____

Printed Name: _____

New Dharma Representative

Signature: _____ Date: _____

Printed Name: _____



RESIDENTIAL RETREAT PROGRAM Terms & Conditions

Please read the following Terms & Conditions carefully. All participants are required to sign upon arrival.

PROGRAM FEES:

- **Individual Retreat:** \$50/day

Payment of fees:

Upon acceptance into the Individual Retreat program, you will be sent a payment link.

- **Individual Retreat program:** Payment in advance.

Program fee includes: A shared room, twin bed, clothing storage, a shared bath, bed linens, towels, laundry facilities, basic household cleaning supplies, utilities, and internet; daily programs including meditation and satsangs. **Individual Retreat fee includes:** an assigned mentor who will meet with you upon arrival and who will work with you in establishing your retreat structure during the period of your retreat.

Program does not include: Program fees for SAT Weekends, Intensives, Silent Retreats, or other programs; food, drink, personal toiletries, insurance of any kind; other supplies for personal use; transportation to or from any airport, bus station, or elsewhere.

What to Bring: Personal toiletries including soap and shampoo, bathrobe, slippers, alarm clock, umbrella, flashlight, clothing suitable for the time of the year of one's participation, sun screen. Please bring whatever is needed for personal medical or health concerns. **Note** that the New Dharma Center is located at 5,500 feet where the risk of sunburn is severe – please pack accordingly.

Extended Stays: If you wish to extend your stay beyond your original request, please see your Individual Retreat Mentor or House Manager if you are on a short-term retreat.

New Dharma Center: To help maintain inner focus and gain the most benefit from this program, it is suggested that you limit outside activities for a period of time. The intent is to move from an outward orientation to an inward focus.

Dress and Conduct: Clean, modest attire is appropriate for your stay at New Dharma. We ask that you come to morning meditation in appropriate clothing. Smoking, alcohol, sex and illegal drugs are strictly prohibited.

SEVA: Participating in the Short-term and Personal Retreat program includes participation in a variety of SEVA projects on a daily, weekly and monthly basis. SEVA assignments could include: kitchen duties, housekeeping, outdoor landscaping, repairs and maintenance, or help with events. SEVA assignments are made by the House Manager.

Quiet Times: Because external silence enhances the experience of inner quiet in meditation, we ask that you maintain qualified silence from 10:00 p.m. to 8:00 a.m. daily. Monday is set aside for a silent day for those who are able to participate. Earphones must be used with any audio equipment.



Donations: New Dharma is supported primarily through donations made by individuals. Sat Shree asks that each program participant make a donation to New Dharma.

Miscellaneous: No tape recording or photography is permitted during any program.

Release/Responsibility: New Dharma reserves the right to terminate the stay of any participant in any retreat program at any time without liability and without any obligation to pay a refund or any other amount whatsoever.

Transparency Policy: Representatives of New Dharma may at any time photograph, record and/or videotape satsangs, intensives, retreats, individual or small group meetings or other activities. Individual and small group meetings are shared for training purposes only and are not made public. However, New Dharma reserves the right to use any such photograph, recording or videotape in New Dharma publications, advertising, displays, and publicity materials or for teaching purposes without obtaining further consent from any program participant. Each program participant releases New Dharma and its representatives from any liability in connection with any such use of such photographs, recordings and/or videotapes.

AGREEMENT: *I agree to abide by the terms of the residential agreement. I also understand that if I do not follow this agreement, I may be required to leave the program. As a participant, I understand that I am not in an employment relationship with New Dharma and am not covered by any health insurance policy or program, or disability insurance maintained by New Dharma. I agree to hold New Dharma, its officers, agents and employees harmless from any and all manner of liability arising out of any injury sustained by me during my participation in any of the residential programs.*

I also understand and agree that all projects, products, creations, artistic works, or other intellectual property which I may undertake or develop on behalf of New Dharma while participating in any program are and will remain the sole property of New Dharma. I hereby waive and release any and all present and future proprietary rights with respect to such intellectual property, as well as any remuneration or compensation for such intellectual property.

The foregoing information provided by me is true and correct to the best of my knowledge. I have read, understand, and consent to the terms and conditions for admission to the Program set forth above.

Participant Signature

Signature: _____ Date: _____

Printed Name: _____



RESIDENTIAL RETREAT PROGRAM Waiver of Liability

1. VOLUNTARY PARTICIPATION

I acknowledge that I have voluntarily applied to participate in any and all activities conducted by New Dharma ("Organization"), starting on _____ and ending on _____ including but not limited to residential spiritual development, activities, service to the Organization, workshops, presentations and retreats.

2. ASSUMPTION OF RISK

I am aware that participating in the Organization's events and activities may involve physical activities such as work, meditation, yoga, as well as risks associated with hiking, contact with wildlife, and hazards associated with an outdoor environment. I am also aware that as an individual, I may experience intense and unusual psychological, spiritual, and/or physical states of mind and body arising from the meditation and associated activities. I am voluntarily participating in these activities with full knowledge of the risks involved, and hereby agree to accept any and all risks of harm that may result from these activities. I further accept my duty as an individual to remove myself from any programs, meditation or associated activities of the Organization which exceed my ability to physically or psychologically continue with such programs, meditation or associated activities. Prior to commencing any programs, meditation, or associated activities, I agree to fully disclose to the Organization any psychological or physical conditions which could possibly limit my participation.

I further understand that certain aspects of the Organization's programs, meditation or associated activities may be recorded and released to the public realm, including but not limited to photographs, testimonials, audio recordings, and video recordings.

3. RELEASE

As consideration for being permitted by the Organization, to participate in these programs, meditation or associated activities and use the facilities provided, I hereby agree that I will not make a claim against, sue, or attach the property of the Organization or any of its affiliates, employees, agents or volunteers, or any of its affiliated organizations for injury or damage resulting from acts, howsoever caused, by any employee, agent, or contractor of these organizations, or any of their affiliated organizations, as a result of my participation in this event, except when an employee, agent, or contractor of the Organization, or any of their affiliated organizations exhibits gross negligence, or intentionally acts in a manner likely to lead to my being harmed. I hereby release the Organization, and any of its affiliated organizations from all actions, claims or demands that I, my assignees, heirs, distributees, guardians, and legal representatives now have or may hereafter have for injury or damage resulting from my participation in the Organization's activities.

4. KNOWING AND VOLUNTARY EXECUTION

I have carefully read this agreement and fully understand its contents. I am aware that this is a release of liability and a contract between myself, the Organization, and its affiliated organizations, and sign it of my own free will. If any portion of this release of liability and contract is deemed unenforceable by a court of competent jurisdiction, then it shall be severed from the balance of this release of liability and contract, and the balance of this document shall remain in full force and effect.

Participant Signature

Signature: _____ Date: _____

Printed Name: _____