

Visiting the Mountain Of Attention Sanctuary

Practical Information Guide

May 2009

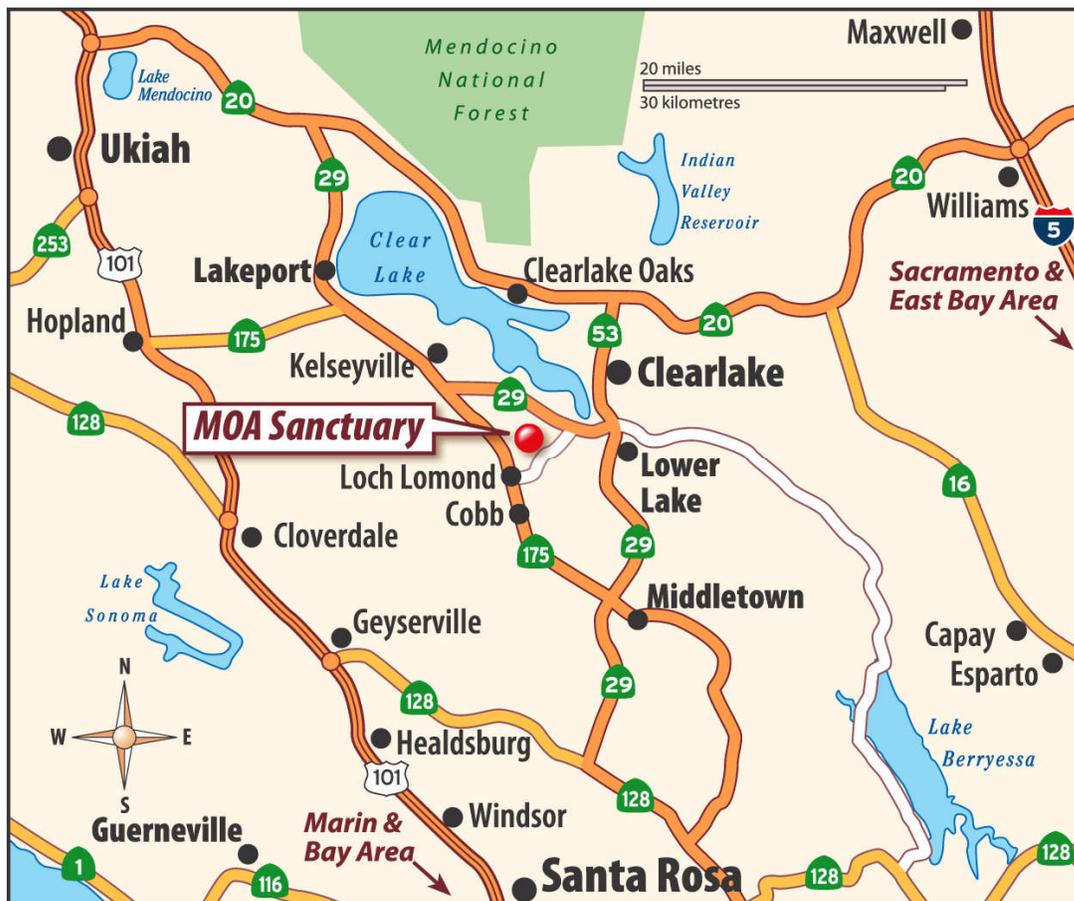
Welcome to the Mountain Of Attention Sanctuary, the first, and principal Ashram of Avatar Adi Da Samraj in America.

The following is general practical information about the Sanctuary and what you will need to know to enjoy your visit.

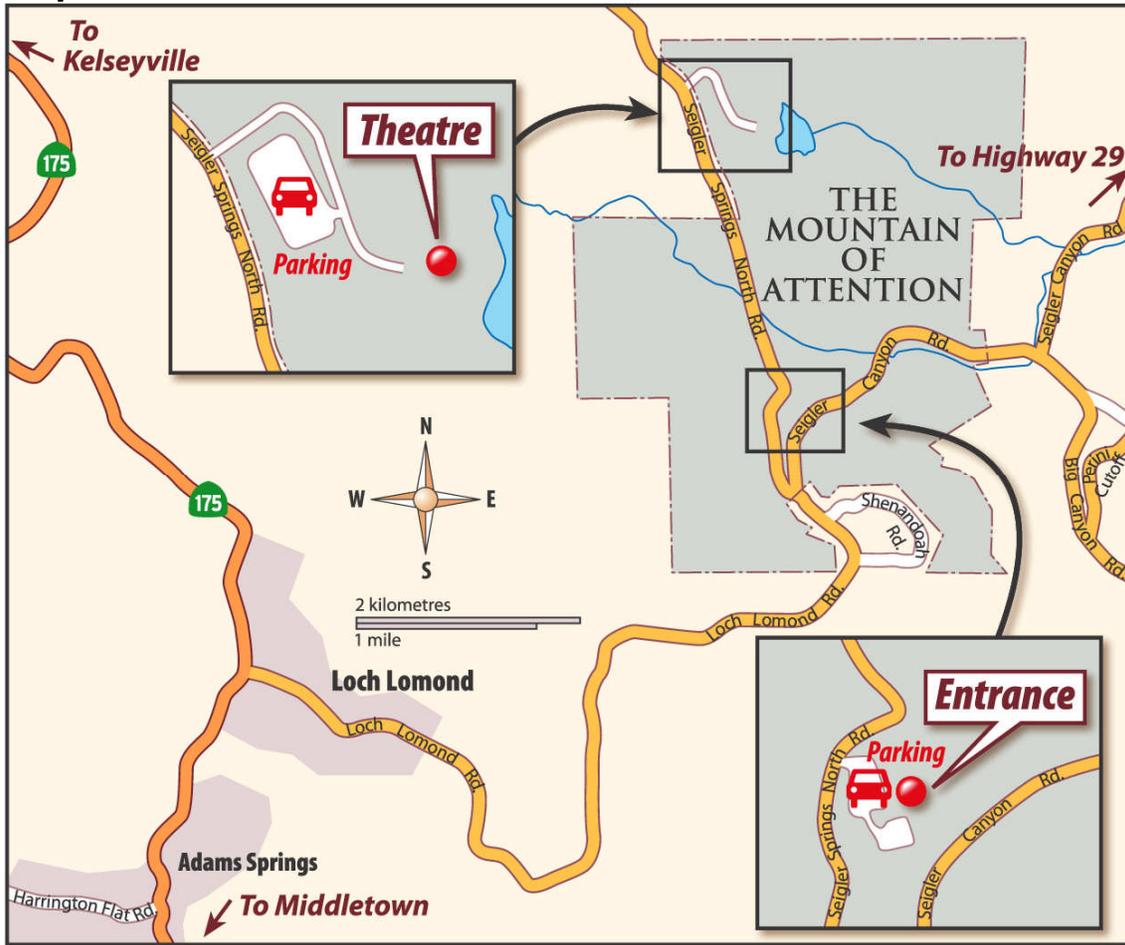
Introduction

The Mountain Of Attention Sanctuary is located in the mountains of Lake County, a short drive from Middletown or Clearlake. It is at an altitude of ~2,500' and so it enjoys an alpine climate, hotter in the summer, and colder in the winter, than the surrounding valleys.

Map 1



Map 2



See our separate document for detailed directions.

DRESS

Please dress modestly, respectfully, and attractively, and be well groomed. Men should wear long pants and shirts with collars. Women should wear skirts (or sarongs over pants etc) that fall below the knee. Avoid skimpy and spaghetti strap tops. Wide loose pants are fine for women. Please no jeans or t-shirts, unless you are performing service that requires this kind of clothing. Celebratory ethnic dress is fine.

HEALTH

The Mountain Of Attention does not have a medical staff or clinic. In case of a medical emergency, dial 911. The nearest hospital, Redbud in Clearlake [707- 994-6486] is 20 minutes away. If you have a significant health condition and have any hesitation at all about undertaking the pilgrimage to the Mountain Of Attention, please consider

the matter with your physician. If you do undertake the journey, either travel with someone who is aware of your health condition and knows what to do in an emergency, or arrange to have a “buddy” who can accompany you and is willing to keep an eye on you at all times.

Be sure to bring a water bottle. If you’re someone who needs snacks, bring simple, nourishing ones that serve your equanimity. Wear sunscreen and bring a hat. If you are particularly sensitive to sun and heat, you may want to bring an umbrella. For major events we will provide water at locations in and around all venues, and shade where possible.

Wear sensible shoes with good traction. The Mountain Of Attention is literally a mountain - the ground is sometimes uneven and some paths are gravelly.

SEATING

Simple plastic chairs will be available at all events, but if you need a special chair in order to be comfortable, by all means bring it. If you like to sit on the ground, bring a pad and cushion.

SCENTS

Remember that many people are sensitive or even highly allergic to perfumes etc, so use these very sparingly or not at all. Your consideration is very much appreciated in this matter.

GIFTS

It is always appropriate to bring gifts to any of the Empowered Sanctuaries of Adidam. Your gifts represent the surrender of your separate self and your gratitude for the Divine Blessing of Avatar Adi Da Samraj. Appropriate gifts include, but are not limited to: flowers, fruit, plants, incense, sweets, and money. Gifts to offer are usually available for sale as well.

DECORUM

Always maintain a quiet, respectful disposition on the Mountain Of Attention and socialize with friends off the Sanctuary proper. Participate in the powerful Blessing of the Divine Presence on the Sanctuary – be relaxed – not uptight. Feel completely free to “drop out” and not be burdened by any of the usual social expectations.

Please do not take photographs.

There is no smoking or use of any kinds of intoxicants on the Sanctuary.

Please turn off your cell phones upon entering the Sanctuary. Use only

formal paths and always be guided by the attendants who will be identified by a colored badge, and present to help you to find your way to events.

ACCOMMODATION & TRANSPORTATION

Unless you are participating in a formal retreat, you are responsible for your own accommodation (see our separate document of local available accommodations). In all cases, you are responsible for your own transportation.

The nearest airports are the Sonoma County Airport (1.5 hours), Sacramento International Airport (2 hours) and the San Francisco International Airport (3 hours).

PARKING

Parking for guests is available on a first-come, first-served basis in the main Sanctuary parking lot [which will be clearly indicated, along with Man Of Radical Understanding parking. Once the main lot is full, parking will be available at the Man of Radical Understanding Retreat Centre site about a mile down the road – a shuttle service will be provided. NO on- road parking is permitted by the County.