Pre-Retreat Purification

Purification is an essential practice when preparing for any upcoming retreat within Shanti Mission. The more we all purify prior to a retreat, the deeper and further we can soar with our Beloved Guru/Teacher. Purification also supports our ability to process the Shakti of a retreat, and will likely result in less processing of our emotional body, this means less painful processing, and more bliss!

We cannot stress the importance of keeping mind and body in good condition as well as the clearing of negative thoughts so as to prepare the mind to be used as an instrument of conscious creation. Purification is also a wonderful opportunity to show our reverence to the Divine and to provide service to our community, as we play our part in being a pure channel for the collective group experience.

 Following are recommendations of purification to assist you in preparing for retreats:

* IYS Therapy
* Exercise
* Healthy Vegetarian Food
* Drink lots of water
* Reduce caffeine intake
* Stop smoking & recreational drugs (see note)
* Pranayama (breathing exercises… great to do before meditating)
* Meditation such as Archangelic Med or Om Your Chakras
* Japa (pick a mantra that resonates with your heart and do at least one mala round each day)
* Puja
* Sleep/Rest
* Salt & Coffee Bath (wonderful practice that also cleans our etheric body)
* Volunteer or provide service to others

**Note** - Peedam is an ashram town and smoking is not permitted, not only in the ashram itself but also within the town.

We suggest if you are a smoker that you be aware of the no smoking policy, you may need to bring with you nicotine patches or something to help you manage the days of going without. These items will not be available to purchase in India so best to come prepared.