



Shakti Durga Retreats Waiver

Namaste

We really care about the wellbeing of every person on our retreat, and this provision is designed so that we are all aware that we are preparing to make real changes to our thinking, our attitudes, our energy and our potential as spiritual aspirants. We are moving to the plane of consciousness where a Golden Age of Peace is already in existence. We cannot reach that state of being if we remain the same.

Retreats are opportunities for very great personal and spiritual development. In the course of the retreat there will be very strong spiritual energy, which will flow to everyone present. This energy is purifying, expands our consciousness and helps us to make the changes we want to make in our lives.

When we are in the presence of strong energy, our consciousness changes. One of the reasons that we come to retreats is so that this can occur. Like all things in life there are risks associated with real spiritual practices. After a spiritual feast we have to do the 'washing up' of purification through the spiritual tools we have at our disposal.

We want to work with each other most optimally to ensure that everyone is safe, well, balanced and grounded and able to integrate what we experience during retreat into our usual life afterwards.

We will require all retreat participants and staff to sign this provision and to disclose any factors that might be relevant to their wellbeing so that we can be properly informed and of service to you.

Should you envisage any difficulty signing this provision then please email retreats@shaktidurga.com or phone 02 4905 0216 prior to the retreat.

We would like everyone to know before you attend a Shakti Durga retreat, we will ask you to sign the following document.

I am so looking forward to sharing sacred time with each one of you.

Blessings and love

Shakti Durga



Shakti Durga Retreat Provision

1. Shakti Durga retreats move old pain, patterns of illness, stuck emotion and low vibrational energy. This gives us a new, lustrous spirit and leads to greater enjoyment of life. While the old 'stuff' is leaving we could experience a period of mixed emotions either during or after the retreat. This is likely to pass quickly and can be assisted by IYS therapy.
2. At some point all spiritual aspirants encounter what is known as a 'dark night of the soul'. This is a time when we feel pretty wretched and is usually a turning point in our spiritual evolution. This is profoundly healing but also very uncomfortable to experience.
3. If I am suffering from depression, severe stress or very difficult life issues, or any psychiatric or psychological condition (particularly if I am receiving medical treatment),
 - a. there is a small risk that the condition might be aggravated by my participation in the retreat. To participate in the opportunity that the retreat provides, I accept this risk.
 - b. I accept full responsibility for informing a staff member upon registration, and also my group leader as soon as possible after the first group session, if I have any of the issues listed above so that I can be properly supported during the retreat.
4. I agree to contact my group leader, Shanti Mission teachers or IYS therapists as well as my usual medical treatment provider for assistance should I require it during or after the retreat, especially if my emotions are causing me distress.
5. Factors that the retreat organisers may need to know about my mental health are:
(Please insert details of any mental health issues past or present or write N/A if not applicable. This information will be kept confidentially and used only by those who need to be informed for the sake of providing support).

I have read the information above and I am willing to accept responsibility for my own mental and physical health. Y/N

I am of sound mind and am not experiencing symptoms of severe mental illness at this time. Y/N

I have a history of psychosis. Y/N

I understand that there are risks of emotional upset and slight risk of mental decompensation from being in a high-energy spiritual environment and I am prepared to accept those risks.

Date

Name (print).....

Signed

V: 25 Feb 2021

