

# SRCM Denmark

Shri Ram Chandra Mission

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## **Spiritual Internship at the Vrads Sande Ashram in Denmark**

### ***What is the Vrads Sande Ashram Internship?***

The Vrads Sande Ashram Internship is a program for abhyasis who would like to live at the Vrads Sande Ashram for a defined period of time, be a part of the community, and get a feel for ashram life and organization.

The internship is for abhyasis who are able to dedicate some 1-3 months to staying at the Vrads Sande Ashram and would like to devote that period of time to both spiritual evolution and active participation in the work and other ashram activities.

There is no fixed fee for the program, but interns are urged to contribute toward the cost for food, heating and electricity.

### ***What are Your Benefits From Being an Intern at the Vrads Sande Ashram?***

Being at an ashram is a unique experience of being in a special atmosphere conducive to change and spiritual evolution. At the ashram, you will have a designated preceptor and will be able to participate in satsanghs. There will also be a study and training program on the Sahaj Marg philosophy and way of life.

The internship is also an experience of brotherhood, of meeting new people, and of working together with sisters and brothers. In that sense, an internship is a way to learn how to integrate Sahaj Marg into your life.

What is more, an internship will provide an understanding of living in and managing an ashram. In other words, the intern will get a feel for the special lifestyle in an ashram and for the way activities and seminars are organized there.

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## ***How is Daily Life at the Ashram?***

The internship will be a balance of three components: spiritual immersion, practical work, and brotherhood.

### **Spiritual Immersion**

As explained, you will have a preceptor assigned, you will be able to go to satsanghs, and being at the ashram will enable you to dedicate yourself to spiritual evolution.

In addition, participating in study groups and using the Ashram library is a part of the spiritual program.

### **Practical Work**

Together with coordinators at the ashram, you will identify the tasks that are appropriate for you, which may be a variety of duties or a more dedicated project. Some of the work areas at the Ashram are:

- The kitchen
- The reception
- Gardening
- Building maintenance
- Organizing and preparing seminars

### **Brotherhood**

The ashram is very much a place for people to come together in a spiritual setting. This is true for those who live at the ashram, but also for abhyasis who live in the neighborhood or further away from the ashram, who come to Vrads Sande, not least during during weekends, to participate in satsanghs and in the many seminars on the Ashram calendar.

## ***How to Proceed?***

If you are interested in the program please contact the Vrads Sande Ashram Caretaker Karin Schurian at [vrads@srcm.org](mailto:vrads@srcm.org). Prior to an internship, we will be communicating with you about the following issues:

- What motivates you to come and live for a period of time at the Vrads Sande Ashram?
- How many years have you been practising Sahaj Marg?
- What, if any, are your experiences in doing volunteer work?
- What is your current situation in life (e.g. are you in a transition between jobs)?

Internship applications will be dealt with in communication with your preceptor and center-in-charge.

We are looking very much forward to hearing from you and welcoming you at the Vrads Sande Ashram.

With love,

The Ashram Management Committe and the people of the Vrads Sande Ashram