



GURURAJ GURUVAR DAY



THURSDAY, 17TH MAY 2018 @ FISU HQ - JOINING INSTRUCTIONS

On this day we pay homage to Gururaj Ananda Yogi who passed away 30 years ago at 09.41.

This Gururaj Guruvar Day celebration (Guruvar means day of the Guru and is typically Thursday) begins the evening prior. We ask that you fast from 1900 and break this fast with a light vegetarian/vegan meal at roughly the same time on the 17th. This is regardless of you attending one of the chants and meditations here at HQ, you can do this at home or work.

Here at FISU HQ (Chingford) there will be continual chants and gong meditations beginning on each hour but the first one of the day will start at 09.30 to incorporate the time that Gururaj passed away 30 years ago.

Chant & Gong Meditation Timetable:

0930, 1100, 1200, 1300, 1400, 1500, 1600, 1700, 1800

Please arrive 10 minutes beforehand as each start punctually on the hour.

You can attend one of the meditations, a few or all, the choice is yours - but do try to join us on this important and powerful, spiritual day. There is usually a 10 minutes break between each session to drink some water and use the bathroom.

Please bring slippers or thicker socks as the house does not allow shoes or trainers inside. Remember, this is England and the weather can offer us four seasons in one day!

Afterwards, there will be a light but delicious vegetarian/vegan meal breaking the fast for those that wish to stay.

Notes on Fasting: Do not eat after 1930 the evening before. If you feel empty, drink water. Fasting is very purifying, and when combined with meditation is a very profound experience. There will be plenty of bottled water here for you to enjoy between meditations. If you feel hungry, drink plenty of water as this helps greatly.

We are abstaining from food in homage to Gururaj who brought us these very special teachings and spiritual practices.

NO NEED TO BOOK - JUST TURN UP OR JOIN US FROM YOUR LOCATION

LOCATION: FISU HQ, 58 Marlborough Road, Chingford, London E4 9AL

ENQUIRIES: What's App for the Day is: +44 (0)7793 562103