

# Application for the Mindful Living program at Mangalam Center

Thank you for your interest in the Mindful Living program at the Mangalam Center. This program is for individuals who want to develop a mindfulness or meditation practice and see what it is like to live in an intentional Buddhist community that focuses on integrating work and spiritual life.

You do not need to be a Buddhist to join the program. All we ask is that you be open and respectful of what we practice here and be willing to challenge your own limits, self image and beliefs. We offer both secular and Buddhist classes and practices, and we are committed to bring spiritual practice into daily life.

Our goal is to provide space, resources, and educational opportunities informed by the Tibetan Nyingma tradition, to help enrich your personal path.

## Application Process

These questions are for us to learn about who you are. Some questions are practical and some personal. Be honest and creative - take time to reflect where appropriate. We just want to get to know you, and to see whether this program would be a good fit.

Applications are initially screened by the Review Committee. This is followed by phone or Skype interviews, or an in-person interview for those located nearby. The process concludes with reference checks and a background check.

Because you will be living with others in an interactive community, we ask for more personal information than you would find in a job application.

## Things to Keep in Mind:

- This is an immersive program. Work, study, and practice combined will take much of your time. We will ask you not to make other commitments while you are in the program.
- You will receive room and board (including meals), and we will reimburse some living expenses. This likely means that you will need savings in hand before you start the program, and also enough to cover travel costs to and from Berkeley.

## **Application Instructions**

1. If you are filling out the PDF version of this application, please download it to your computer and fill it out with Adobe reader or acrobat. Do NOT use the PDF viewer on a Chromebook or in the Chrome browser – it will not save your answers!
2. Please fill out the application completely. You may send us a formal resume or CV if you wish, but it is not a substitute for a complete application.
3. When you are finished, save the form, giving the file a name that starts with your last name and includes the date. Return it as an email attachment to [adrian@mangalamcenter.com](mailto:adrian@mangalamcenter.com).
4. As a separate attachment, please include a full-face photo of yourself that you feel will give us a sense of who you are. It does not need to be a formal portrait; a casual picture with family and friends or by yourself is fine. JPEG or PNG files are preferred.
5. If you are accepted into the program, you will be asked to provide your Social Security number and a copy of your driver's license, passport or other suitable picture ID on arrival.

We recommend submitting your complete application as soon as you can. Our review process can take 4 weeks.

The program begins **May 1<sup>st</sup>**, making the final submission date **April 1<sup>st</sup>**.

Your first month in the program is a trial period. We reserve the right to ask you to leave at any time and for any reason.

In urgent cases, we reserve the right to ask you to leave within 72 hours. This is rare, but it is important that you have a clearly defined exit plan in case things do not work out.

We maintain a set of straightforward rules for living in the community, called the Code of Conduct, which we will send you after you are accepted.

{application begins on next page}

**PERSONAL DATA**

Full Name:

Name you like to be called:

Preferred Pronoun:

Address:

Home or Cell Phone:

Email address:

Date of Birth:

Marital Status:

Place of Birth:

Do you have any children or dependents living with you or under your care? If so, please list ages / care arrangement:

Current Housing Arrangement:

**Emergency Contact:**

Name:

Phone:

Address:

Relationship to you:

Do you own a car that you plan to bring with you?

How did you learn about the program?

## EDUCATION AND EMPLOYMENT HISTORY

### Education history:

List institutions, dates attended, degrees, and field of study; or include a resume or CV and indicate "Please see attached resume" in the space below.

### Employment History:

List all employers, dates employed, position(s) held in the last 10 years; or include a resume or CV and indicate "Please see attached resume" in the space below. In either case, please include your reasons for leaving the position.



**Section B - PERSONAL INTEREST**

6) Why would you like to be in this program?

7) How do your individual goals and interests fit with what you know about our community?

8) Please describe why you've decided, at this stage in your life, to embark on this commitment.

9) Have you lived in a community setting before? If so, please describe. If not, what about it is appealing to you?

10) Please describe two of your personal strengths and two challenging areas that you face.

12) What is the single most important way you would like to challenge yourself while you are in the program? What are you most excited about in being a part of this program?

14) What concerns you about joining the program? If you are moving from far away to join the program, what will you miss about where you are now?

16) Please write a brief comment on the photo you have submitted. Why did you choose the photo? What do you think it tells us about you that would be good for us to know?

17) Optional: If you wish, you may submit one or two expressive samples (poems, essays, stories, images etc.) or share links or images of creative work. Please describe them here and attach them separately.

## Section C - PRACTICAL

18) Do you have the moral support of your family and/or friends for this commitment? Have you discussed this program with them?

19) Do you have sufficient savings or other funds to meet your expenses (including student loan payments, if applicable) throughout the duration of the program and for travel after the program's completion? Please explain.

20) What is your exit strategy, if you arrive and then discover it is not a good fit? Is there anything that would make it difficult for you to leave?

21) Will you have any other obligations during the time that you are participating? Examples: work, family visits, financial commitments, studies, medical treatments or spiritual practices. Please describe.



## Section D - WORK ASSIGNMENT

22) What kinds of work do you especially like to do? Do you have special skills or training that could help our projects? Please describe. (Here are a few examples: office skills, maintenance, graphic design, videography, cooking for large groups, event planning, school administration, research, grant applications, promotion, web skills, art, bookkeeping.)

23) What other activities do you find fulfilling? This could include hobbies, sports, etc.

24) Describe a management style that you have worked well with.

## Section E - HEALTH AND PERSONAL HISTORY

25) Do you have health insurance? If so, until when?

26) Do you have any dietary restrictions? Please specify. We are not always able to accommodate special dietary needs, so if you have multiple or unusual food allergies or restrictions, you may need to purchase some of your own food. Please note that we only serve vegetarian food and do not allow preparation of meat on our premises.

27) Do you have any environmental sensitivities or allergies? Do you have any conditions that would prevent you from climbing stairs, standing on your feet for long periods of time, or lifting up to 50 lbs? Please describe.

28) Have you ever been diagnosed with any mental/emotional health conditions, been prescribed medication for any mental/emotional conditions, or spent time in an institutional setting? Please describe, including dates, reason, etc.

29) Have you ever had difficulty with abuse of or addiction to nicotine, alcohol, prescription drugs, recreational drugs, or over-the-counter medications? Please describe.

## Section F – BEHAVIORAL QUESTIONS

- 30) How do you know when you are stressed?
- 31) If someone told you that you made an error, describe how you would react. If someone you are working with made an error, describe how you would react.
- 32) Give an example of a time when you set a goal for yourself and how you went about accomplishing it.
- 33) How do you go about starting something you have never done before? What feelings come up? What actions do you take?

## Section G - INTERNATIONAL APPLICANTS

34) If you are from a foreign country, are you currently within the United States? If so, what is your legal status in the U.S? If you have a visa, what type is it, and when does it expire?

**Section H - REFERENCES**

Please list name and contact info, including email, for four (4) references. Include at least two (2) employment/ professional references and one reference from a family member or friend who has known you for 10 years or more. Volunteer-related and school references are fine.

1. Name  
Phone  
Address  
Email  
Nature of relationship, and for how long:
  
2. Name  
Phone  
Address  
Email  
Nature of relationship, and for how long:
  
3. Name  
Phone  
Address  
Email  
Nature of relationship, and for how long:
  
4. Name  
Phone  
Address  
Email  
Nature of relationship, and for how long:

**Please check that you agree with each of the following:**

\_\_\_ I understand that I am applying for a program that includes participation in a 5-day work week and required practice sessions.

I agree to be responsible for obtaining or continuing health insurance and maintaining it in good standing while I am enrolled in the program, and will provide proof of insurance within 30 days of starting the program.

I will be flexible about my work-practice placement, which may change depending on the needs of the community.

I will use my best efforts to live in harmony with other members of the community, to support their spiritual practice, and to practice mindfulness and compassion.

I will assume full responsibility for my own safety and assume the risk of any activity in which I agree to participate.

I understand that the work I am asked to do will vary, that I may be asked to work for different organizations and on varying schedules, and that I will be asked to participate in routine activities such as clean-up, cooking, and maintenance.

(If you plan to bring a car) I have liability and accident insurance for my car, and will provide proof of insurance on my arrival. I agree to keep my insurance current for as long as I have the car.

I agree to abide by the code of conduct of the community, and understand that I can be dismissed from the program in accordance with its terms

I have answered everything truthfully.

Name: \_\_\_\_\_ Date: \_\_\_\_\_