

Spiritual Name Request Form

Mail request to:
Spiritual Name Requests
1A Ram Das Guru Place, Espanola, NM 87532

Date of Request: _____

Name: _____

Address: _____

City: _____ State: _____ Zip: _____ Country: _____

E-mail: _____

Phone number: _____

Who is your yoga teacher? _____

Gender: Male _____ Female _____

Date of Birth: Month _____ Day _____ Year _____

Helpful Information when writing to 3HO:

- For all correspondence print your name and address very clearly on the top of your letter.
- Please remember that if you are from a country outside the USA, your style of handwriting may be difficult to read. A typed letter is helpful in processing your communication.
- If you are writing in a language other than English, please see if you can find someone in your area to help you translate. This will help you to receive a more timely response.
- In Yogic Tradition, the practice of bringing an offering to the teacher is well understood as a sign of reverence, respect, and gratitude. It is called "Gurudakshina." The roots of this custom date back to ancient times. In our Western culture, we often overlook, or are simply not aware of the spiritual significance of this offering. By observing this beautiful custom we open ourselves to receive through giving, and the blessings of our actions return to us tenfold.
- If you would like to make an offering in the form of a check or money order with your letter or request, you are asked to make your check out to 3HO Offerings.