businessmanager.innerfire@gmail.com

**Application for Three Day Visit**

*\*To Be Completed by Applicant - If applicant is unable to complete this application,*

*s/he may not be eligible for our program.*

*\*3 Day Visits are held on Wednesday, Thursday and Friday on a prearranged date. The autobiography, two biographies, non-refundable $1700 tuition and the 3 day visit application needs to be received 5 days before the intended visit.*

*\*Please Note: for the 3 Day Visit “what to bring is minimal.” This list is essentially for individuals joining the year long program. For the 3 day visit please bring seasonal items and always indoor slippers/shoes. Only upon acceptance to the program does an individual sleep on premise. The West River Lodge and Four Columns Inn are about 10 minutes from Inner Fire as well as several B & B’s.*

*\*If coming from a different time zone please arrive at least 24 hours prior to your visit in order to be rested. Please arrive by 6:45 each morning and arrange for your pick-up at 8pm. If your intention is to start the following Monday, please make sure the General Application is completed a week before your ideal start date.*

**Applicant Name**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date of Birth** \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

▢ Female ▢ Male ▢\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Marital Status \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ SSN \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Home Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Cell Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Applicant’s Primary Relationships**

Mother / Guardian \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Emergency Contact? Y ☐ N ☐

Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State & Zip \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Home Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Cell \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Occupation \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Father / Guardian \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Emergency Contact? Y ☐ N ☐

Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State & Zip \_\_\_\_\_\_\_\_\_\_\_\_ Country \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Home Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Cell \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Occupation \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If you have a legal Guardian or Power of Attorney for Medical or Financial Purposes, please provide documents indicating this for our records in addition to their contact info below.

**Legal Guardian / Power of Attorney Name** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State & Zip \_\_\_\_\_\_\_\_\_\_\_\_\_

Home Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Cell Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Emergency Contact? Y ☐ N ☐

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⃞ I authorize Inner Fire and its representatives to contact any of the above on my behalf in case of an emergency.

**Applicant Signature** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Who is financially responsible for your stay at Inner Fire?** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Health Insurance** \*Please provide a copy of your health insurance card

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **City** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State & Zip \_\_\_\_\_\_\_\_\_\_\_\_\_ **Country** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Policy # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Group # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Policy Holder Name** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Policy Holder DoB \_\_\_\_\_\_/\_\_\_\_\_\_/\_\_\_\_\_\_\_

**How did you hear about Inner Fire?**

**Nutritional Assessment**

**List any Food Allergies:**

|  |  |  |
| --- | --- | --- |
| **Food** | **Reaction** | **Intensity** |
|  |  |  |
|  |  |  |
|  |  |  |

**List any Food Intolerances/Sensitivities:**

|  |  |  |
| --- | --- | --- |
| **Food** | **Reaction** | **Intensity** |
|  |  |  |
|  |  |  |
|  |  |  |

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Describe your current diet, providing examples of foods you eat daily and weekly.

What foods do you enjoy most?

What foods do you dislike?

What percentage of your food do you cook at home?

☐ More than 50% ☐ Less than 50%

Which statement best describes your comfort level with cooking?

☐ “I don’t cook.”

☐ ‘I can follow the instructions on the package.”

☐ “I’ve tried cooking, but nothing comes out right.”

☐ “I can follow a basic recipe.”

☐ “I don’t need a recipe, I can make a meal with whatever I have in the kitchen.”

☐ Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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What do you think will be the biggest **challenge** for you around planning, preparing, and consuming food at Inner Fire?

Describe any further dietary restrictions or medically prescribed diets to which you adhere.

Have you ever struggled with disordered eating (restricting, binging, purging, etc.)? If so, please describe your experience and where you are now in relation to this struggle.

Anything else you’d like to share or personal goals you may have about diet, nutrition, food, or planning, preparing, and consuming meals?

**What to Bring**

The seasons here in Vermont bring different needs, and most suggestions are perhaps obvious. As the Norwegians declare: “There is never bad weather, just inadequate clothing”. Please take the need for appropriate clothing seriously. The Inner Fire program is all about balancing and nourishing the Soul. Because of this, we take seriously the color of the clothing worn while here and encourage people to leave behind the blacks and try living with colors which do feed your own soul as well as the souls of those who see you. It is valuable to realize and experience the effects of color. Please also leave clothing with logos at home.

Work clothes will be worn more than any dress clothes. Please limit articles of clothing to two weeks’ worth as storage space is limited. Clothes are typically washed once a week on weekends.

**For Autumn and Winter**

☐ Long johns - 2-3 sets

☐ Microspikes\* - 1 set

☐ Mittens - 1 or 2 pair

☐ Scarf - 1

☐ Snow boots - 1 pair

☐ Snowshoes\* - 1 set

☐ Warm clothes - 1 weeks worth

☐ Warm hat - 2 each

☐ Warm work gloves - 2 pair

**For Spring and Summer**

☐ Crocs - 1 pair

☐ Light clothing to layer

☐ Rain boots - 1 pair

☐ Rain hat - 1

☐ Rain jacket - 1

☐ Sandals - 1 pair

☐ Sun hat - 1

☐ Sunscreen - 1 tube

☐ Swimsuit - 1 set

☐ Umbrella - 1

☐ Water shoes - 1 pair

☐ Work gloves - 2 pair

**Additionally, please bring the following:**

☐ Alarm clock (without radio) - 1 each

☐ Up-to-Date photo of yourself that

includes Name and Birthday

☐ Any transportable instrument you have

and can play

☐ \*\*Bed linens for twin size bed (pillows, pillow cases, sheets, blankets, comforter) 2 sets

☐ Books, songs and poems to share

☐ Enough wool yarn for knitting a scarf

☐ Flashlight - 1 each

☐ Head lamp - 1 each

☐ Hot water bottle for liver compresses

☐ Journal

☐ Laundry basket - 1 each

☐ Laundry detergent, biodegradable

☐ Night light (if needed)

☐ Personal toiletries (natural–no fragrance)

☐ The book, *Why on Earth* by Signe

Schaeffer

☐ Tick remover / key - 2 each

☐ Towels and washcloths - 2 sets

☐ Art materials (Crayons, pencils, & paper)

\*As winter sets in, these are essential and enable us to get into the snowy woods which are so silent, beautiful and interlaced with wildlife tracks.

\*\* If a Seeker is unable to provide their bed linens, Inner Fire will provide these until such time a Seeker is able to acquire their own.

\*\*\*LABEL all items with your name. We do have a Lost & Found to retrieve missing items.

***What NOT to bring****: Please leave behind all cigarettes, smoking paraphernalia, alcohol, caffeine and stimulants, weapons, and electronic devices including phones when you visit Inner Fire.*

**I understand what to bring and what to leave behind, and will bring the needed items with me to Inner Fire.**

Applicant Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_