



Welcome to Surtung!

We are so thrilled to be able to open the doors to this amazing place on Earth, called Surtung (the place between two stream channels). The essence of this place is about healing and practicing an empathic relationship between all living beings, humans included. To be able to receive visitors like this is relatively new to us, and we are now trying to form a basic policy that will help us care for the place itself and everyone who lives here.

At Surtung the human beings do not have the priority of interpretation, like we are often used to. Therefore it is of major importance that we listen before we act. And that we let all stories fully evolve, before we jump to any conclusions. This place belongs to no-one, we are merely the caretakers. Yet it is a home for so many. And as we enter somebody else's home, we do it with great respect. Both for the living, and for the ones who were here before us. That way we help creating the way forward, into a future based on a more compassionate state.

In the surroundings: we don't harvest, pick or bring anything back home with us, without asking. We try to not take anything or anyone for granted. We relate to all other living beings as self-owned, equal individuals, with immense and unmeasurable uniqueness. We thread carefully, yet with great curiosity and awe out into this world.

We will gradually develop an interactive map, where the names and stories of each place can be shared. But regardless of any story told before, never forget to listen for yourself and create your own relationship with the life around you. Perhaps we only exist in the point of meeting - if we dare to open up for the absolute vulnerability that such a meeting requires. We need to fully respect and respond to the integrity of everyone we share this living space with, for any of this to be possible - as well as being preserved into the future.

We are waiting for the mountain to show us more of the ancient walkways that still exists in the area. As Surtung is also part of Unesco's world heritage rock carving area in Tanum. This place is a living, breathing entity, and we - as recent visitors - have only just discovered some of its stories. Your contribution as a visitor, is vital for this place to thrive and expand.

The main house used to be a home for a family that has lived at Surtung for no less than nine generations. We wish for this house to remain as warm and welcoming as it has always been to us - when we first came here. The area used to be a seafront, and many water farers have passed through here. Three of the rooms are dedicated to those stories, as well as other reminders of sacred waterways, and the secrets of the deep sea. Opposite we find the botanical room and the midsummer room, celebrating the great diversity of plants. And the midnight sun of course. In the far corner we find the tiny, cosy tree hut room. Even if the trees have been converted into timber and planks, we still live inside a tree, surrounded by wood.

And we are constantly surrounded by stories. The whole house is a meeting place for all those threads that have led up to this great adventure. The story of Mio and Pyret, and all of their friends, who once started to walk across the mountain for summer grazing. And the

Hashemite horses in Jordan who gave us The way of Compassion, to help us find a peaceful way of interbeing. Welcome to a world of empathic communication, across all boundaries..

Thank you so much for listening



When we come to details we have a set of guidelines for visitors staying in the house:

- **Parking:** park on the gravel yards next to the barns, please keep the gravel road running through the farm available for passing vehicles at all times.
- **Entrances in the house:** in the basement there is an entrance, facing the road, for you when you are wet and/or muddy. Please, hang your wet clothes and shoes to dry there. If you are clean and dry you can use the main entrance on the ground floor, entering from the porch.
- **No outdoor shoes inside the house.**
- **Shared kitchen & bathroom** - You share the kitchen and bathroom with the other people living in the house. Clean after yourself and try to keep your stuff together. Wipe all surfaces (counters and tables) when you are done in the kitchen.
- **Clean the room when you leave.** Vacuum clean the room (under the bed!) and mop the floor. Wipe all the surfaces. Fold the blanket and make the room look wonderful for the next guest.
- **Trash - recycle:** All paper, plastic, glass and metal containers are to be cleaned and recycled. The closest recycle station is at the gas station Q-star, opposite the church in Tanumshede. Household waste is to be put in the trashcan in the kitchen (under the sink). Empty the trashcan when full, you put the bag of household waste in the green plastic container with a lid placed on the side of the big barn.
- **Cleaning the shared spaces:** kitchen, bathrooms, stairs, living room, entrances (both in the basement, and on the ground floor) and hallway are to be cleaned by everyone living in the house on **Fridays** and **Tuesdays:**
 - All cleaning devices are in the room where the washing machine is located, behind the kitchen. Please, return all the things there when you are done.
 - Vacuum clean all the floors, under the chairs, tables etc and also the entrances and the bathrooms.
 - Mop the floors. Change water in the bucket several times during the mopping
 - Wipe all surfaces, such as tables, counters, the fridge shelves etc.
 - Clean the bathrooms: clean the toilets, wipe the sinks and all surfaces.
 - Empty the trash in the kitchen and both bathrooms. The trash container for household waste is located on the side of the big barn.
- **Wifi** - use the network FriendsOfMio and the password: **BlessMyTail**
- **Water** - we have our own well, please be careful with the amount of water you use when staying here.
- **Sewers** - do not flush anything but urine, feces and toilet paper in the toilets. Please throw away everything else in the trash cans in the bathrooms.

If something breaks or is running low in stock, please send an e-mail to info@friendsofmio.com

Wishing you a wonderful stay at Surtung!



The rooms on the top floor

