

## **Call Of Time: Anubhavimoort-Dharnamoort Bhav**

24<sup>th</sup> Annual SpARC Meeting & Experiential Retreat  
(05<sup>th</sup> – 09<sup>th</sup> January, 2019)

**PROJECT TITLE:** Practical Approach to Experience Stages of Rajyoga  
**AIM:** To Develop practical approach to Experience various Stages of Rajyoga  
**OBJECTIVE:** To practice various stages of Rajyoga in day to day activity to achieve & fulfill Brahmin Life using DOEE (Detach-Observe-Evaluate – Evolve) Cycle  
**METHODOLOGY:** Practicing 8 different stages of Rajyoga in Step by Step process by using various tools like:

**1<sup>st</sup> Week: (Target: Practice Sakshi Drashta meditation 16 times in the week + carry out small experiments 2~3 per day.)**

1. Read BAAPDADA'S Version (Sakar and Avyakt Vani), in particular Avykt Sandesh of sl # 8 in 18<sup>th</sup> Jan 1969 series. This Avykt Sandesh of Brahma Baba's experience of leaving the body to be taken as reference for the 6 weeks Sakshidrashta Practice.
2. Listen to the meditation commentary on Sakshidrashta for a couple of times to get an idea on how to progressively expand the experience. Practice this as is for 1 week.
3. Take us small assignments of Sakshi Bhav during the week as follows
  - ✓ While eating, just focus on the taste of the food and slow down your pace of eating. As an observer just experience the taste.
  - ✓ When you are feeling sleepy, sit back for a moment and observe how it feels to be slippy.
  - ✓ While walking, be conscious who is walking; imagine that you are seeing yourself from a distance, walking. Try to notice the imperfections in your walking style and correct the same.
  - ✓ While taking bath be aware of the body as the temple and the self as the deity. Be aware of the coolness while bathing.
  - ✓ Take up a cup of beverage of your choice and as you cherish the sip, just observe the feelings. Take the beverage over a period of about 15~20 minutes.
  - ✓ Do I consciously learn at each step.(self-check with example)
  - ✓ Do I select seva based on purpose/necessity or based on likes/dislikes?(self-check with examples)

**2<sup>nd</sup> Week: (Target: Bring in 1 major change in your daily routine)**

1. **Use the Sakshidrashta meditation of 1<sup>st</sup> week to correct your daily routine (dincharya).** Steps of doing this are as follows
  - ✓ Observe your daily routine and identify what all would not be liked by BapDada or yourself.
  - ✓ List down the benefits if this change is made. Get yourself convinced if this change is important.
  - ✓ Answer yourself honestly, why this I did not change this till now?
  - ✓ Do I really wish to change? At any cost? Even if the change process is very painful for the time being?
  - ✓ Do I know how to proceed with the change? If yes, go ahead with the implementation; if no, seek help of C-in-C or some expert.
  - ✓ Identify the key changes that needs to be made to implement. Prepare action plan and adhere to the same.

**3<sup>rd</sup> Week: (Target: Work out one habit related to food, hygiene, sleep, etc. that would be beneficial for you)**

2. Use sakshidrashta to bring in one change in food habits or personal hygiene habits, sleep etc.

- ✓ Is there any sanskar/habit of mine that makes me feel bad?
- ✓ Am I ready to confront it which may have a very painful time but guarantees change.
- ✓ Is there any sad or terror instance which haunts me, that I need to work upon?
- ✓ Do I fear uncertainty or future what is going to happen?
- ✓ Are my actions aligned to my priorities? What is the pace of action?
- ✓ Do I get driven by likes and dislikes or by purpose?

**4<sup>th</sup> Week : (Target: Improving my relations with people)**

- ✓ What are the top 2~3 reasons which I know for which others become disappointed (naraz) with me usually.
- ✓ Visualize how would I feel if others reciprocate the same behavior to me.
- ✓ Am I critical with others weaknesses or mistakes? Talk to yourself basis real instances whether it was really required to be critical. Could it be resolved by other means?
- ✓ Do I appreciate others genuinely and adequately? If I am reserved in this, ask yourself why do I do so? What is the thought process then? Am I ready to change on this appreciation habit?

**5<sup>th</sup> Week : (Target: Use the sakshi drashta stage to overcome setbacks in office)**

Workplace positive improvement

- ✓ Prepare your own parameters for defining a person committed at his work.
- ✓ Using the same parameters, check if I am committed at my work?
- ✓ Do I add value at my work?
- ✓ Do I have any grievance (shikayat/ulhena) at my workplace towards my dept., the organization or towards my boss or specific colleagues?
- ✓ Whom do I hold accountable for this miserable situation?
- ✓ Do I have the feeling that I am getting less than what I deserve?

**6<sup>th</sup> Week : (Target: Working out to identify body consciousness and confronting this sanskar)**

Self-check related to *deh abhimaan*

- ✓ Am I good in receiving critical feedbacks? Answer this basis the following
- ✓ The extend of uneasiness while receiving a feedback.
- ✓ Extend of my change of behavior immediately towards the person who provided this critical feedback.
- ✓ Do I review and implement the feedback if it comes from a person whom I do not like?
- ✓ Do I have a feeling of gratitude towards the feedback-giver after implementing the feedback.
- ✓ So I have certain words /mannerisms in my vocabulary which needs to be replaced to be in-line with BapDada's expectation? Do I have such believes that '*iske bina chalta nahi hai*'.
- ✓ What is my level of openness to experience novel things?

### **Other General Tips:**

By listening relevant Songs, reading related Murlis and listening to classes by seniors on similar topics.

**TimeLine: 18 Jan 2019 – 18 Jan 2020** (Duration to practice each Stage for 6 Weeks/45 Days)

<b>Sr. No.</b>	<b>Stages</b>	<b>Starting Date</b>	<b>Ending Date</b>
1)	Sakshi Drasta (Detach Observer) Stage	18 January	28 February
2)	Faristha (Angelic) Stage	1 March	15 April
3)	Beej Roop (Seed) Stage	16 April	30 May
4)	Smurti Swaroop	1 June	15 July
5)	Loveleen Stage	16 July	31 August
6)	Echha Matram Avidya Stage	1 September	15 October
7)	Shiv+Shakti Combined Stage	16 October	31 November
8)	Karmateet Stage	1 December	18 January

**Note: Weekly once an audio would be sent with guidelines on how to practice the items for the week.**

**Guide: Bk Alka Didi, Kalyan, Mumbai** (Maharashtra Zone Coordinator)

**Mobile: 9850091261**

**Coordinators:**

**1) Bk Mukul Bhai, Pune** (Core Group Member)

**Mobile: 7875440241**

**2) Bk Rakesh Bhai, Pune** (Core Group Member)

**Mobile: 9823547921**

**WhatsApp No: 9823547921 Email ID: [rajyogastages@gmail.com](mailto:rajyogastages@gmail.com)**

## Progress Tracking Chart

<b>Week Number</b>	<b>How many times did you meditate or experiment with Sakshi Drashta Practice in this week</b>	<b>Personal Experience</b>	<b>Self –Change (specify)</b>	<b>Your personal satisfaction level on a 10 point scale (10 is extremely Happy)</b>
1				
2				
3				
4				
5				
6				

**Note: For personal Experience and Self Change, which requires more space to write, it could be documented in a separate page.**