

## CALL OF TIME: ANUBHAVIMOORT-DHARNAMOORT BHAV

समय की पुकार: अनुभवीमूर्त-धारणामूर्त भव

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

### Project 2 : Exploring & Experiencing the Power of Dharnas

1.	<b>Title of the project</b>	Exploring & Experiencing the Power of Dharnas		
2.	<b>Project Guide</b>	Rajayogini B.K. Ambika Behn Ji		
3.	<b>Project Co-ordinator 1</b>	B.K. Chaya Bangalore	Phone: 8762894718(Calling/Whatsapp) 8982781548(BK Kunal)	
	<b>Project Co-ordinator 2</b>	B.K. Sanjay Gyan Sarovar	Phone : 9950616499(Calling/Whatsapp)	
4.	<b>Project Email</b>	bksparcprojectbangalore@gmail.com		
5.	<b>Inspiration for the Project</b>	Sakar Mamma, Baba & Didi's life of Dharna or Inculcation		
6.	<b>Aim for the Project</b>	<ul style="list-style-type: none"> <li>• Know the Importance of Dharna....</li> <li>• To Make Dharna our Natural Nature....</li> <li>• To recognize the variety types of Dharna...</li> <li>• To make Dharna not only to be a discipline, but it shall be the medium for realization....</li> <li>• To decorate ourselves by with the ornaments of Dharna....</li> </ul>		
7.	<b>Timelines</b>	From Feb 2019 to Jan 2020.- Realisation of each Dharna every 30 days		
8.	<b>Medium</b>	<ul style="list-style-type: none"> <li>• Classes by Dadi's and senior brothers and sisters</li> <li>• Audio and video messages</li> <li>• Self checking questionnaires (Before start and end)</li> <li>• Daily chart/inspirations and related Murlis's etc.</li> <li>• Essential and useful literatures (Books)</li> <li>• Various self esteems (Swamaan)</li> <li>• Letter correspondence</li> <li>• Question and answers and various other tools like Quiz etc.....</li> <li>• Take inputs from other sparkler participants- What I have achieved, to give back in return</li> </ul>		
9.	<b>Methodology</b>	<ul style="list-style-type: none"> <li>• Study, churning, creative activities, and experiences with Yog. (for self transformation and transforming the atmosphere), self check chart etc</li> </ul>		
10.	<b>Contact medium</b>	Contact shall be established amongst the group via e-mail, google drive, WhatsApp. You will receive communications and updates through these mediums		
11.	<b>30 day efforts : Suggested topics</b>	1. Gyan	2. Yog	3. Daily routine
		4. Swaman	5. Faith	6. Experiments
		7. Purity	8. Actions	9. Speech
		10. Dharna-moort		