

Call Of Time: Anubhavimoort-Dharnamoort Bhav

24th Annual SpARC Meeting & Experiential Retreat

(05th- 09th January, 2019)

Project-4: “Back to Basics”

1.	Project Title	Back to Basics – Environment through Attitude	
2.	Project Coordinator	BK Abiram bhai – Gyan Sarovar	Phone : 9413001712
3.	Project Assistance	BK Sanjay bhai – Gyan Sarovar	Phone : 9950616499
4.	Project E-mail	back2basics.2019@gmail.com	
5.	Inspiration	Baba’s Versions: when all sit in yoga with one thought at the same time, the effect on the environment is very great and intense. This is the service of the final time.	
6.	Aim of the Project	<p>The situation in the world and the society is getting worse with each passing day. Man is not safe anywhere, not even in his own home. The force of vices and disorderly deeds is increasing day after day. There is steep rise in problems and friction in the daily routine of people’s lives. Lack of peace of mind and tension has become the order of the day. The whole environment is replete with pain, restlessness and despair. People are restless even without any obvious reason. Mentally, people have become so weak that they find it difficult to even grasp and understand the knowledge presented to them.</p> <p>In such a situation, it becomes imperative that Baba’s children increase their Yoga-power and Soul-Power and make others experience genuine peace of mind. Let us all hold on to God’s Power and the Power of His knowledge and make everyone experience them through our inner strength.</p> <p>But for this to happen we need to have force of Tap (penance). Our achievement in knowledge and service is ample but the power of penance i.e. Yoga-power seems to be wanting. This is the reason why we are not able to serve others through our State or stage which Baba always wanted us to have.</p> <p>The project is taken up with this sole aim. We have done service through Speech and Action till now and have reaped rich results. The aim of this project is that we serve ourselves and make our stage strong and get great results.</p>	
7.	Duration	12 months – February 2019 to January 2020 Yoga for a minimum of 45 minutes every Sunday between 6.00 to 8.00 pm.	
8.	Tools and Process	<ul style="list-style-type: none">• Yoga with the help of Various Vision• Sakash of Various types• Attention to at least one subtle or Gross Dharanas (Code of conduct)	
9.	Tapasya Venue	<ul style="list-style-type: none">• It is preferable that Yoga sessions are held at center in Group.• If it is not possible to go to the Center – one can do Yoga at his own place• If you are on tour – please meditate during the fixed period	
10.	सम्पर्क योजना	E-mail, Google Drive or WhatsApp	