



Kula Collective

Dharma Project

Thanks for your interest in sharing with us the ways in which you're living out your Dharma! At Kula Collective, it is an integral part of our mission and vision to empower people such as yourself to discover and explore your passions. The purpose of this Dharma Project is to allow us to better understand how you're living out your dreams, and what challenges you face along the way. We hope that by using this template you'll be able to focus your plans, discovering outlets for your passions and setting attainable and measurable goals to track your success. The best part about having clear goals are the celebrations we get to have together when we meet them!

Please take your time to fill out this template - perhaps over the period of a few days or even weeks. Your template will be reviewed by our board and you will receive feedback. If you are interested in receiving a Dharma Grant to attend one of our offerings you will be informed of the amount we are able to offer you, based on the scope and depth of your project proposal.

In order to be eligible for this scholarship we expect you to implement and document a six month project in your community that resonates with Kula Collective's vision and mission, as well as your own unique Dharma. Submitting an application for a scholarship does not guarantee that you will receive one. Please check the Dharma Grant webpage on the Kula Collective website for updated guidelines.

**If you are interested in joining one of our offerings
we'd love to consider you for a Dharma Grant.**

1. Please fill out this template by typing into this editable PDF (make sure to save the PDF) and e-mail it to kylie@thekulacollective.com. E-mail any drawings and additional materials to support your application.
2. Your plan will be reviewed by our Fractal Expansion Committee and you will receive feedback and a notice of how much discount we are able to offer you to attend the offering of your choice.

Name: _____ **E-mail:** _____

Address: _____

Have you ever attended a Kula Collective training and/or retreat? **YES** **NO**

If yes, please write which ones you attended? _____

Yoga Teacher Training and/or Transformational Retreat you are interested in taking:

1. *Why are you interested in a yoga teacher training with the Kula Collective?*

2. *What is your approximate annual income?*

3. *Do you have any other financial considerations we should we take into account?*

4. *How will you cover the cost of transportation to the training's location?*

5. *Why should you receive a scholarship with the Kula Collective?*

6. *What are your intentions following the training? How will you support your community?*

Dharma Project Template:

The following template is designed to help you create this kind of project. The reason it's rather long is because we often approach challenges thinking we already know the best solution, impatient to simply get to work. This template will help you step back from any preconceived ideas you may already have, in order to deeply consider the context. As a goal, you should come up with at least 5 viable projects by the end of this application process - hopefully many you've never even considered! Then choose one from among all your options.

More ideas = Better solutions!

If you're interested in taking a deep dive, ensuring that the project you design will be of benefit to a community, [Human Centered Design \(HCD\)](#) has some great resources. It is a set of powerful tools and processes that can encourage participation and promote sustainable impact when carefully implemented. Here's some examples of how it's been applied all over the world. Although we'd love to see you incorporate ideas and tools from HCD in your project, we've created this template as a way for you to develop your own creative ideas for sharing your dharma. [Here's some more ideas](#) that Kula's been using to help our students engage in collaborative service with community leaders as a part of their teacher trainings.

Lunar Thinking:

The purpose of Lunar Thinking is to make as long a list of ideas as possible - WITHOUT JUDGEMENT! Be playful, write without stopping, spit out random ideas, move around while you think. Anything that gets you out of your standard thinking patterns. Here's a sample question: How might I go to bed happier?

As I write down everything that comes to my mind, I remember the lunar mantra: "Yes!, and..."

- Chew bubblegum
- Brush my teeth with laughing gas
- Eat pastry & ice cream
- Meditate
- Say thank you 100 times
- Kiss my dog
- Hug myself tightly for 5 minutes
- Dance
- Call my mom
- Take a run around the block
- Make a list of everything i'm grateful for during the day
- Light a candle and stare into it
- Open my windows and yell "I love you!"
- Listen to a self-love podcast as I fall asleep
- Journal about my day
- Pet my cat
- Sing a song
- Do laughter yoga
- Have an orgasm a day

Now that I've made a long list with everything that came to mind, whether silly or serious, it's time to narrow down the options and choose between them. Pick one thing from the list that seems like the "best" idea for going to bed happier.

Solar Thinking: Solar Thinking uses analytical judgements to choose the best idea from the list, or combine two or more to make a better one.

** Make sure you're only doing one kind of thinking at a time. If you stop to analyze or judge ideas during the lunar thinking process you run the risk of cutting the wind from your sails. Likewise if you continue to churn out ideas haphazardly while trying to decide which is best, you may just stay in the clouds and never get your feet on the ground.



{ The first step in creating your dharma project is to form a project vision.
This is a sentence which expresses the way you'd like your actions to affect the world. }

Your Strengths:

Use Lunar Thinking to write down or record all things in your life that are going well.

Your Challenges:

Now use Lunar Thinking to write down or record all things in your life that are challenging.

Now observe these huge lists and make some connections: Which strengths could help to overcome which challenges? Which challenges cause other challenges? Once you've understood some relationships between your strengths and challenges, choose one challenge that you'd like to resolve through your Dharma project.

Dharma Project Challenge

Write a sentence that expresses the challenge you'd like your project to address: Make sure you write it in the form of a challenge. For example: "I struggle to feel connected with people of different cultures."

Dharma Project Vision

1. Now take some time to explore what life will be like once this challenge is resolved. Be detailed, using as many different senses as possible. Translate it into art: draw a picture, write a poem, create an interpretive dance! Please include any materials you want to share when you e-mail this PDF to admin@thekulacollective.com.

2. Use Lunar Thinking to reflect on the reality your art is invoking. Then write down as many statements as you can that start with "It would be great if" ... Avoid thinking about HOW you'll solve this challenge, and focus rather on the sweet results you'll achieve once it's been resolved.

It would be great if...

3. Now that you have lots and lots of details about what life will be like once the challenge has been solved, choose from among all those details the ones that are most important to you. Combine and summarize to create a sentence in the present positive that reflects your Dharma Project Vision. Using the previous Challenge example, my vision could be something like: I feel deeply connected to everyone in my community and feel confident in my ability to make new friends.

Vision:



Dharma Project Success Criteria

Before coming up with a solution, it's important to think about what you'd like your solution to achieve. Use Lunar Thinking to come up with a bullet point list of as many answers as possible for the following 5 questions...

1. What are some desired outcomes of my Dharma Project?



2. What are some risks I'll need to keep in mind and avoid as I implement my project?

3. What am I willing/able to invest in order to make my project a success?

4. What values will my project embody? Make sure you are familiar and aligned with the Kula Collective vision and mission.

5. What are the essential outcomes of my project?

*** Take as long as you want to get many answers for each question. Now use Solar Thinking to prioritize around 5-7 of these criteria. As you create possible solutions these criteria will help to determine if a solution is viable.*

 Make sure your project is achievable within a 6 month time-frame: small slow solutions generally work the best. 

Dharma Project Question

1. The question is more important than the answers. Use Lunar Thinking to come up with as many questions as possible. They should start with "How might I..." and be focused on achieving the vision and the success criteria.

How might I...

2. Once you've got a long list of possible questions, use Solar Thinking to narrow down to one question. This question also begins with "How might I..." It is neither too specific nor too broad. By answering this question you'll be able to come up with hundreds of possible ways to achieve your vision.

Dharma Project Solution

1. Write your final question at the top of the box below, then start writing down answers using Lunar Thinking to come up with as many different solutions as you can. Remember to reserve your judgement and embrace random thoughts, wild ideas, and playful whimsy.

2. Once you have a long list use Solar Thinking to identify three ideas: The most practical; the most complete; and the craziest. Work to combine aspects of each idea into one new idea. This new idea is your Dharma Project Solution.

Most Practical:

Most Complete:

The Craziest:

3. Double check to make sure that by implementing this idea you will achieve all of the Success Criteria you established. Write a sentence that describes your solution as concisely as possible in the box below.



Dharma Project Goals & Indicators

Now go back and look at the 5-7 success criteria you narrowed your list down to and develop each one into an indicator. This involves figuring out a way to measure them and determining a date by which they will be completed. This way you'll be able to stay on track as you implement your project.

Success Criteria	How will I measure this?	Due Date

Dharma Project Action Plan

Now you can begin to formulate your plan.

1. Use Lunar Thinking to compile a long list of all the actions you'll need to take in order to implement your project and achieve your success criteria:

2. Once you've made your list place each of the actions steps on a time-line according to when they will be completed. Make sure there's a clear way to confirm when each step is done and when the next step can begin.

{ We recommend that the first phase of your project be planned within a 6 month time-frame. You will be expected to turn in a progress report after 1 month, 3 months, and 6 months. Make sure you set clear goals for yourself that you'll be able to report on at that time. }

Time-line:

Thank you for submitting your Dharma Project!
We are excited to review your project and will get back to you shortly.

Once accepted into the Dharma Project...

During the 6 month time-frame, we kindly suggest that you:

1. Depending on the project and grant, 2-6 blog posts for [thekulacollective.com's blog](http://thekulacollective.com) relevant to your project + 2-4 minute summary video.
2. Check in with us to show your progression at the 1 and 3 month mark. You can send us photos, videos, sketches and anything you would like to share!
3. Once you have been working on your project for six months, please share the results of your project with us and the rest of our Kula Collective community. We'd like to hear WHY you are motivated to work on this project, HOW you planned to achieve the results you're seeking, and WHAT you did to make it happen. Please use as many images (photos, videos, animations, etc.) as possible. Remember - show, don't tell!

Ideas on how to share your project:

- open an account in [Design Kit](#) and share and connect with others using similar methods
- methods to design participatory solutions for communities all around the world
- share your project using a free blog website like tumblr.com or wordpress.com
- if you are active on social media accounts, create a new account to share your project or create a unique #hashtag to share your latest work, for
 - example: #jjiyasDHARMAproject (remember to share it with us at Kula!)
- if you are hosting an event, using eventbrite.com or paperlesspost.com to share with your community

Any other details you want to include: