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.

We are able to offer up to a 50% discount on any offering. 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.

> **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 admin@thekulacollective.com. Please feel free to 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**

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. 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 practice question: How might I go to bed happier? Remember the lunar mantra: "Yes, and..."

Now that you have a long list, it's time to narrow down your options and choose between them. Choose one thing you can do to go 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.

Why

{ 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? Once you've understood some relationships between your strengths and challenges, choose one challenge that you'd like to resolve through your Dharma project.
It can be community related, completely personal or somewhere in between.

Dharma Project Challenge

Write a sentence that expresses the challenge you'd like your project to address:

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...

3. Choose from among #2 Sentences, combining and summarizing what's most important to create a sentence that reflects your Dharma Project Vision.

Vision:

How

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 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 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 is neither too specific nor too broad. By answering this question you'll be able to achieve your vision.

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 in the box below.

Dharma Project Solution:

9

What

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. Provide 2 blog posts for thekulacollective.com's blog relevant to your project

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: #jiyasDHARMAproject (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