

Future Planning Meeting for the Millis Ashram November 20th 2010

Tune In – Ong Namō

In attendance: Ekongkar Singh, Jai Singh, Manjit Kaur, Harbhajan Kaur, Siri Karm Singh, Arjan Kaur, Victoria, Siri Sevak Kaur, Sat Kartar Kaur, Adi Shakti Kaur, Siri Krishna Kaur, Sat Bir Singh, Jai Kaur, Guru Ras Kaur, Ravi Nam Kaur, Nam Hari Kaur, Siri Tapa Kaur, Siri Devta Kaur, Dharma Kaur, Dharam Singh, Nam Joti Kaur, Jot Singh

Group Warm Up

With mantra music playing the group stands and everyone walks around the room chanting. When the music stopped we turned to a partner. Each person spoke for 2-3 minutes about:

What do you Love and Feel in Service to.

Group walked again and then stopped and each person spoke to:

What is your Work in this World?

Statement of the Intention for the Meeting

To sit together, hand in hand, heart to heart to explore together our future and future direction to establish a clear picture and sense of where we want to be in five years and how we want to get there.

Circle of Introduction

Group sat in a circle and each person went around to say their name, and in 9 words or less why they had come to the meeting.

Practice of Creative Meditation for the Sublime Self

This meditation connects the group to the sensory self. The power of the mantra and mudra gives a deep connection to the creative potential that is destined for the community and the ability to open the flow for all opportunities for success and victory to will manifest. 11 minutes for each meditation. Meditations are in separate Google doc.

Creating Topics for the Conversation Café

Identify Goals for the Meeting with the Group:

We created a list of goals to choose from and delineated them to 2 goal questions and topics from the goals offered in this meeting.

1. **Discuss and plan physical expansion of the yoga center and affordable housing and guest housing.**
2. **Explore our foundation practices consider whether we can strengthen confirm we are doing correctly provide support to each other in these practices. Identify spiritual practices that we can practice and share. Discuss development of expanded Sikh Study program. How can the Gurdwara serve the community as we move forward?**

We split into 3 groups and we took 10 minutes for each question. Each person in the group having time to speak if they wished and the scribe wrote on the paper. One by one go through the other questions.

Then we came together in the group as a whole and each of the 3 groups made a presentation on each of the questions one by one and had a group discussion based around each of the themes or topics. *Each presentation is at the end of these notes.*

Meditation for Group Unity

We sat in a circle and meditated arms linked with neighbors. Very Powerful. Meditation in Google doc.

Qualifying the Intention

Have the group sit for a few minutes after the meditation and focus on the Two Intentions from the Themes which will be your Agenda Items for Manifestation in the coming months or year. These items were placed up on a sheet of paper in the front of the room.

Small Group Reports and Themes

Master Plan for Physical space consistent with our mission goals and objectives is important.

How do we engage group practice when the entire group does not participate?

How do we deliver a consistent core practice and experience to a large and diversified constituency?

Green and sustainable construction and practices seem to be important.

Personal relationships are vital.

Themes

Keep momentum and keep the conversation happening in the group

Spiritual practice and group spiritual practice are keys to our success.

Strong feelings (of all sorts) are help surrounding early morning sadhana.

Agendas for Manifestation

For Goal #1 - **“Discuss and plan physical expansion of the yoga center and affordable housing and guest housing.”**

What physical space do we have now and what does it cost?

What financial resources do we have to make this happen?

What planning process do we need to have so we grow organically?

How do we evaluate current and future needs in connection with our mission?

What is our master plan for the physical ashram?

For Goal #2 - **Explore our foundation practices consider whether we can strengthen confirm we are doing correctly provide support to each other in these practices. Identify spiritual practices that we can practice and share. Discuss development of expanded Sikh Study program. How can the Gurdwara serve the community as we move forward?**

Can we and how do we relate to the idea that the strength of our community is directly related to our group spiritual practices?

Who is the authority to confirm we are doing things correctly?

Is there anything we are doing incorrectly?

Can we mutually agree on systems of support?

How can we enhance our group spiritual practice?

How can we simultaneously hold Sikh and Kundalini practices?

We decided to begin to get to work on an action plan to manifest these intentions.

The next Ashram Meeting possibly in December will bring some of this work together. Keep Posted for more information.

The following are the notes from the 3 small groups; they will be added as they are given.

Group 1

Physical Space

Our group had challenges discussing expansion of physical space in absence of having a master plan. Our definition of a master plan included both the physical space of the Ashram and the mission/vision of the Ashram beyond 5 years.

How much space is buildable?

Double yoga workshop space- weekend workshops and teacher training are especially challenging to schedule due to the use of the Gurdwara and langar hall on Sundays.

We need to vision space for Sikhs and yogis.

Expanded spaces are needed for workshops of all types, residences and guest spaces

Need a business plan and need to examine the heart of what it means to expand in relation to our mission

Affordable housing

What are we going to do when people retire and have limited/no income?

How do we accommodate changing physical needs (stairs, bathtubs, doors, etc.)?

How much do we value building green and living green with what we have?

What are the considerations for building green?

- Spiritual
- Environmental
- Financial

Who do we invite to our table to finance programs and expansion?

- Grants
- Financial backers/investors
- Sponsors

Spiritual Practices

We need to discuss as a group: our value and commitment to:

Expanding group sadhana

Group meditations -----regularly scheduled, for

Chanting -----community of residents/members and
broader community

How do we encourage group practices while remaining inclusive of those who don't want to or cannot participate?

Re-visit community forums for discussion of personal/spiritual issues- why we do/do not go to sadhana

Discuss Correctness of

Sadhana time

Banis

Hukam

Sat Nam or WGJJK WGJKF

The notes from the other small groups will be added as the scribes complete and send them in, so check back for more information.

Thank you

Group 2

Physical Space

Affordable Housing

Spiritual Practices

Group 3

Physical Space

Affordable Housing

Spiritual Practices