

Journey with Nikita

Dharma Diploma



 journeywithnikita.com

 dharmadiploma.com

Course Introduction

Life without purpose can often feel frustrating, dis-satisfying, and unfulfilling, which is why the universal quest for meaning is a central theme in many philosophical and spiritual traditions.



The Dharma Diploma is a comprehensive 9-month programme designed to guide individuals on a transformative journey towards self-discovery and personal development. By integrating NLP techniques with a spiritual framework, the program encourages participants to delve deep into their psyche, uncovering their true selves and aligning with their soul's true purpose.

The division of the course into three modules allows for a structured yet flexible approach to learning and self-exploration. Each module builds on the last, fostering a gradual awakening and understanding of one's dharma. The use of journaling as a tool for reflection is particularly powerful, as it not only facilitates a deeper connection with ourselves but also serves as a tangible record of our growth.

Course Facilitator



Nikita's passion for helping others find clarity and meaning in their lives is commendable, and the impact of such work cannot be overstated. When individuals gain insight into their true purpose, it often leads to profound changes in their personal and professional lives, contributing to a greater sense of fulfilment and well-being.

The Dharma Diploma is more than just a programme; it is a catalyst for transformation, combining ancient wisdom with modern mindset to help individuals remove the layers of societal conditioning and discover their authentic selves. In doing so, it empowers them to lead lives of purpose and passion, which is a noble and rewarding endeavour.



Module One:

Discover Your
Dharma



Discover Your Dharma

The concept of Dharma, which translates to one's purpose or true calling, is deeply rooted in ancient Hindu and Buddhist philosophies and has been a guiding principle for generations, for individuals seeking to understand their place in the world. The journey to discovering your Dharma is a transformative process that involves introspection, self awareness, along with a willingness to embrace change.



Discover your Dharma is designed to be an insightful, introductory stage aimed at stripping away the layers of societal expectations and personal preconceptions to reveal the core of one's being. A key part of this module is the revelation of your soul's archetype, a key aspect of knowing your true self.

This foundational exploration is not just about identifying what you are meant to do career wise, but also understanding who you are meant to be. This stage encourages individuals to delve deep into their subconscious, confront their truths, and articulate their aspirations. The act of writing down thoughts and meditating on them can be a powerful catalyst for change, setting the stage for profound personal growth.

Although this is the first stage, the impact of this module can be significant and far-reaching. Participants can expect to experience shifts in their perspectives and an awakening of new possibilities. While it is true that not all answers are immediately evident, the process itself initiates a series of changes that can lead to a clearer understanding of one's purpose. The realignment of one's life with their Dharma can open doors to opportunities that were previously unseen, fostering a sense of fulfilment and alignment with one's true self.



Module Two:

Develop Your
Dharma

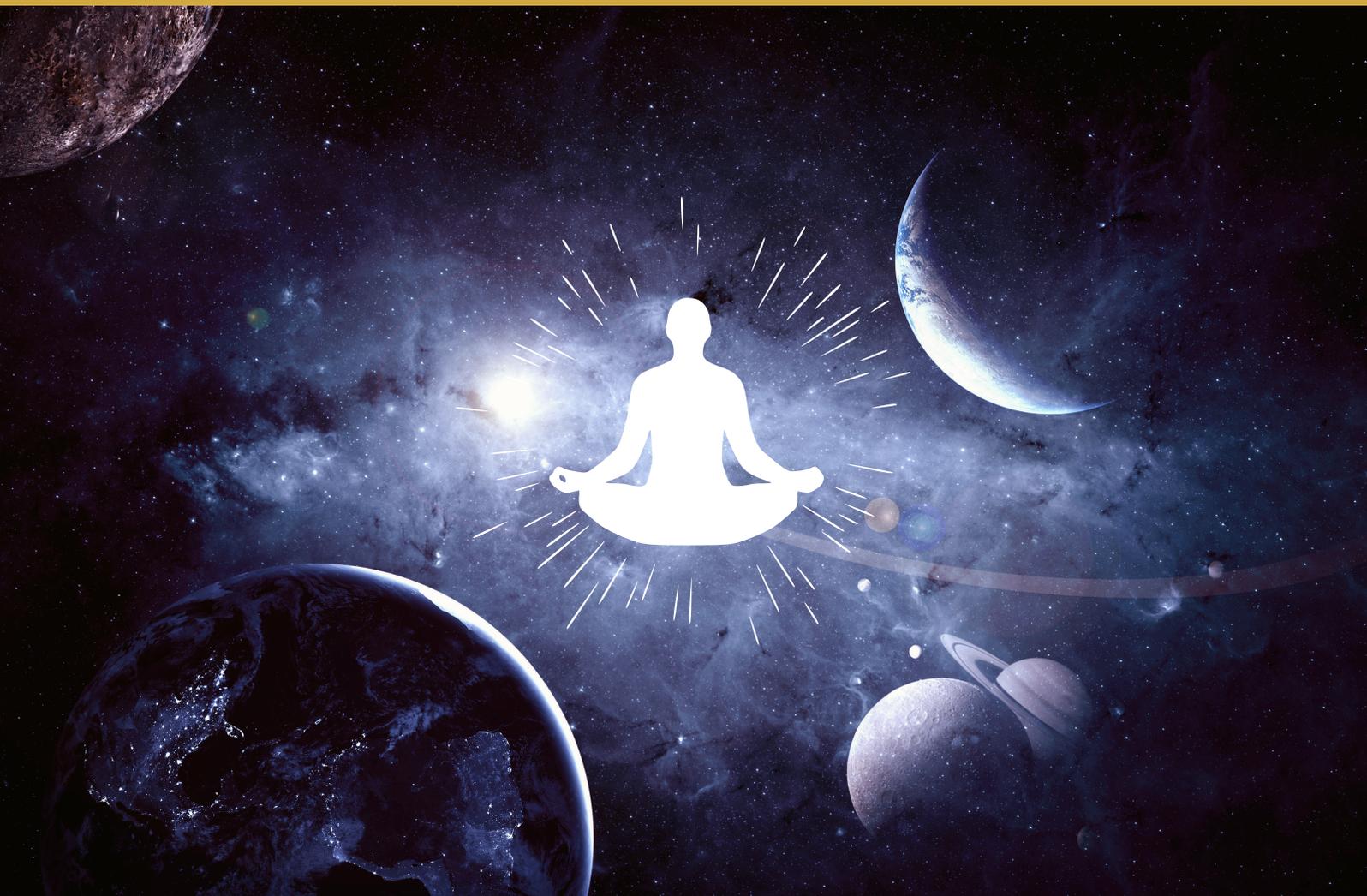


Develop Your Dharma



The second module of the course represents a development in the journey of profound personal transformation.

The path to uncovering one's Dharma is not merely a quest for a profession or vocation; it is a deeper dive into the very nature of self-identity, a quest to discover not only what one is meant to do but fundamentally who one is meant to be.



A significant aspect of this module is powerful identity work involving activations and embodiment ceremonies.

This module combines a rich tapestry of modalities, blending methodologies such as Neuro Linguistic Programming (NLP) with ancient spiritual practices to forge a comprehensive approach to personal development.



Designed as an immersive experience, this module is thoughtfully crafted with activities that provoke introspection and self expression, including but not limited to; dance therapy, yoga, breath work, meditation and journaling.

These practices serve as keys to unlocking the subconscious, confronting inner truths, and giving voice to one's deepest aspirations. The simple yet profound act of committing thoughts to paper and reflecting upon them through meditation can act as a catalyst for change, laying the groundwork for significant personal evolution.

Module Three:

Design Your
Dharma



The final 'Design Your Dharma' module acts as the culmination of the Dharma Diploma, which is a transformative stage where self-discovery meets practical action. This is all about strategy, so you complete the course with a clear plan of your next steps.



By this point, you've explored your inner world, uncovered patterns, and connected with your authentic self. Now, it's time to turn insight into impact. This module goes beyond identifying passions or career goals. It's a strategic blueprint for living in alignment, where your thoughts, beliefs, and actions reflect your true purpose, free from societal expectations and self-imposed limits.

The impact from this 9-month course isn't a temporary boost – it's a profound shift that reshapes your worldview and life trajectory. The ripple effect? Stronger relationships, meaningful work, and a sense of inner peace that lasts.

Your dharma isn't just discovered – it's developed and designed, and this course shows you how.



The ancient concept of Dharma, when viewed through the lens of contemporary understanding, becomes a powerful tool for modern living. It's about stripping away the layers of societal conditioning to reveal the raw, unfiltered essence of one's being. This alignment with one's true nature is what participants find most rewarding, as it often leads to significant life changes that resonate on a deep, existential level.

Dharma, in its essence, is about aligning with one's intrinsic nature and purpose. It's a call to strip away the facades and to courageously face the essence of who we are. This process of unmasking can be challenging, as it often requires confronting deeply ingrained beliefs and societal norms.



However, it is through this courageous endeavour of going through this 9-month programme that one can tap into a wellspring of authenticity. Embracing one's true personality is not just an act of self-acceptance but also a step towards living a life that is in harmony with one's deepest values and aspirations. It is a path that leads to a fulfilling existence, rich with personal meaning and purpose.



New cohort begins from January, April and September. Each module lasts 3 months. Total course fee is £1,800 for all 3 modules. Payment plans available on request.

To enrol visit:
www.dharmadiploma.com

Client Testimonials



Suneeta (Sunny) Khutan (She/Her) • 1st
Accomplished Executive Leader | Visionary Strategist | Transformation Expert | ...
23h •

Last October I attended a Dharma workshop in Berkshire, by the wonderful **Nikita Thakrar**. I was invited by **Gill Cooke** (she/her).

I approached the workshop with a mix of curiosity and skepticism around how much I would actually get out of it.

Dharma is defined as the following by Oxford Language " (in Indian religion) the eternal and inherent nature of reality, regarded in Hinduism as a cosmic law underlying right behaviour and social order"

As I interpreted it, a code by which we live. I was at a cross-roads having left a very successful role in a company but not having had work life balance for a long time. I had just started focusing on my health and well-being and also mental health.

The workshop was brilliant, it was the first time I had met Nikita and I found the way that she held the workshop, the safeness that I felt to open up very uplifting.

Nikita is an amazing woman and a true professional in her field. If you're at a cross roads, or looking for some clarity, rediscovering your purpose I would highly recommend getting in touch and seeing what she has on offer.

A huge thanks in helping in my journey 🙌❤️



Sharon Hegarty
1 review

★★★★★ 3 months ago

Thoroughly enjoyed Nikita's Discover your Dharma workshop on Sunday. Was lovely to meet like minded people and share experiences and ideas and the content of the workshop was very inspiring and thought provoking. Great refreshments too. Combined with yoga and Reiki Nikita has certainly helped me massively on my journey xx



Carla Delaney recommends **Journey with Nikita**.

21 October 2023 •

Caring and sharing sums up the unique nature of Journey with Nikita workshops which are clearly becoming a great location for people of all ages to have a place to discuss their favoured route to fulfilment and happiness – a true safe haven.

Nikita herself is a gifted communicator who has weathered considerable storms on her life journey and is not afraid to reveal the challenges she has faced and the inner peace borne out of adversity, self-development and a fresh approach to life and love.

Her warm personality and revelations open up many channels of frank discussion amongst the groups treating themselves to well earned 'Me' time. Journey with Nikita has a structure which creates the right blend of calm to channel private retrospection and self-discovery.

With specialist knowledge of ancient spirituality, meditation, chakras and yoga breathwork fine-tuned over decades as a professional dancer and teacher of traditional Indian dance, Nikita has found a way of blending the old with new ways of unlocking brain block.

Some women were quietly pondering revelations as they completed work books and opened up and enjoyed breaktime chat over herbal tea and cake. Pressures of work, homelife, and mental health were explored alongside achievements and goals. Friendships were undoubtedly being made. It was clear the audience were looking forward to more sessions where self-healing, relaxation, mindfulness, menopause therapy and manifestation were on the horizon. The session I witnessed was definitely a refreshing change from sterile business workshops. This one was warm and friendly and engaging. Nikita is passionate about giving audiences the "Gift of time" – time to tap into her knowledge and time to probe innermost thoughts. This is a gift worth having and savouring.

Carla Delaney

This was my second Dharma workshop with Nikita, with a group of lovely individuals who came together and all opened up about their experiences and personal development journey. By the end of the three-hour session, we all had key takeaways that we'd like to implement into our lives to progress and really tune into living in alignment with our true purpose.

This workshop is great for anyone who might be feeling a little stuck in any aspect of their life: career, relationships, personal development, well-being/ transformation.

Thank you Nikita for your time and wisdom ✨

14:31

17-10-2023 14:48

Gill Cooke

Inspiring Dharma Workshop

I spent Sunday afternoon with a wonderful group of humans, all searching for their own Dharma (purpose/ reason for life), some were further on their journey than others, but with Nikita's warm, gentle and empathatic guidance we all found what we were looking for. Nikita offers the full package for well being and inner peace - from yoga, dance to Reiki and Dharma and retreats. Thank you for bringing us on the journey with you, Nikita.

5



Emma Kisby
6 reviews

★★★★★ 9 hours ago **NEW**

I attended Nikita's signature workshop, 'Discover Your Dharma' with an intimate group of other ladies. We each went on a journey of self discovery in a relatively short space of time - looking at our soul's purpose. Nikita really helped us to focus on how we look at things, and the language we use. And I have come away feeling positive and clearer on where I am right now. I really recommend Nikita's workshops - she is an excellent trainer and knows how to make you delve deeply, with the way we behave and what we are capable of achieving.



Sue Knight • 1st

International NLP Master Trainer, Business Consultant, Speaker and Author
January 30, 2024, Sue was Nikita's mentor

Nikita has trained with me for many years and in that time I have seen her grow as a coach. She is exceptional in her ability to coach at a very profound and transformational way. Nikita is very knowledgeable about all the technicalities of coaching and she is very good at 'modelling' excellence ..I give her my full recommendation Sue Knight

Journey with Nikitaa



Dharma Diploma

Enrol here



£1,800 for 9 month programme



www.dharmadiploma.com