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Journey from Karma to Dharma™

The Bridge from Inherited Patterns to Conscious Purpose

BY NIKITA THAKRAR

PUBLISHED JANUARY 2027

ABOUT THE BOOK

Journey from Karma to Dharma™ is written for people who have built a successful life, yet quietly sense that an old identity no longer fits.

It is not a book about fixing yourself or becoming somebody new. It is an invitation to understand the patterns that have shaped you, reconnect with your own inner authority, and remember who you are beneath conditioning and expectation.

AUTHOR
Nikita Thakrar

PUBLISHED
January 2027

LAUNCH EVENT
Saturday 20 March 2027, Hurley House, Berkshire

ENQUIRIES
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THREE MOVEMENTS

01

Remembering

Return to what remains true beneath conditioning, responsibility and performance.

02

Reclaiming

Release the patterns and inherited identities that no longer belong to you.

03

Embodying

Live the deeper truth through your choices, relationships, creativity and contribution.

“You may not need another person telling you who to become. You may need a clearer mirror for what is already changing.”

NIKITA THAKRAR

THE BOOK LAUNCH

Saturday 20 March 2027, Hurley House, Berkshire

An intimate launch and immersion day on the spring equinox, following the three movements of the book, with a keynote conversation and audience enquiry with Nikita Thakrar. A small, considered gathering for accomplished people navigating identity, transition and purpose.

ABOUT THE AUTHOR

Nikita Thakrar

TEDx speaker, author and identity and purpose mentor

Nikita Thakrar is the creator of the Journey from Karma to Dharma™ body of work. She works with accomplished, thoughtful people whose lives look successful from the outside, but who sense that the identity that built that success no longer reflects who they have become.

For more than twenty years she led an award-winning dance school, alongside a decade of Kathak, yoga and spiritual study in India. Her own life has been shaped by identity thresholds, from legally changing her name as a teenager to closing her studio and gifting the school she spent two decades building.

She is the author of Meditation Through Poetry, gave her first TEDx talk at TEDxTruro in 2026, and hosts the Journey from Karma to Dharma podcast.

AS SEEN AND HEARD

Woman's Own
Real life feature, 22 September 2026

Diaspora Dreams
Culture interview, October 2026
Read the interview

Authority Magazine
Interview on Medium, 30 April 2026
Read the interview

TEDxTruro
Dance with your Dharma
Watch the talk

Aligned Abundance (Emma Mumford)
Guest, Episode 443, 3 August 2026
Listen on Spotify

Journey from Karma to Dharma podcast
Guests Denise Duffield-Thomas and Emma Mumford
Hear the Denise Duffield-Thomas episode
Hear the Emma Mumford episode

STORY ANGLES

1. **The midlife identity reckoning**
   Why outwardly successful people are outgrowing the identities that built their success, and how to tell what the next chapter is asking.
2. **Between two cultures**
   Growing up "too British to feel Indian and too Indian to feel British", and how Kathak and a decade in India answered the question of belonging.
3. **Manifestation, grounded**
   A practical take on manifesting that starts with self-worth and action, from the vision boards in Woman's Own to conversations with Denise Duffield-Thomas and Emma Mumford.
4. **Letting go of the business that defined you**
   What it takes to close and gift a dance school after two decades, and who you are afterwards.
5. **Creativity as the bridge from chaos to clarity**
   The idea behind her TEDxTruro talk, and why movement and expression help when thinking alone cannot.

SAMPLE INTERVIEW QUESTIONS

- What does it mean to move from karma to dharma, in plain terms?
- Why do accomplished people so often feel that something is missing?
- How do you tell the difference between a pattern and a personality?
- What did dancing in India teach you that success at home had not?
- What is the first step for someone who senses an old identity no longer fits?

PRESS AND SPEAKING ENQUIRIES
support@journeywithnikita.com

IN THE PRESS

Woman’s Own

Real life feature, 22 September 2026, page 90

Real life in my experience

I MANIFESTED MY HUSBAND

Nikita Thakrar, 41, knew what she wanted and set out to get it

Emptying the loft, I opened a forgotten box and gasped. Inside were two white boards, covered in scribbled notes and drawings.

‘Look, here’s the proof you can manifest your dreams,’ I smiled, showing my husband Sinan, then 39. It was summer 2023 and what I’d stumbled across were my ‘manifestation boards’, and although it might sound a bit kooky, I firmly believe I willed my marriage into being. But my love of manifesting actually started well before I met Sinan, when I was single and stuck in a rut, shortly after my 31st birthday, in 2016.

Heart of Britain — Celebrating women like you

Nikita found her ideal man in Sinan

START WITH YOURSELF

I had my perfect job, running a dance school, plenty of friends and a loving family, only I dreamed of finding true love after past relationships hadn’t worked. ‘Before you look for love, focus on yourself,’ a life coach told me, so I started reciting positive affirmations in the mirror twice a day. ‘I’m worthy of love,’ I announced aloud, but the truth was that looking at my reflection made me realise that I’d neglected myself lately. So I decided to practise regular self-care, booking hairdresser appointments and relaxing facials. I also subscribed to healthy recipe box deliveries, began working out to an exercise DVD and went shopping for new outfits, like silk shirts and dresses, which I’d feel proud to wear on a date. I even gave my sparse flat a makeover, adding cushions and blankets and swapping my single bed for a double. ‘I’d be proud to invite someone special here,’ I smiled.

WORDS: ANNA MATHESON. @LUISE_JAY

The couple had a magical wedding day

Afterwards, when I did my mirror affirmations, I felt more confident. I’d previously written lists outlining the qualities my dream partner would possess – taller than me, a hard-worker and romantic – but I’d never considered what I’d bring to a relationship. So in December 2016, I wrote: ‘I’m funny, I make people feel special and could organise lovely dates.’ Seeing my good qualities in black and white, I felt ready to join a dating site.

Sinan, then 32, an IT worker, 5ft 9in tall, was the first profile I felt drawn to. He invited me out, and when we met at a restaurant days later the conversation flowed. ‘It’s like I’ve always known you,’ he admitted, and I felt the same. We enjoyed more wonderful dates and after a few weeks I confessed: ‘I manifested meeting you.’ He laughed, but I explained how I’d used positive thinking and visualisation to prepare myself for love and he came round to the idea, even agreeing to do a manifesting exercise with me. On vision boards, we’d each written lists and cut out pictures from magazines to illustrate our relationship goals. We’d then put them away without looking at one another’s boards. ‘See what happens,’ I smiled.

DREAMS COME TRUE

After a year together, Sinan took me to Paris and beneath the Eiffel Tower, he knelt and opened his jacket to reveal a T-shirt with the words, ‘Will you marry me?’ ‘Yes,’ I replied, overjoyed. Shortly after, we went to St Lucia on a romantic holiday. We married in May 2019, then in 2023, we bought our dream home, which had a balcony – something I’d always visualised. It was during the move that I unearthed our vision boards, which made us realise we’d achieved all our dreams. On Sinan’s board, he’d written about wanting to go to the Caribbean – and we’d already ticked St Lucia off the list – while I’d included pictures of a wedding dress and diamond ring. Now, I’ve launched my own wellbeing business, helping others. I’m proof that when you decide what you want and put the work in, magic can happen.

Find out more about Nikita’s work at journeywithnikita.com

90 Woman’s Own

FROM THE ARTICLE

“Before you look for love, focus on yourself.”

“I’m proof that when you decide what you want and put the work in, magic can happen.”

THE STORY

How mirror affirmations, self-care and vision boards helped Nikita prepare for love.

Paris, a proposal, a wedding in May 2019 and a home with the balcony she had always visualised.

Now she helps others through her wellbeing and mentoring work.

1932
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