



# *Dharma*, the Cosmic Thread

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# *Sanaatana Dharma*

- Eternal order for manifestation
- Knowledge about *Brahman (gyaana)*
- Actions prescribed for God-realization (*karma*)
- All thoughts and practices that promote physical and mental happiness, harmony of an individual with the environment and ensure God realization

# Rita

- Law and order of the manifested universe
- Evolution and progression, sacrifice
- The universe maintains knowledge of its nature
- Individual soul maintains *karmic* law for the actions of its past, present and future expressions
- Evolving order for the maintenance of a group of human beings

# *Svadharna*

- *Raaga and dvesha* (natural liking and disliking) for the objects of manifestation
- *Moha* (attachment) with the objects of nature
- May not be consistent with the family traditions, social situations and political conditions

# Dharma

- Intentional and deliberate effort in adjusting *svadharma* to live in harmony with the environment
- Preservation principle ingrained in our biological and psychological make up
- *Dharma* for different stages in life and orders of society in pursuing goals of life
- If you protect *dharma* it protects you
- Conscious choice of an individual to live in harmony with the rest of the environment. Therefore, law and order, duty, righteous conduct, religious principles, engagement in religion, the code of ethics, justice, compassion, truthfulness, discipline, social merit, cleanliness and one's natural occupation, all comprise *dharma*

# Religion and *Dharma*

- A sphere of human activity
- Service or worship of God, commitment to religious faith, religious attitude, belief or practice
- Divisive if enforced and restrictive in relating to all segments of society
- A way of life for all orders of society in its various stages
- Inclusive of all religious principles, one's natural occupation
- A conscious choice to live in harmony with the rest of manifestation

# *Dharma* as a way of life

- Individual behavior and conduct in human interaction at all levels
- Living in *dharma* at any stage in life and order of society
- Four legs of *dharma*: truth, compassion, discipline and charity
- Resolution of *svadharma* into the behavior and conduct of two forces of creation: male and female principles

# *Dharma*, the Cosmic Thread

- The cotton (the essence of God) in cotton thread (*Sanaatana Dharma*) woven into the cotton beads of different shapes and sizes (different orders of society including religious faiths) is same
- The thread (*Sanaatana Dharma*) that connects beads of different colors, shapes and sizes into a rosary of manifestation (different species of life and different elements of nature) is same



# Our only choice

To live in *dharma*

