

Loyalty to Your Soul's Purpose and Inner Truth (Dharma)

This webinar will go into the seven expressions of Dharma, and the veils over your inner core of truth. We will explore the content of these veils, and uncover ways that you can penetrate them. The webinar will include more inspired discourse (satsang) from the Swamis on this sixth of the spiritual treasures.

Expressions of Dharma

Dharma has seven major avenues of expression in your life:

1. Action – making a decision between performing one behavior or another
2. Criteria – finding the standards by which you guide decision-making
3. Choice – selecting one alternative life pathway over another
4. Harmony – discovering the inner state of peace beyond conflict and discord
5. Task Mastery – identifying the key factors that allow you to complete a task successfully
6. Obedience – discerning what is the Divine Will, and what is necessary to carry that out
7. Purpose – knowing the purpose why you are alive, and what the Soul is meant to accomplish



To uncover your core of truth or Dharma, here are typical questions you might ask to explore each level:

Action – What is the correct action for me to make in this situation?

Criteria – What is the correct standard to use, so that I may assess, evaluate, or make a right judgment about this factor?

Choice – What is the correct choice among these alternatives that will lead to the best outcome, or will be in alignment with my Soul's Purpose, or the Divine Will?

Harmony – How do I remain in harmony with my essential nature (Tao), while I live in the world?

Task Mastery – What are the requirements of this task or project, so I might accomplish it successfully, correctly, efficiently, excellently, or beautifully.

Obedience – How might I be pleasing to God in this situation, and follow His Will?

Purpose – How can I know my Soul's expressed [extrinsic] purpose—so I might assist it to carry out this work in my life? What is the Soul's essential [intrinsic] purpose—what did God send it into Creation to do?

The Layers of Dharma

For many people, dharma is hidden. They don't know what comprises right action in different situations. They don't know what criterion to use to make judgments. They don't know what is the right course for their lives. They don't know how to find a state of harmony and balance amidst the stresses and conflicts of their life. They don't have an example on which to model their tasks, so what they produce is mediocre, of poor quality, and inferior. They don't know what God requires of them. They cannot discern the Soul's purpose beneath the many voices within their mind; they cannot intuit any grand plan for their lives.

To discern what is this essential core of truth, you must pass through six layers, before you find the jewel of dharma in the seventh. As we describe these layers, we would like for you to notice examples in your own life where you have encountered issues from these zones.

- 1. Temptation to indulge forbidden desires** – In this zone, your conscience fights with your ego, or with desires in your unconscious mind, and attempts to restrain behavior that is against its moral standards.
- 2. Incorrect advisement** – Here, you receive well-meaning advice from others—who do not truly know you or understand you. When you follow their recommendations, you experience disappointment and failure.
- 3. Conflicting values** – People taught you values and standards, which are contradictory and confusing. You might have learned these standards from parents, teachers, employers, military officers, or the clergy of your faith—they do not give you any clear direction about what is the right thing to do, or what to do with your life.
- 4. Encounter with your own inner demons** – At this level, you encounter in meditation or dreams, the personification of your karma as inner thought forms or “entities,” which resist any attempts you make to control them. These mental tendencies seem to hold you back from moving beyond a particular level in meditation—you only can go so far, then they appear, like an ogre on the threshold.
- 5. The seven blocking emotions** – These are deep emotional issues that lay at the bottom of your inner blockage. They have common themes, which can be based on fear, shame, guilt, inadequacy, vengeance, unworthiness, or tenacious attachment (refusal to let go).

6. **Observation of the four modes of personal and trans-personal dharma** – In this zone, you discover the expression of your dharma through its enactment.
7. **Experience of the core of truth** – Here you experience dharma—as the core of who you are, and you realize your Soul's essential nature.

We will explore zones one to five in this webinar to help you assess what might be hindering you from getting into touch with your core of truth.



Temptation

When you desire something, but you believe that it is wrong for you to have it, you may attempt to say no to this desire. These typically appear as desire entities in your unconscious mind.

This desire entity may react in several ways:

- You may convince this desire entity that what it wants is wrong, and it will release its object of desire [Some of you probably wish that your desires would react this way].
- The desire lets go, then comes back with renewed intensity and fervor, and overcomes your resistance later when you are vulnerable.
- The desire entity ignores you and acts despite your protestations.



What Are Your Temptations?

What are your temptations?

What strategies have you used that has been successful in dealing with your temptations?

Have you ever overcome a temptation? What helped you do that?

Getting Poor Advice

There are many people who have opinions that a product is good, that a particular academic class or career decision is a wise choice, that you would be happy with a certain romantic partner, or that a stock or property is a fine investment.

You might have found that when you acted on this advice, you did not get the results they promised or predicted for you. For example,

You brought the product, and it was a lemon.

You took the class, and it was boring, and you felt it was a complete waste of your time.

You studied for the career, but then you could not get a job—or if you did get a job in a career, you found that you hated it.

You dated or married the person others' thought would be a good match for you, but he or she drove you crazy, and made you miserable.

You bought the stock, and you lost money on it.

You purchased the property, and then the market collapsed.



What Happened When You Got Bad Advice?

Can you think of some examples where you acted on the advice and got poor results? What were they?

How do you determine what is the correct course of action?

If you later discovered the correct path, how did you discover this? How did you know it was the right one?

Conflicting Standards

Who do you believe?

One person you love and trust tells you one thing is true; another person you love and trust tells you the opposite is true.

Or how about this example? Doctors tell you that elevated cholesterol above 200 puts you at greater risk for a heart attack. Another “leading authority” tells you that cholesterol below 200 leads to decreased production of steroid hormones and may compromise your immunity.

You read more on the topic, and you find yet more conflicting opinions. What is the correct view?

There are four major methods that people use to deal with this diversity of opinions: (1) test the claims, (2) surrender and ask God, or consult the oracle, (3) trust in luck, or (4) do what you are currently doing—stay where you are.

For this exercise, select a confounding pair of opinions that puzzles you.



Testing the Claims

For this strategy, you try to logically analyze the different claims. Here you would ask questions like these:

What do the arguments actually say? [Here you re-state the argument so you can understand it, and break it apart, so you can discern its logical structure.]

What makes sense to me now? [Here you determine what you believe now about the issue.]

What would I need to know to be certain that either position is correct? [E.g., what information do I need to know for sure?]

How could I obtain this information? Is it readily available?

How can I test whether or not this is accurate? Whether it will work for me? Could this be risky to my health, sanity, or well being if I do test it?

[If you do opt to test it, you then determine the results.] What are the results of the test? Did it work as it claimed? Did I have any bad reactions?

Do you ever use this approach?

For what types of conflicts do you use it?

How reliable has this method been for making a decision?

When has this method not given you a correct result?



Looking for a Supernatural Answer

Here you could pray to God to ask for direction. You might query your Higher Self. You might go to reader to have your tarot cards or astrological chart read. You might ask a channeler to ask his or her spirit guides for an answer.

Do you ever use this approach?

What types of asking for advice from the transpersonal realm do you use?

Which seem to give you the best results?

For what types of conflicts do you use it?

How reliable has this method been for making a decision?

When has this method not given you a correct result?





THE FOOL

Trusting in Luck

In this method, you will simply flip a coin and do whatever turns up. Or you may randomly pick one option, trusting in serendipity or fate that the right solution will appear.

Do you ever use this approach?

For what types of conflicts do you use it?

How reliable has this method been for making a decision?

When has this method not given you a correct result?



Staying Where You Are

If you are still uncertain, you may decide to just continue what you are doing. This steady-as-she-goes approach presumes that unless you get to a certain level of certainty, you won't change.

Do you ever use this approach?

For what types of conflicts do you use it?

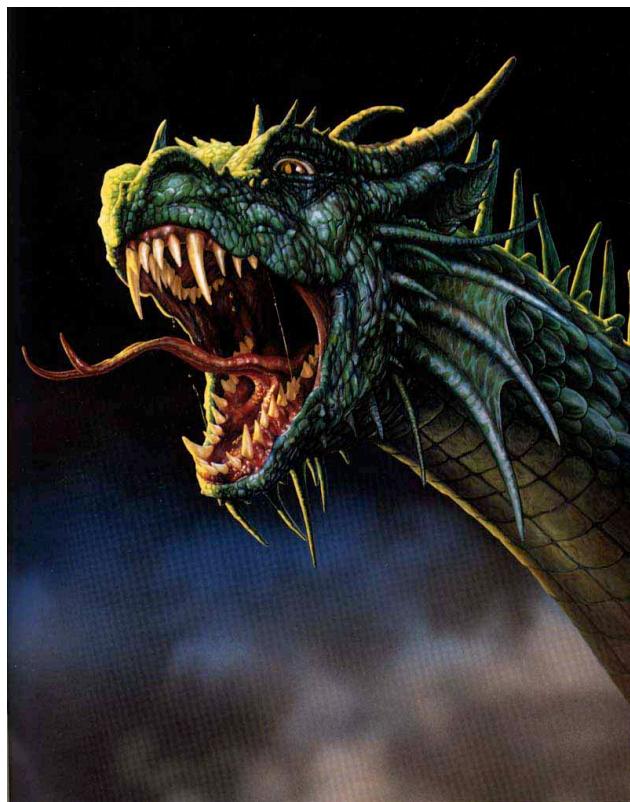
How reliable has this method been for making a decision?

When has this method not given you a correct result?

Which of these four approaches do you use most often?

Encounter with Your Inner Demons

Here you find tendencies in your mind that seem to fight against or resist your Soul's purpose. Here you feel you must make a choice between following the Path of Light and Truth and the way of darkness.



These issues of karma are not aligned with your will or intention. You will typically encounter these issues when you are doing introspection, meditation, or psychological process. They seem to fight against you when you attempt to move forward in your life; when you attempt to change; or when you are abandoning an old pattern.

Unlike temptations, which are sensory cues that trigger your forbidden desires, these tendencies of mind appear to oppose whatever you do. In Yoga Philosophy, they are called Vitarkas.

What are some of these issues you have discovered?

Have you ever overcome one of these issues?

What helped you?

If you overcame it, what ultimately resolved it?

The Seven Core Blocking Emotions

The seven core blocking emotions are fear, shame, guilt, inadequacy, vengeance, unworthiness, or tenacious attachment (refusal to let go). For each of these seven blocking emotions, there is a countering virtue you must incorporate to overcome it.

Blocking Emotion	Virtue to Overcome It
Fear	Courage
Shame	Unconditional love and forgiveness
Guilt	Taking correct action
Inadequacy	Gaining competence and mastery
Vengeance	Achieving justice, understanding, and compassion
Unworthiness	Honor, dignity, and integrity
Tenacious Attachment	Acceptance and detachment

What are your core blocking emotions?

[For this exercise, select one of them to contemplate]

When did this core blocking emotion initially show up in your life?

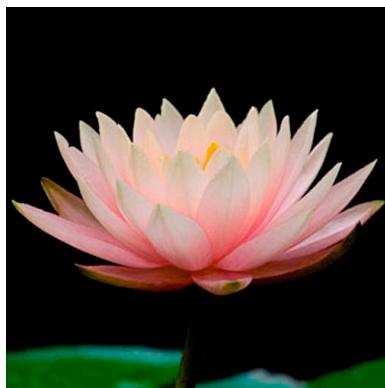
How does it affect you in your life?

What have you used to counter it?

Have you overcome it, or are you still struggling with it?

Are there any core blocking emotions that you feel you have largely overcome?

What helped you to overcome it?



In the Mudrashram® Master Course in Meditation and the Accelerated Meditation program, we examine level six—the modes of Dharma. We also do two powerful processes to tap level seven—the Truth Process and the Process of the Four Times—to help you discover the core of our Dharma.

Satsang about the Sixth Treasure

“Most people believe that they are doing the right thing. They follow the advice of people they trust. They do what they have always done, as recommended by their scriptures or their cultural mores.”

“Yet following these sources of guidance, they never find clear knowledge of what their Dharma is—what is their truth, what is their purpose, and what is their mission—so they flounder upon the shore, gasping for air.”

“To find your Dharma—your inmost sense of truth—you must penetrate to your core. You must plumb your depths. You must locate your Soul.”

“You must grasp this core truth, this innate purpose, and the mission that your Soul has come here to do. To accomplish this purpose, you must learn to meditate.”

“When you discover your Dharma, you come to accept who you are. You hear the whispering of the still small voice within you, and you follow its guidance.”

“When you ask, “What shall I do?” It answers you silently within.”

“When you agonize over “what is truth?” It tells you, “I am the truth. Follow me.”

“When you want to know what choice is the right one, you [inwardly] visualize the pointing finger of Light showing you the way.”

“When you encounter your inner demons, it uses its force and might to uproot them and vanquish them.”

“When you encounter your core emotional issues, it embodies the virtue by which you may overcome them.”

“When the saints and sages discovered the inner jewel of truth (Dharma), they rejoiced, for they realized that it truly was one of the great spiritual treasures.”

“May you discover it. May you live it. May it guide you to genuine personal fulfillment and peace, and to completion of your spiritual journey. May that inner voice of truth—that you ears might not now be able to hear—make itself known to you at this time—from beyond the confusion, conflict, and struggle that you currently experience.”

Swami Prem Dayal



Thank you for attending our webinar today!

