Law of Dharma

• Dharma is ever-evolving

• The most important thing to remember, for all of us, is that our ultimate dharma is to be ‘self-realized’

• However while we’re in this body, our highest purpose is to serve ourselves and others. How do we know this? Just ask yourself... when do **you** feel your most purposeful?

• There are countless ways we can help and serve. An endless array of beings we can support and help improve their lives.
Law of Dharma

• Learn to detect the feeling of **flow and comfort** in your life. Constriction stops the flow.

• In a state of constriction we are caught up in the **mind**

• Your day is full of tense thoughts, anxiety/stress, running behind, drama, anger, resentment, excuses, and discontent.
Law of Dharma

• In expansion when life is being lived through the heart

• Your daily experience is natural, easy, fun, light-hearted, fluid, miraculous and loving.

• Wherever that shows up for you, lean in. Move closer towards it.
  *One small step each day*
Law of Dharma

• **Life** is ever changing. **Positions & possessions** come and go. **Dharma** evolves as life moves on.

• Let’s enjoy the ride, shall we? **Turn it over.**

• Quote by Tosha Silver
Law of Dharma

5 steps to align with Dharma
Law of Dharma

1) Prime your vessel – 2 suggestions

Cultivate more joy

Make it a priority **do the things you love** more often. Put into your schedule/day-planner if need be!

- sunsets
- gardening
  - hiking
- movies
- dancing
- hobbies
- time with kids / animals
- time in nature
- sports
- reading / spiritual study
Law of Dharma

Cultivate more health & balance

Spend time doing things that make you **FEEL healthier**

- massage
- yoga
- hot bath
- walk on beach
- meditate
- exercise
- time in nature
- eat clean food
- establish daily routine
- sleep
Law of Dharma

2) Meditation & Intention setting

• Recognize and highlight your unique strengths and talents

• What comes easily to you and *gives* you energy, even though it requires effort?

• Be yourself – everyone else is taken 😊

• Never forget, the world needs you!
Law of Dharma

3) Gratitude

• Expand your heart - remember, thoughts become things.

• Cultivate an attitude of gratitude

• Journal
  Perhaps simply a daily list of 3 things written before bed
Law of Dharma

4) Perform service (seva)

- As a first step, find a way to use some of your time (any amount counts) to give selflessly & without any monetary compensation

  - volunteer for a cause you’re drawn to
  - open doors for everyone
  - return shopping carts to the stalls
  - pick up extra poop
  - donate
  - sign petitions
  - work the polls
  - share on FB things important to you
  - smile at people (especially in elevators)
Law of Dharma

5) Be mindful of ‘grass is greener’ syndrome

• Everywhere you go, there you are.
• Be self-aware of your specific pit-falls and how to overcome them.

  limiting beliefs
  negative self-talk
  excuses
  not listening to your body
  influence of others (not the good kind)
  distract yourself from what really needs your attention
  mindful of your priorities
  overly busy / take on too much