

Dharma

In this video, I'll explain the Sanskrit concept of "dharma" or duty. The yogis discovered that the antidote to "dukkha" or suffering, was doing one's duty. Instead of running away from pain, dharma is what allows us to embrace it. So much of our life is controlled by our aversion to pain, and if we can tap into "dharma" we can choose the more difficult road in life far more easily.

References and further reading

- The Bhagavad-gita. (1929). Chicago, Ill. : The University of Chicago press

Glossary

Dharma

Raga

Dvesha