

Karma

Understanding our place in life and discovering our road forward involves understanding our karma, or circumstances. In this video, I'll explain the concept of karma, and how we can use karma as a guide for how to shape our life. I'll go over three approaches to understanding the intersection of your karma and your dharma.

References and further reading

- Orenstein, G. A., & Lewis, L. (2020). Eriksons stages of psychosocial development. StatPearls [Internet].

Glossary

Brahmacharya Ashram

Grahashta Ashram

Vanaprastha Ashram

Sannyasa Ashram

Meditation Videos



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