

Dharma

Who Upholds Dharama?

Avataars

Who were some of the avatars?

Rama, Krishna, Shirdi Baba, Sathya Sai Baba

What did Rama who upheld Dharma teach us?

Never to go back on our word

A promise is sacred

What is Dharma?

*Anything where: **Thought, Word and Deed are all the same***

So something you think is also said and is then carried out and therefore is acted on.

But there is good and bad acts that you can do, so you have to do those acts that are good.

So in the part where you need to think, here you need to discriminate what is good thoughts and bad thoughts and only speak and act on the good thoughts.

The 4 rules to uphold Dharma are:

- 1. Welcome and Keep with good company*
- 2. Go away from bad company*
- 3. Always tell apart things that are short term and those that are long term*
- 4. Always perform good acts at every moment*

How should you treat people who do their Dharma (Duty)?

Examples:

A doctor and his patient – how should the patient treat the doctor

A mother and its child – how should the child treat the mother

**Should not the doctor be thought of as just doing his/her job as his/her duty?
Should the mother be thought of as just doing her duty?**

NO! We should always be grateful even if it is their duty.
WHY?

Homework:

For each of the 4 rule to uphold dharma:

- 1. Welcome and Keep with good company*
- 2. Go away from bad company*
- 3. Always tell apart things that are short term and those that are long term*
- 4. Always perform good acts at every moment*

Write a paragraph for each rule saying where in your day you had practised each rule.