

RESOURCE 5.8

Go Dharmic flyer

What is Dharma?

The word Dharma is derived from the Sanskrit word 'dhri', which means 'that which sustains'. It is the true essence of an object or living thing. For example, the Dharma of fire is to give heat and light. The Dharma of sugar is to be sweet. The Dharma of humanity is to be humane - that is, to act with love and kindness.

Many Hindus refer to themselves as followers of Sanatana Dharma. Sanatana means 'eternal and universal path of welfare for all'. The most universal meaning of Dharma is to express compassion and unconditional love for all living beings.

“Never displaying malice to any living being through actions, thoughts or words. Acts of kindness, giving charitably, this is the Sanatana Dharma.”

Savitri, The Mahabharata

Yudhishtira and the dog



The great King Yudhishtira was walking in the Himalayas after renouncing his throne for a life of meditation and solitude. A dog started following him. Yudhishtira cared for him, giving the dog food, shelter, and love. When it was time for Yudhishtira to enter the Heavens, he chose compassion and care for the dog over the joys of Heaven. The Mahabharata teaches us that the dharmic choice is to act with love and compassion beyond any achievement or pleasure.

The eight principles of Dharma, formulated by Hanuman Dass and Dr. Nicholas Sutton

- Love (Prema) प्रेम
- Compassion (Karuna) करुणा
- Non-harming (Ahimsa) अहिसा
- Friendship (Maitri) मैत्री
- Truth (Satyam) सत्य
- Selfless-service (Seva) सेवा
- Charity (Danam) दान
- Peace (Shanti) शान्ति



“Act for the welfare of the world.”

Krishna, The Bhagavad Gita

Followers of Sanatana Dharma distribute food to those struggling with homelessness, plant trees for the environment, perform humanitarian relief in times of crisis, and work to express Dharma wherever possible.



Find out more about Go Dharmic at www.godharmic.com
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