



2008: The Year of Dharma

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“You are what your deep, driving desire is. As your desire, so is your will. As your will is, so is your deed. As your deed, so is your destiny.” - Brihadaranyaka Upanishad

Dharma has become one of those spiritual buzzwords that you’ll now hear tossed around at a cocktail party. It was at a recent Yoga conference that I learned “2008 is the year of Dharma”. I was immediately excited even though I really didn’t know what Dharma was at the time. With a little research, I found out that I am in the Dharma business with the work I do as a Life Cultivator - I just didn’t know that where I guide people to is actually their Dharma.

Dharma is by nature so vast it’s not easy or even possible to “define” so what follows is a slice of what you need to know in order to embrace 2008: The Year of Dharma. Essentially Dharma means “truth” or that which is aligned with the true order of all that exists. The Universe’s Dharma is the Absolute or God. Buddha’s teachings are Dharma as they capture Buddha’s truth and his path to enlightenment. Your Dharma is your own path to truth and personal fulfillment. So, Dharma is not something you find, define like a life purpose statement or even create it’s coming to know your true self by getting in touch with your deepest desires and expressing who you are in the world.

I know without a doubt that I’m living my Dharma because my deepest desire is a world where everyone is fully expressed and fulfilled and so my deed has become guiding people to full self-expression and lasting personal fulfillment through Life Cultivation. Although my Dharma is specific and has given me direction, there’s still a lot of room for creativity. There is no “right way” to live your Dharma, so I create my life every day and as a result I feel a sense of deep connection, purpose and fulfillment.

So what can you do to embrace 2008: The Year of Dharma?

Well the good news (which might look like bad news at first) is that this year your Dharma will pursue you. What this means is that the energy of the Universe is shifting to truth and all that is not aligned with truth will begin to surface, heal and resolve. This can look like breakdown after breakdown in our world, personal lives and bodies. So the first stages of Dharma can appear to be a deep cleansing or loss but eventually you’ll see the purpose in what’s shifting and changing in your life. Eventually as the dust will settle and you’ll begin to see your path.

To embrace the year of Dharma, you can make a conscious choice to follow your true desires (whether it's lots of chocolate or world peace, it's up to you to know what your truth is!). Dharma can also be about pursuing a deeper connection with yourself or between yourself and God. You don't have to know exactly what your Dharma is to live a fulfilled life. And either way, gaining a deeper understanding of yourself will either lead you to your Dharma with a specific purpose as it did with me or it at the very least lead you to a more balanced and peaceful life.

Another step toward your Dharma is to see the difference between your true desire and fear-based need. Begin by observing where and when you tell the truth and when you don't. Notice when you feel something in the center of your body (your heart or solar plexus) vs. your head. When you're living from your true desire or Dharma you'll feel more connected, grateful, peaceful and free. When you're living from fear, you'll feel confused, stressed, and stagnate.

Once you begin to connect with your Dharma by knowing your true self and deepest desires, you can create your life from that place. With careful cultivation, you will become more and more self-expressed experiencing a deeper sense of connection, balance and fulfillment. As you create, ask your Dharma for direction, hints or clues. Meditate on a question you have or use this question, "Who am I and what am I here for". You can also make a request of Dharma, "Reveal my true self and path to personal fulfillment." Remember your Dharma is not an ultimate destination - it's a choice to live life true to yourself and enjoy the incredible life experience that follows.

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