

Discover Your Dharma Video 1 Transcript

Why Dharma is So Important

This transcript has been lightly edited for punctuation and obvious speech-to-text errors. Michael's teaching and sequence are unchanged.

No worksheet is promised in this video. Continue to Video 2 when you are ready.

Aloha, so much love and blessings. This is Michael Mackintosh, author of Discover Your Dharma. I've also created plenty of other courses of like the Eternal Freedom course, superhero Training, and Enlightened Love Secrets and so many other things. And in this three part video series I'm gonna be sharing with you how you can discover your dharma.

And create the life that you love and really make that contribution in the world that you know that you can make. 'cause all of us have something special to do. The universe is here to help us deliver our gifts into the world. And when we do our whole life. Have become so rich and wonderful and magical things happen to us.

And don't worry if you haven't been able to do this before, don't worry if you've done other courses or books or things and you're still stuck and you dunno who you are and what your life's about. It's quite understandable and there's a reason that a lot of these books and courses don't work, and that's because there are some secrets that you are not being told about and many authors don't mention.

And I'm gonna cover some of them in this video training series for you. So. In this video, we're gonna be talking about why it's so essential that you discover your dharma, and in fact, why it's the most important thing you could ever do is discover your dharma, understand dharma and live alignment with dharma.

So first of all, I want to congratulate you and appreciate you and thank you for being here watching this video because most people in the world are so busy running around doing all sorts of things that they haven't got time to think about the meaning of life. What is their dharma, what is their relationship to the universe, and really take this seriously and make it important.

So I want to thank you. For making Dharma and your life and your contribution important and being here listening to this. So you're probably wondering, you know, what is dharma? You've probably heard this word, you probably have some idea what it is, and it's an extremely deep word, and in my book, I talk about this in great length because it's not a word we have in English.

English language is missing the word dharma and missing any concept that even describes anywhere near Dharma. So Dharma is one of those weird and wonderful things that we have to kind of relearn and imagine. We don't know anything. It's completely different from what you think. So coming at this from a place of, I don't know, anything from a place of openness like a Buddha mind and open mind, we need to come from that place to understand Dharma and DMA means literally that which supports that, which holds up.

That which bears. So what this means in our real life is that Dharma is this wonderful force of the universe, which is embedded into the very fabric of the universe and supports the universe. Now, this is a huge thing. You know, I'm just mesmerizing in amazement and wonder with this. That this universe we live in is a benevolent universe.

It's a wonderful universe. It's a universe that's here to look after us. It's a universe that's here to look after you. It's supporting you. Just feel that for a minute. It's not some evil thing trying to attack you. It's not some random, neutral, dead thing. It's a benevolent good universe that's here to support life.

Isn't that beautiful? You live in a safe place. Fundamentally, it's a beautiful place, and Dharma means there is a cosmic eternal law, a natural law of the universe. There's something that goes beyond, behind all the manmade laws that is happening constantly. That is supporting life. And if you understand what that is and you relate to it, then you become aligned with the universe itself.

And the universe is connected to everything else. Everything in the universe is connected to every other thing.

So interesting thing is that, you know, science is fantastic and has come up with all these wonderful inventions and iPhones and technology and computers and all these, you know, various things throughout history and cars and planes and everything as well as the medical sciences help, you know, keep people alive longer and understand how we heal and there's all sorts of wonderful benefits of science.

I'm not against science or, but the thing is science doesn't actually understand and they admit this, they don't know. Why things do what they do. They know what they do. They understand what happens and how the cells heal and how the universe functions. But they don't know why it does what it does, and the reason why things happen the way they do.

The reason why our bodies can heal, the reason why there are all these seasons and the universe is because of dharma, a force behind it, keeping it together, and we can either be aligned with this eternal force of nature. These cosmic laws, this eternal reality, or we can be non-aligned with it opposed to it.

And when we're opposed to dharma, then we're going against the grain of the universe itself. Then as you can imagine, that's not gonna work very well because we are part of the universe, and the universe is

gonna have a way of. Bringing everything back into balance anyway. 'cause there is this eternal balance happening.

So we can't really get too far away from it without it coming back. So if we align with dharma, what it means is that we we're smooth sailing, we're going along in the right direction, the wind is on our back. Otherwise we're always fighting, fighting, fighting, fighting, fighting. And it creates all of these horrible situations in life.

So all conflict in relationship. All the health problems that we might have. All this kind of crazy thinking in our brain, all these nightmarish dreams, all of the suffering in the world, the addictions, the neediness, the violence. You know, you don't need me to tell you the state of the world. You can just turn on the news or look at newspaper or whatever, and you'll see everywhere.

And you already know this. There's just craziness, craziness, craziness, craziness. Why? It's because it's ah, dharma.

And what we need to do is turn that around, understand how the universe works and align with it. You know, and this is not as easy as it sounds, by the way, because we have so many forces from outside that are against Dharma. And they're so in our culture that we hardly even recognize what's going on. So the world we live in nowadays is kind of a anti dama kinda world.

You know, the culture that we live in, the universe is totally natural. You know, like here I am in nature by the ocean, the ocean's part of the universe, part of dama, it's doing its thing.

But our human culture has got completely out of control, and we pretty much trash the planet into polluting everything. And there's just conflict, conflict, conflict. And no matter how much wonderful technology we have, doesn't seem to reduce people's, you know, suffering in their mind and emotional distress and relationship problems.

And in fact, it seems to be making it worse and worse. And now everyone's just addicted to their iPhones. And their smartphone. So what are we gonna do about this? You know, this is a big issue, especially when the world is designed to promote the adharmic, you know, against opposite of dharma. An example of adharma that I heard about recently, a bit shocked to hear this, was that Monsanto, the GMO Kings of the world.

Have been nominated for the Nobel Prize in agriculture. So non dharmic unnatural food is now being praised by our culture and given money, you know, not that they don't, not as if they need anymore money, and that sort of thing is just like,

So when we have lack of dharma, add dharma, then of course we have all these relationship problems. People are, you know, getting divorced all the time, having affairs, having drama, people arguing with each other. Uh, basically every single level of our life falls down. We get into debt, we get into depression, we get into addiction.

It's just a whole mess, right? And. Ultimately, we just need to align with the universe, and when we do, everything becomes easier, much more enjoyable, much more fun, much more wonderful, you know? And we get support from the universe because inside the fabric of the universe itself is dharma, and Dharma is supporting that and supporting us because we are part of this amazing universe that we live in.

I'll tell you a quick story. So when I was 18, I went to Africa. In fact, my most of my life had a normal teenage life. You know, I did tons of drugs and parties and usual thing most people do. Went to Africa, completely overdosed on smoking cannabis and drinking and going into crazy, you know, adventures with my brother.

When I came back from Africa, I felt massively depressed. I was 18 years old and it felt like my whole life had just fallen apart. And I was really searching what is the meaning of life? Who, who am I? What am I here for? What's going on? It was really deep in my soul, and I'm sure you've experienced that as well.

And long story short, I had a extremely powerful vision of myself. I was pulled outta my body and I saw myself two a pathway where I had to split a path. One path went up that way, and the other path went off that way, so I could carry on the way I was, or I could go. And experience a new reality, which was the path of dharma.

Although I didn't know that those words at the time, it was a dharmic path. And so I chose the path with a heart. I chose a path with a heart. If I'd carried on that other path, I would've died inside. You know, I would've, I was already dying. I already was dead. And so changing that one thing, making that few little steps back when I was 18 has completely changed my entire life.

And that's the power of Dharma when you just make a little shift. All of a sudden, all these new opportunities came. All these new things happened. And long story short, I ended up here in Hawaii doing what I love, loving my life, helping thousands of people all over the world. And it just brings me so much joy to be doing this, you know?

And when I wasn't doing that, I felt like I was dying. So there's this huge contrast that you get, and it has to start right now. You don't have to wait around for this. You can do it immediately. All right, so dharma is just the most wonderful thing ever. It's what the universe is made of. It's what you are destined to be aligned with because you are part of it.

Now, here's the problem. We live in a culture that not only is against Dharma, generally speaking. But there are very, what I would call evil geniuses. People in marketing companies, advertising companies, organizations that are absolutely on a mission to make us addicted and weak and not live in Dharma, although they're not thinking that themselves.

If you're go into a supermarket. How much good food can you actually eat? Nowadays they're trying to make everything GMO, which is just gonna kind of like ruin all our health. But then there's all this junky food everywhere and there's all this over the, do you know, salt too much, salt too much sugar, corn syrup, and all this stuff.

So we are physically being weakened and we get addicted to the taste of that stuff 'cause people have designed it. Then there's all these millions of distractions and movies and media, and it's a constant onslaught from. The world screwing up our ability to focus and be aligned with dharma. Then we have peer pressure from other people.

We have our own conditioning, we have education, you know, teaching us all sorts of things. If you don't, if you don't, if if learn education and, and pass the test the way you're supposed to, then you, your life gets screwed up. So there's all these. L multi, multi multilevel systems. I talk about in my book that are making it extremely challenging for you and for me to actually understand Dharma live aligned with Dharma and be in the wonder of life.

You know, how many things are like this? I remember when I first went to the ocean. I saw the ocean and I was like, thank God there's something that hasn't been messed with. You know, this is just natural. But in our world, there's so few things that are just pure and natural without all this programming, conditioning, and, and messing about with it.

So understand this is not a small thing. This isn't something we can just brush off and say, oh, whatever. That's not a big deal. All this stuff has gone into us. It's affected us. It's the lethal injection of what I call social opiate. So we got all these things happening at the same time and we need to do something about it.

So it's a big job. It's a huge thing. There aren't many people who are aligned with dharma these days, but there's a huge number against us in a way, against Dharma, and this is what we're up against. So the question is, how can we turn this all around? How can you personally. Align with your own dharma in your own life.

And enjoy the wonder of life, be supported by life and help change the world, you know, because we're all connected to the world. So as we change, we end up changing the world because we are part of it and connected to it, you know? So this idea, when we change, we change the world. It's not just a nice idea.

It actually is happening on a very metaphysical, real level. Everything in the universe is connected to everything else in the universe. Right, and this is something wonderful for us to really understand. Scientists are onto this nowadays, and so we are all connected. We're all one big family. We're all connected to everyone else and the entire world.

So for you to discover your own dharma, live your dharma, and start making a change in your life right now in an easy, wonderful way. Make sure you watch the next two videos. The next one is about what is

your dharma? What is your dharma? Not someone else's dharma, not the dharma that someone else has tried to get you to do.

'cause there's all these forces trying to force us to do things that are not natural for us. And then the third video is about how to apply once you know your drama, how to apply it in your life in a real way. So hope this has been helpful to you. I. Live your Dharma, love your Dharma. Look around at the world and see, wow, this is a wonderful, supportive universe, and you have a wonderful gift to bring to the world.

You are connected to this whole universe, and it's here to support you and bless you and look after you, and there really is nothing like it. All of that anxiety and stress and frustration just dissolves as we align with dharma. Our life becomes rich and everything becomes so much easier. So I'm excited for you.

Love you to leave me a comment, whatever you've learned from this video, please leave a comment below this video. I'd love to hear from you. And then make sure you watch the next two videos. And if there's anyone else who you think would love to know about their dharma, live their dharma, understand the wonder of the universe.

Feel free to share this video with them. Sending you so much love from Hawaii. This is Michael Mackintosh. Aloha.

This is the end of the video. The universe supported us to the point where, here we are. The final scene shooting it in the rain. The rain stopped just for this video, so there you go. It's a good example. Gonna get out the rain, have a beautiful evening. Aloha.