

Discover Your Dharma

Video 2 Transcript

What is YOUR Dharma?

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

Session worksheet: awakenedacademy.com/downloads/discover-your-dharma-questions.pdf

Aloha, Michael Mackintosh here. Welcome back to the Discover Your Dharma series. In the last video I shared with you about why Dharma discovering your Dharma is the most important thing you can ever do. And if you didn't watch that video, go back and watch it 'cause it's a really powerful video to give you an understanding of what dharma actually means.

'cause it's one of those weird words we don't have in English. Now, in this video, I'm gonna help you discover your dharma and understand what is your personal dharma compared to the DHARMA that other people are trying to make you follow. So why is knowing your Dharma so important? Now in the Gita, there's an extremely powerful quote and basically it says it's better to follow your own dharma, although imperfectly performed than it is to perfectly follow the dharma of somebody else.

'cause if you follow someone else's dharma, you are guaranteed to have fear and anxiety and leave and may lead you to death. Now I've paraphrased this quote a little bit so you understand it, but in other words, don't bother trying to follow someone else's dharma. You might do perfectly doing something that someone else is supposed to do, but if it's not your own dharma, it's gonna screw up your life and it's gonna ruin your peace.

So if you look at our world, you've probably noticed that a lot of people go to work, do stuff they don't like, do other things that their parents said they should. And media says, you need to have all these things and do all this stuff. People are running around, look at all the cars and everything's fast, fast, fast, and beep, beep, beep.

And I need to, everyone's in a rush. What are we doing? What are we doing with our lives? Is it our own dharma? So if you want to discover your Dharma, you need to really understand the difference between your Dharma and what other people have told you is your Dharma, and you probably know about the law of attraction and the seek.

And all those sort of things and what those things don't talk about. They basically say just whatever you want you can have, and just imagine what you want and you can attract it, right? And law of Attraction does actually work and it's great, but the big problem is that we don't know what we want. We've been so brainwashed for such a long time from so many different sources that what we think we want isn't really what we want at all.

And the ego is in charge of our lives. So what we think is me and what we think is important and what we think is the best ever, most of the time is only a fraction of our true dharma. The rest of it is all social programming and social opiates.

So we need to know the difference because if we live someone else's dharma, it's gonna lead us to frustration. It's gonna lead us to disappointment. We might be excellent in what we do, but we are just dead on the inside. And following someone else's dharma in an extreme form can end up leading you to physical illness, disease, and even death.

You know? And if you look at the world, all the suffering is 'cause the people are not following their dharma. So we really need to get this one right. And it's not obvious because you might be good at something else. But it's not your dharma, okay? So just because you are good at it doesn't mean it's yours.

This is a really important thing to know.

Alright, so what is your Dharma? That's, this is like the billion dollar question. So first thing I want to mention is that in order to discover your dharma, don't get too fancy about it. You know, people often think, oh, I must be some like over the top philanthropist and do Setting up schools all over the world and solving the world's big problems all in one go doesn't have to be so extreme.

Dharma is a personal magical thing. Writers need to write. Artists need to paint. Poets need to create their wonderful poems. Photographers and filmmakers need to make films. Builders need to build. Mothers need to look after their kids. You know, let's not overdo this dharma thing and make it too complicated.

It's simple, and you have your own unique DMA, and you have something special to give. Your DMA doesn't have to be over the top, you know? So get it out of your head. The media is always banging on us that we should be better and we should have more money and we should have more this, and we should have more that.

So we're always getting the message, we're not good enough and we have to do grand things. Doesn't necessarily have to be like that at all. You know, I get, I get asked this question a lot from mothers, you know, say's, got a couple of kids and they're asking me, what's my dharma? Is it to look after my kids? I often get asked this question, I say, yeah.

If you're a mother and the kids are relying on you and they need your love and you are helping them, you know, grow and become the people they're gonna be, don't just ignore the children and go off and set up schools in Africa or something. These kids here need help, you know? So it can be a simple thing.

It doesn't have to be complicated. So this is really important thing to realize. So you go into learning about your dharma from a sane place rather than from a brainwashed. Place thinking it has to be this over the top thing. Doesn't have to be like Gandhi and Nelson Mandela, Martin Luther King, mother Trayer.

It doesn't have to be like that. You know, if you're excellent at technology, maybe Dharma is using technology to make a difference in the world. If you're excellent at some certain skills that you have, you can use that. So DMA is what you do and it's also how you do it, you know, because if someone, say for example.

Is writing books on peace and love, but they hate everyone completely. And they never, you know, always nasty to everyone they see. And they kick the dog, kick the cat. You know, that's not, it's not really dharma.

Hey. Yeah, so it needs to be who you are, why you do it, what you do, how you do it, where you do it. And when you do it, you know, Durham is all levels of life aligned together. That's what makes it a strange and unusual and deep think. And the second thing to realize is that what you think your diary is, your first thought about it.

It might be spot on. Actually. You know, sometimes our subconscious mind just gives us the gold right away and it's really the truth. But a lot of the time it isn't. We're got all this stuff in our head. So when you think of Dharma question everything, question it. Your dharma is your path with a heart.

It's what you are here to do and how you are here to be in the world. It's being and doing together. And Dharma is not something that happens only, you know, between nine and 10 o'clock. This is my dharma and I do this thing. That's not what it is. Dharma is 24 7 in your dreams every day, every time you talk to somebody, everything you do, you dharma is the whole thing together.

So don't think of it in terms of it's this one thing that you do. You know, that's Mike Dharma. It's not like that. It's multiple levels and it incorporates all levels of being. And because there's no word for it, and we haven't been told about this, you know, this is a new idea. And it's like, uh, how do I, how can my DMA be all these things at once and all, all levels and at all times.

So this is a really good question and it's a really deep thing, and that's why it's so important to know what your dharma is.

So what is your unique dharma, your own personal path? With a heart. Now this is a very deep thing, as you know, and in my book and in courses that I've done related to ham, I go into great detail about this.

'cause this, you can't really do this in a short video, but I'm gonna give you some powerful questions you can ask yourself to get really clear, like these are like the top most powerful questions.

Before I tell you what those questions are, it's going to give you three things to think about to make sure that it's your gar. Number one, your dharma is gonna be aligned with the laws of the universe. So we're not talking about the law of attraction, we're not talking about these, you know, these ideas that have become popular recently.

This is the laws of nature. This is the laws of the universe, the visible world that we see, and the spiritual worlds that we don't see. And David Bo, the quantum scientist, quantum physicist, he talked about this as implicit order is the world beyond the spiritual world or the world we can't see. And then explicit order is the world that we can see.

So this, there's a non-physical reality that is connected to a physical reality, and these two things are basically one thing, but they look like they're separate. So duality. Isn't really real non, everything is non-dual ultimately, but it looks like there's duality, you know? So that's just one of those deep things.

I'm not gonna go too deep into that, but Dharma is connected to the laws of the universe on all levels. Second thing is, Dharma is about using your own personal skills and contributions and gifts and things that you've acquired, things that have appeared, gifts that have come through life to make a contribution.

So it's really being that in the world. And the third thing is that it needs to contribute genuinely to the world. Your dharma is gonna make a difference. It's gonna help others. It's not something that's just like, oh yeah, you know, I like wandering around on the beach and you know, just listening to music, you know, that's might be part of your dharma, but it's gonna make a real difference in a real way to real people.

So that's really an important thing. You know, without that one, you know for sure it's not your dharma. So in other words, what you're doing is you do what you love, what comes from your heart and what you love has an effect on others. And remember, it doesn't have to be fancy, doesn't have to be over the top it, but it's your dharma.

Alright, so I've got some powerful questions for you to discover your dharma. And really make that real for you. 'cause once you know what your DMA is, you can start changing your life to align with that in a real way. In the next video, we're gonna talk about how you can actually put it into practice, but you first need to know what it is.

So there's so many questions I could ask you and I really thought, which are the most powerful ones? So these are some of the most powerful questions to get you on the right line. And then below the video, there's a PDF file with more questions. So that you can download that and really go deep, you know, print it out, put it somewhere you see it and you know, really take this seriously.

'cause this is your dharma, this is your life, this is your destiny we're talking about. So here's the questions. First one is to get you thinking bigger picture. Let's imagine for a moment that you lived for another thousand years. Imagine that your body somehow. Stayed alive another thousand years with health.

What would you do?

That's a big one. If you were alive for another thousand years with your health, what would you do? What would you do with your life? When you start thinking big picture like this, it changes your entire perspective and allows you to perceive. Much deeper about what your DMA is. Another question is, if you had time and money so you don't have to worry about time, you know you have time to spend, you have money, you don't have to worry about money, what would you do to make a difference?

So now you've got time and money. What are you doing to make a difference in the world? That's a good question. It's a deep question. All right. Couple other questions. Now, these are very deep. You might want to take your time to think about these even deeper. So when you leave the world, let's imagine looking back from the future.

Imagine you're at your funeral and looking down from above. 'cause you're still gonna be alive 'cause you can't die. What do you want to be known for? What do you want to have been the contribution you left with the world?

This is a really powerful question. Imagine you are there in the future above your body, looking at all these people coming to celebrate your life. What are they celebrating? What did you leave behind? How did you make the world a better place? Another extremely powerful question is what are the things that you do naturally that people thank you for?

You know, some of the time we think I'm so great at all this stuff, but you don't get praised. But there's other things that you do that people just say, oh wow. Thanks so much for doing that. That was great. You know, the reason I do the courses and trainings I do is 'cause I get so much praise and blessings and appreciation from people that I'm like, great, you know, I must be doing this because it's easy for me to do.

It's easy for me to do it and people will appreciate it. So that's why I do it. That's why it's my dharma. What do you do? That you love to do, that's easy for you to do. And people will say, wow, thank you for that. It's a really good sign. And once you have these questions, you are really there on the right path.

And remember, you can just make a couple of shifts in your life and you end up thousands of miles in a different direction. You know, if you're in a boat, you make a little change, you're gonna end up in a completely different place. That's what your life is now. What you do today is gonna change your destiny.

Last question I wanna ask you is that when you look at all these questions, really question yourself and question the questions. Is this really my dharma? Is this really mine? Or does it come from somewhere else? Because right now, like I said, there is tons of evil geniuses and people out to get you to take your time, to take your energy, to take your life force, and to get you to do things that are not your own.

Okay, so I'm not gonna tell you what your Dharma is. I'm just gonna tell you to look out for all the craziness and to go deep with inside yourself so that you really figure it out. 'cause only you know and only you can do it. Another important thing about Dharma, your Dharma is that it's gonna be unbalanced.

This is really important for you to realize you're not gonna be good at everything. You're not gonna be. The world is unbalanced. Durham is unbalanced. There's no point in trying to make all of your weaknesses as good as all of your strengths 'cause it's not gonna happen. Armor is about using your strengths and developing them, not about ignoring your weaknesses and being slack, but you're gonna be way better at some things.

I'm naturally far more creative and less organized. I can try and be organized, but it's not gonna happen and it would ruin my creativity. So you are gonna have an unbalanced life if you are gonna fully align with dharma. You're gonna be aligned with the universe and the balance of the universe, but you're not necessarily gonna be balanced in everything you do.

And if you think about it, the way the world is balanced is because some people are very good at some things and crap at other things, and some people are excellent at those other things. And when you put all of us together, living our dharma, you end up with complete. But if all of us had to grow our own food and be good at this and be good at accounting and good at this and good at that, it would be impossible to do anyway.

So realize unbalanced is okay and actually is more balanced than trying to be balanced is so be open to being unbalanced, and that's how you're gonna have an amazing life and really experience the wonder of dharma and be in your dharma.

So what is your dharma? Your dharma is your unique contribution to the world. It's where you're aligned with life itself. You're connected to that experience of eternity and the wonder and the magic, and you are allowing grace to flow through you, and you are doing things that bring you joy, and other people are benefiting from it.

So it's a win, win, win, win, win. The more win-win, win, win win situations you get, the better. Steven Covey was always talking about having win-win rather than win. Lose or lose, lose situations. Dharma is win, win, win, win, win, win, win, win, win. You know.

Dharma is something that is going to bring you massive joy. It's gonna bring you joy and it's gonna allow you to do things that you need to do. And even if there are challenges in your life, you'll still be able to overcome them because there's an inner power moving you forward and shifting things around.

Dharma is your why, your what, your how, your where and your when of life. It includes everything. Why you do what you do, what you do, how you do it, who you do it with, when you do it, and where you do it. You know, it's the whole thing. Every single element of your life is affected. It's something that only you can do as well.

Your dharma is not the same as anyone else's dharma, and it's very unlikely that it's got anything to do with all this peer pressure and social conditioning that we've all been subjected to and we need to release. And if you want to live your Dharma, then we need to take this understanding and this clarity and turn it into.

Daily rituals, sacred rituals that you do that work for you so that you can start integrating this in a powerful way in your own life so that it's not some lofty idea over here that you forget about. It's something that's real that builds upon itself over and over and over again. So we're gonna be talking about that in the next video.

So what's gonna happen when you discover your DMA and live your dharma? Well, the first thing you know, you probably might be feeling this already, is that sense of relief. You know, because when we are living someone else's drama, we're always fundamentally stressed. You know, there's this anxiety that's always there.

We're always kind of in trouble with ourselves. You know, there's always something wrong and we feel it. But when we embrace our dharma, ah. Everything becomes easy, it becomes powerful, it becomes meaningful. It brings everything together, all these different pieces of your life, all these fragments, all these weird things here and there.

It all comes into one big thing. And this is absolutely beautiful experience. You also track magical synchronicities to yourself and every day becomes magical 'cause you are tuning into the wonder of nature. Rather than distracting yourself and all these different things, trying to feel good, you just can look around and go, wow, it's incredible.

It's amazing that we're even here. It's amazing that we're even alive and have that beautiful experience of the wonder of life again and again and again, you know, in the simplest of things. So you become extremely rich immediately because you start to experience the richness and the wonder of life itself.

You also attract more abundance, more opportunities, more support because the world is supporting you and helping you. And the good news is that even if everything falls apart in your life and the whole world goes to hell, and everything goes crazy, which happens from time to time and can happen to any of us at any time, you don't really mind.

It doesn't affect you as much because your life is solid. So even if things go wrong, things happen not the way you want them to. It doesn't matter because you are living your diamond and you know that it's gonna work out better, and you have that feeling things are gonna work out to my advantage. You know that experience where something terrible happens and you're like, God, this is so horrible.

And then later, maybe it's a day later or a year later or a month later, you go, that was the best thing that ever happened to me. Oh my God, I'm so grateful that that horrible thing happened. Yeah. You know what I'm talking about? With Dharma, the gap is closed so that rather than it taking years and years to realize the benefit of everything that's happening, we realize it now.

So rather than it even being a day, it becomes minutes or hours so that whatever happens, good or bad, you say, no, this is all good, and this is all happening for a reason. You can try and experience and see the benefit of it in the moment. So what it means is it's good. Better and best. Everything is good, you know, and that's such a massive blessing.

You know, I love that about my life. It's like things might go completely wrong now and again, but I'm like, no, this is good. You know, that gap is getting closer and closer and closer to the moment, so it's always good, always good no matter what. One of the most beautiful things about living your Dharma is that everything you do all day long.

Has meaning, you know, you can actually experience being alive in the moment and that feeling of wasting your time and what am I doing and you know, why am I doing this is gone. So you can actually be where you are. Like, here I am on the beach. I can fully be here and be enjoying being here and be present, being here.

So that experience of being here now. And being in the flow goes up massively. As soon as we align, we go into the flow and we are here and we enjoy the moment. And that's priceless because if you have priceless moments over and over and over and over and over, then your whole life is gonna be beautiful.

And those moments start right now with us aligning with Dharma. And it's just so much more fun living your dharma 'cause you're connected to everything. You're not fighting, you're not forcing, you're not afraid. It's a wonderful magical life. So how do we do this and how do we make this happen? Make sure you watch the next video.

We're gonna talk about that and I'd love to hear a comment. Tell me what is your dhar. In the comments below, what is your dharma? I'd love to know other people. Would love to know. Share what you think your DMA is right now. You know, it's a fantastic thing. It's a beautiful thing. It's something to share, something to celebrate.

Download that PDF with a few more questions on it to help you get clearer, and I'll see you soon in the next video on how to implement into your life in a real way, your dharma, so that you actually change things and it becomes who you are. All right. Talk to you soon. A much love from Hawaii. Aloha.