

Discover Your Dharma

Video 3 Transcript

How Do You Live 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/dharma-rituals.pdf

Aloha. Welcome back to the Discover Your Dharma Series. In the first video, in case you didn't watch that, we talked about why dharma is the most important thing ever. In the second video, we talked about what is your personal dharma, not someone else's dharma, not what the culture has brainwashed you to think is your dharma and people have said is your dharma, what is your real dharma?

And in this video we're gonna be talking about how can you. Actually implement your Dharma. Live your Dharma, be in alignment with dharma and have a life of Dharma starting now.

So what does it actually mean to live your Dharma practically? Well, transformation is one of these wonderful things, isn't it? Trance. Formation.

Transformation means to change. To transform something, and to transform ourselves means that we are no longer the people we used to be. We have changed. And there's a, you know, a funny thing I was talking to one of my friends about recently is that. Most people want to change, but they don't wanna do the work.

Or in an even more amusing way of looking at it is that most people want to change, but they don't want to change. In order to change. So in other words, we want to stay exactly the same as we are and have a much better life and have everything we want, but keep all, all of our old bad habits while we're at it.

Uh, unfortunately, it doesn't work that way. So transformation means we actually have to become fundamentally different. We have to go from what we were to something else. So living your dharma. Means what you do, how you do it, where you do it, you know with who you do it, why you do it. All these things are now upgraded.

They're new and different. They've gone to another level. So this is a big deal. You know, like this is really a huge thing because if you look around, you've probably noticed, go on Facebook, look at your

friends and family. Most people don't change very much. You know, year to year, not much happens thing.

People don't take risks. Pretty much the same thing, and pretty much, you know, coming along, transformation is a big deal. It's very unusual, and that's what dharma means. It means getting rid of our dharma, getting rid of the non dharmic things out our life, cleaning them all out, and actually embracing a new reality and a new way of being.

So I want you to understand this is not. Some sort of superficial thing. This is the real deal. And the question is, are you gonna do what it takes to actually upgrade your life? Is it worth it to you? Is it something that inspires you? Are you willing to push yourself outside your comfort zone? Do new things, live a new reality?

You know, are you willing to do it? This is a really important question we need to ask before we even talk about how to do it. Do you want to do it? Is it important to you? You know, so we have two things. We have theory and we have tangible, practical action, real life change, and. Theory didn't get me here to Hawaii.

Action. Did you know theory didn't create all my companies and create all my projects? Action did. Theory is not gonna get your book written. Action is theory is not gonna make you live. Your dharma action is, you know, action, action, action. So we need being and doing. Together, and that's what this is really all about.

So are you willing to take action? This is such, this is the essential million dollar, billion dollar question. Are you willing to take action? And if you are, then we're gonna be doing some fantastic, extremely powerful actions that are gonna literally alter the reality. And foundations of your life permanently.

So this is scary times, but this is good times because this is dharma. This is your life. This is your purpose. This is your destiny we are talking about here.

All right? So I wanna tell you a little story about taking action and living my dharma, living your Dharma. So when I was 18 years old, I had a powerful vision that completely rocked my world and changed my life. Basically. I saw myself in a meditation, pulled out my body at a crossroads. You could say, well, really a fork, a, a path with a fork.

So I went two directions, one direction. I'd live a completely new reality living my dharma, the other direction I was gonna carry on the way I was just doing what I normally did. And it was so powerful to see my future, that it literally changed my life from that day on. And I can't tell you how, you know, potent it is to see and feel this new reality and then implement it.

And so for about seven years, I had a very spiritual life. You know, I still do, but I was just on meditation, meditation, meditation. Very, very pure. Everything was like spot on. And then after a while

I realized that meditation wasn't the only thing in life. You know, it is definitely, I would say the most important thing is higher consciousness, but meditation and spirituality is only part of life.

So I wanted to teach people how do you actually take these spiritual principles and apply them in your practical life? You know, this is like a big difference. So. What I did is I started teaching courses on Practical Spirituality and ended up creating all these different companies and all these projects that I now have created over the years.

Moved to Hawaii and have been sustaining myself financially and physically. From doing this service work and helping people and change their lives for years and years and years and years. All of that took action. All of those things I had to actually. Implement. I pretty much learned everything from scratch.

I had no idea about business. I had no idea about any of these things. You know, I had to learn it all, and it was through vision and action, you know, so when you know your dharma and you got a feeling, what do I need to do? Then the next thing is, what am I gonna do? What do I gonna have to learn? What am I gonna have to go through?

What challenges am I gonna have to face to get where I want to go?

All right, so in order for you to take action and live your dharma, which is very personal to you and only you know what it is, I'm gonna share what has completely changed my life and something that I always teach in all my courses. And what it is is to extreme. Powerful rituals that you invent. These are your dharmic connection ritual, your ability to relax, get in touch, get centered, get in the zone, and then we have your DMIC service ritual.

You know, your dharmic action. What are you doing to make a difference? What are you doing to contribute in the world? So these are extremely powerful things. 'cause if you have both of these. You are basically gonna be living your dharma in, in right away and as much as you can in a very short amount of time.

So the Dharmic connection ritual basically is something that you do. So you are always aligned with dharma so that you always come back to yourself, you're always in a higher space. Yeah, because if you are running around and stressed out and you know, and you're feeling disconnected to yourself, you're not really in connection with dharma and the universe.

So we need that ritual to get you personally grounded and centered. Then obviously you're gonna be serving others. So what are the specific things that you can do, the most powerful things that you can do to help other people and really make a tangible difference? 'cause once you know these. Your entire life will change drastically in a good way.

Okay, so what is your dharmic connection ritual? This is a big deal 'cause this is the thing that is gonna consistently bring you back to center, back to yourself. Back into the zone. 'cause remember, Dharma is

about being connected to the laws of nature, the laws of the universe. And we live in a world which is massively add dharmic, it's adharmic, it's opposed to dharma.

And we are doing things that pull us off all the time. Everyone's trying to get our attention. There's all these advertising and media and all these things, and all these people, and we easily get shaken off the center. So we need to be able to counterbalance that and have some extremely powerful things that we do that bring us back, you know, and I have many, many, many different ones that I do myself and I share with other people.

But what we want is to get the time. And focus that energy every single day to build this ritual in so that you consistently are in a good space. So how to actually do this and implement it in your life. Please download the PDF file 'cause we've got the direct rituals and we've got your direct actions.

I've got version one and version two for both of these things. So for example, you might write down. What I'm gonna do is I'm gonna get up at this time, I'm gonna do this practice, and then I'm gonna go for a walk and it can be, you know, you know, somewhere between an hour and two, even two or three hour long ritual that is like your thing that gets you in the zone.

And I write that down and then I'm gonna ask you to. Think about, alright, if that's the best ever, what could be even better? How could you take it even up to a higher level? Because the more powerful this is, the more you are gonna get the result and the better you are gonna feel. Because at the end of the day, if we're not feeling good, then we can't really do anything very well.

It's hard to show up for life when we're not looking after ourselves. So make sure that this is a solid ritual. Something that really gets your, gets your juices going. It actually works. And that's gonna change everything for you in your life. So that's, that's the DMIC connection ritual.

All right. Now then, what is your DMIC actions? Your DMIC service? So we've got your dharmic connection ritual to get you in the zone, but then what are we gonna do about you Actually. Making things happen because end of the day, living your dharma is the most important thing. And if we don't make time for it, it's not gonna happen.

And then we're gonna look back on our lives and go, what the hell happened to my life? So here's a way of making sure that doesn't happen and you really. Prioritize and give this the importance it deserved. So there's something to know about taking dharmic action is that you spending your time doing this is the equivalent of thousands of hours of living someone else's dharma, right?

So you might be doing all sorts of things that you don't really want to do, but you have to for various reasons, and that's really gotta change. But when you take dharmic action, do what you need to do. It's millions of times more powerful than doing someone else's work. So I understand that these rituals you're doing, these couple hours spent doing this stuff, is not just a small thing.

It's not really Two hours. Two hours is like a thousand hours. You. So to understand the value of spending your time in this way, everything else is kind of pointless. If it's not your dharma, what are you doing it for? It's not gonna really get anywhere. So those things really treat them as completely priceless, beautiful things.

Okay? That's really important thing to know. So what can you do to actually make sure that in these two hours that you are investing your precious life to live your DMA and make a difference? How can you make sure they're the best two hours you could possibly spend? And what do you do in those two hours to make sure they're the best?

So for example, let's say you are a musician and you are, Dharma is to make music, you know, and of course, dharma is not just one thing that you do, but one of the things that you want to do is express yourself through music. Make music for two hours a day. Actually play the guitar or play the piano or whatever it, or sing whatever you do and record it.

And let people have it. There's so many ways you can share your music online nowadays, or go and perform once, uh, a week or maybe more than once a week for a couple of hours. All of a sudden it's gone from an idea theory to tangible action that is making a difference. You know, if you were to actually record music for two hours a day, what a huge upgrade that's gonna be over months and months and months.

And the same thing is true for anything else. Like let's say you're an artist. Paint, paint, paint, or do your art. Do it for two hours a day. If you do it for two hours a day, you're gonna end up creating all sorts of wonderful things. Let's say you want to help kids. You wanna help kids with something that you can help them with.

Then go and find some kids and help them for two hours a day. You know, or have them come to your house or whatever it is that you wanna do, however it works best, so that you really produce the stuff and help the people. That you're helping immediately. What we don't want is for you to do some sort of procrastination, distraction, stuff that doesn't get to the point.

Use those two hours extremely wisely. Good question to ask yourself is, if you only had two hours this week to do anything towards your Dharma, what would you do? When you think about if you only had two hours a week, it forces your mind to find the most powerful use of two hours, and then you can replicate that two hours over and over and over because life is full of this wonderful unbalanced law.

You know, part of the universe is unbalanced. So some of the things you do have a really powerful effect. A lot of the other things you do don't have any effect. So you've gotta be really be careful and be clear. What are those few things? So what I want you to do is to, in the dharmic actions part of your PDF file that you printed out, write down version one, what's the most powerful thing you can do?

And then go to version two. Version two should be like four times more powerful than version one. So he wants to be like, absolutely the most potent thing you could do with those two hours. If you're writing a book, write your book for two hours. How could it be even better than writing your book? What kind of state of mind would you need to be in to write your book?

Or maybe you could write your book slightly differently, and so you're spending the same amount of time, but you are writing it to a different audience and so it ends up being more powerful. Or maybe you could write articles and publish them right away so they actually get out to people rather than waiting around.

So there's so many things you can do to refine. What you are doing, and I talk about this in the next video and other things you can learn, but really look into this. So you've got your rituals that make sure you feel happy and stoked, and life is great, and then you have your rituals on get things done.

Make things happen. This is gonna build power upon power, upon power so that you are living your dharma and it starts to take over every other area of your life. And it clears out all the ADD DHARMA or the lack of dama or the nonsense gets wiped because you are focused on what's most important for you.

Fantastic. So what to do right now? You know, a lot of extremely powerful information here. You're ready to take action. So what I'd love you to do is to download that PDF file about your DMIC connection rituals and your DMIC actions. Print it out. And put it somewhere really special so that you know exactly what your daily rituals are.

And also leave a comment, what did you learn from this video? And what are your dynamic actions and your dynamic connection things, because this is your life we're talking about here. These are things that are gonna change your life. So share it with our community, you know, is. Such a beautiful thing to share, and we can all support each other in doing that.

Just by writing it down. It's gonna help you to have that accountability from the community and put it down and say, I'm committed to doing this. I'm really up for it. So that's a powerful thing to do. Make sure you leave that comment.

Now in the next video, we've got a bonus video and we are gonna be talking about how to actually make sure that you do all this stuff right. Because your dharma is a big deal. It's your life we're talking about. This is your destiny. We're talking about, and there are so many ADD dharmic forces. There's so many outside influences.

There's so many things that are trying to come in and screw up your life and distract you and pull you away. And you know yourself, know how hard it is to be on point and stay focused. So I'm gonna share with you how to make sure that you fully align with Dharma and that all you do is live your dharmic life, live your own dharma, you know.

So we've got you going with these rituals, but now we wanna make sure that your entire life, everything you do is aligned with dharma and your being is aligned with it. Your thinking is aligned with it, your relationships are aligned with it. Every single element of your life is connected, and that's, you know, that's a life work right there.

And I'm gonna help you make sure that you get on with it, make it happen, and don't get pulled here and there. So. The next video is extremely important, bonus video, so that this really happens in your real life. So stay tuned for that. In the meantime, download the PDF. Leave a comment and share this with someone who would love it.

Talk to you soon. So much love and blessings from Hawaii.