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## CHAPTER 1 WHAT IS DHARMA?

God is the embodiment of dharma

Dharma is misunderstood

Buddha and Sankara adhered to dharma

On the path of dharma

Symbolic meanings of spiritual terms and act

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## CHAPTER 2

# Divine Versus Worldly Dharma

See the stone as God

Follow divine dharma and be free

Egotism based on the body is hell

True dharma is the fundamental basis

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## CHAPTER 3

### The Basic Flaw

Dharma and the Gita

The Atma has no form

Dharma is ...

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## CHAPTER 4

# Masculine and Feminine Natures

The chief guides of living

Dharma for women

Chastity

Modesty

Woman: the prop of home and religion

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## CHAPTER 5

### Education for Women

Progress is based on proper education for women

Study and society not harmful in themselves

Adhere to the dictates of dharma

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## CHAPTER 6

### Practice Dharma!

The protection of dharma

Falling into a-dharma

Follow dharma, as do the elements

Dharma for men

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## CHAPTER 7

# Gayatri: Mother Of Mantras

The four duties of people

Cultivate the soul-force

The real meaning of Gayatri

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## CHAPTER 8

# The Householder Stage

All four stages lead to liberation

Adhere strictly to dharma

Harmony in the household



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## CHAPTER 9

# All May Seek Spiritual Wisdom

Women may seek knowledge of Brahman

Practice the spiritual injunctions

Classification of the four ages (yugas)

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## CHAPTER 10

### The House of God

Functions of the temple

Devotion is the queen

Arousing feelings during worship

Temple rules should not conflict with highest  
conceptions of devotion

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## CHAPTER 11 Three Eras

The Vedic age

The Upanishadic Age

The Puranic age

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## CHAPTER 12

### Temples

The temple is the heart of the village

The reason for the misery

Temples are invitations to and reminders of God

Seekers find temples indispensable

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## CHAPTER 13

### The Dharmic Person

Three stages to knowledge of dharma

Keep mind and conscience on the path

The discipline of truth (Sathya)

The traits of the castes

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**DHARMA VAHINI - CONCLUSION**

**SRI SATHYA SAI SEVA ORGANISATION, BENGALURU-SOUTH DIST.**