

Maya, KARMA, and DHARMA

THE SCHOOL, THE TEACHER, AND THE LESSON

Excerpts from Path to the Soul

By

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Samuel Weiser Publishers, Inc. 2000

Available at www.amazon.com or

www.redwheelweiser.com

ISBN 1- 57863-187-4



*Whatever you do--what you take,
what you offer, what you give,
what penance you perform—
do as an offering to me, Arjuna!*

*You will be freed from the bonds of action,
from the fruit of fortune and misfortune;
armed with the discipline of renunciation,
your self liberated, you will join me*

Bhagvad-Gita

Maya, karma, and dharma have often been called the school, the teacher, and the lesson.

The school (*Maya*), of course, is life: our individual nature; the fact that we progress through several developmental stages in the course of life: the reality of being interdependent social creatures; and the ultimate necessity of having some sense of where we fit in the grand scheme of things.

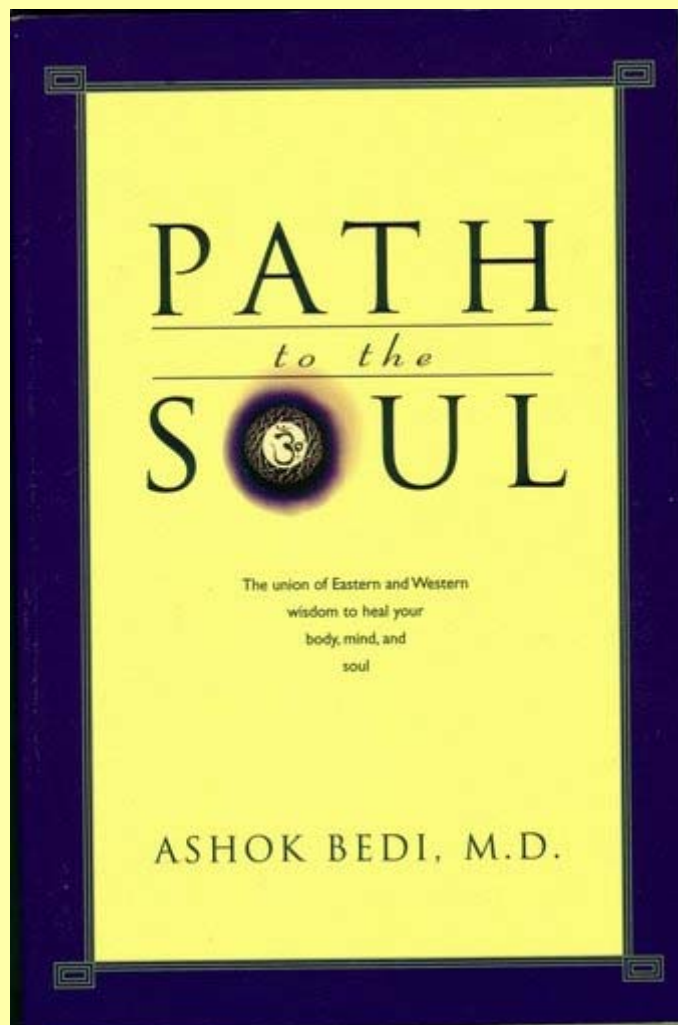
Essentially, this book presents a simple, four-step program to make a journey from your present life to realizing the intentions of your soul. There are four basic human pursuits.

The first two are *Artha* and *Kama*. At the most basic level, *Artha* is the pursuit of wealth, and *kama* is the pursuit of pleasure. The naïve pursuit of *artha* and *kama* is called

our *Maya*. When *Maya* no longer feels blissful, something calls us from the depths of our soul. This is the call of our *dharma*, the intentions of the soul. Once we fulfill our *dharma* -- the calling of our soul -- we achieve freedom from the tangles and miseries of the human condition, and are deeply connected to our spiritual moorings. This is the state of freedom, called *moksha*. Moksha symbolizes the freedom from the Opposites in our nature. When we pursue our life goals guided by *Maya*, we create negative Karma or Consequences for ourselves. When we pursue life goals guided by Dharma or Spiritual calling and purpose, we retire the negative Karma and create positive Karma. Our human life meanders through repeated cycles of *maya*, and *karma* as we fulfill more and more aspects of *dharma* until we get as close to the center of our soul as is possible in this lifetime. The journey, though simple in theory, is the opus of a lifetime. This book proposes the distillate of Hindu wisdom to navigate you on this journey.

As Benjamin Franklin trenchantly remarked, "Experience keeps a dear school, but a fool will learn in no other." We are all fools to some extent. But we take a major step toward becoming wise when we recognize that our experience is our most faithful teacher that unrelentingly shows us the effects and consequences of our actions. From the living school of our experience we have the opportunity to learn the lessons that life holds for each of us: that inborn in each of us is a potential that wants to be realized; that each stage of life calls us to change and grow in specific dimensions; that our interdependence as human beings requires us to find ways of living with one another that accord with our nature and the needs of others; and that our little lives are expressions of the Great Life of the soul working through our individual souls.

Living examples make the notions of school, teacher, and lesson--*maya*, *karma*, and *dharma*--easier to grasp. Path to the Soul vividly illustrates the workings of *maya*, *karma*, and *dharma*--the school, the teacher, and the lesson. Join me now in exploring these concepts to deepen your path to the soul.



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Trained in India, Great Britain and the US, he is interested in the emerging frontiers of Spirituality and Healing and the synapses of the Mind, Body, Soul and Spirit. He is author of the book, Path to the Soul, Weiser Books, 2000, Awaken the Slumbering Goddess: The Latent Code of the Hindu Goddess Archetypes, Booksurge Publishers, 2007 and the coauthor of Retire Your Family Karma, Nicholas-Hays, Inc. 2003, These and his other upcoming presentations can be previewed at his website www.pathtothesoul.com

Ashok Bedi has been in practice in Milwaukee for over twenty-five years and specializes in Adult Psychotherapy and Jungian Psychoanalysis. He regularly presents lectures and seminars in India, Great Britain, Ireland and USA on the topic of the Spiritual and analytic dimensions of treatment, healing and personal growth. Over the last several years, he has been the International Association of Analytical Psychologists liaison person for developing Jungian training programs in India and travels annually to India to teach, train the consult with the Jungian Developing groups at several centers in India including Ahmedabad & Bangalore. He leads the annual "In the Footsteps of Carl Jung in India" study group to several centers in India under the auspices of the New York Jung Foundation.

