

# *National Elections and Our Community Dharma*

*By*

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In a few weeks on November 4<sup>th</sup>, we as a nation would vote to choose our leaders. Some of us may see this as a political process. As a Hindu and a Jungian psychoanalyst, I see this as a Dharmic or Soul work. In our daily life, we are caught in the ego concerns of wealth, power, prosperity and relationships. Hindus call this as Maya or pursuits of our outer life. When these choices are guided by our ego concerns of self aggrandizement, we create negative karma or consequences, which must be retired later in life, in later incarnations or by our children or grandchildren as their family karma. When we make choices that serve the soul and the Spirit, we create positive karma. Choices made in tune with our soul, our inner life and in accord with the guidance of the Spirit are called purpose driven or Dharmic choices. These Dharmic choices gradually free us from negative karma and we become free from mundane and align ourselves with the sacred dimension of life. Such an alignment with the sacred which is free of karmic muck is called a state of Moksha by the Hindus or Nirvana by the Buddhist. It is a state of freedom from the horizontal and connection with the vertical axis of our psyche – our Cross to bear and celebrate.

There are four Dharma or Spiritual purposes in this life time. These include

1. *Sva or Self Dharma – living our personal program of skill and potentials*
2. *Ashrama or Family Dharma – attending to our role in our family*
3. *Varana or Community Dharma – Altruistically honoring our participation in the matrix of our chosen community or fellowship*
4. *Ṛeta or Spiritual Dharma – Making an attempt to make a living connection to the sacred, the divine, the Spirit as we best understand it.*

When we attend to these four Spiritual purposes, we live out of wholeness and live a healthy, vital, purposeful and meaningful life. The present national elections offer an opportunity to honor our Community Dharma. As citizens of a nation, it is our spiritual responsibility to participate in the process, to canvas, dialogue and vote for the party and the candidate of our choice, whether it is the Democrat, Republican or Independent. The most negative karmic choice is complacency, passivity and apathy. These choices abuse our soul and make us into lower souls. Participation makes us higher souls. Every step and moment in life offers a window of opportunity to move from a karmic to a dharmic life, closer to the Soul and the Divine Spirit. When we make such a choice, we leave ourselves and this world in a better place than we found it. I urge

to honor the call of the Soul and the Spirit and become living, vital and purposeful cogs in the wheel of life.

*May the Spirit be with you and guide your  
Path.*

*NAMASTE – I BOW TO THE DIVINE IN  
YOU*



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