Lesson #1 Part A

Material Success Through Yoga Principles Part 1

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Hello and welcome again.

So, we are beginning the journey with chapter one and the title Dharma is The Key to Success is where we're starting.

And we probably ought to start with trying to figure out, define what that title means.

What is dharma?

So dharma can be explained in a couple different ways here.

I'll grab the book and just right off the bat you'll see that it says this about dharma and about karma.

So we'll be talking about karma today as well.

So the primary purpose of karma is to instruct people by punishment and reward in the way of upward evolution.

So we'll unpack that a little bit more as we go through this chapter and others, whereas, uh, dharmic or righteous action on the one hand and a dharmic or unrighteous action on the other affect present day success or failure.

So what it's saying there in the introduction in the book is that we have many influences on our, um, on our life that some were born with, some are culturally present, some have to do with our own choices that we make.

And so in a general sense, karma is considered what we bring into us, into this world for actions of our past lives.

So that also brings in the concept of reincarnation.

So what I'd like you to do is, I'm not saying you have to believe in reincarnation or karma or these, um, concepts and ideas, but I would like you to think about them and just allow yourself to be open to how that might mean, uh, energetically to you.

Because we can also look at it in terms of how we respond to life throughout a single lifetime.

And we can see that people react differently to the same circumstances.

People make different choices.

People also just seem to be born with different tendencies so that we can all agree on whether or not we feel really grounded in, in those concepts of reincarnation and karma.

Karma, um, again, can be seen as things, you know, energetic things that have been brought over from our previous lives or even within our own lives.

And in fact, they say after 40 a lot, uh, not all, but a good deal of our karma from past lives has worked its way out in that a Lot of how we are who we are, how we're expressing ourselves after 40 has a lot to do with the choices and actions that we, and reactions that we choose to make in our present lifetime.

So again, that can make sense on several different levels.

So what we want to do is understand a couple of things.

So when we are doing, um, number one, I think a number one is to not ever feel trapped by karma or trapped by your current circumstances, trapped what you felt you were born into.

Okay? So as they say, there's a saying here in the United States, he was born with a silver spoon on his tongue.

You know, meaning born with all the riches and, uh, everything you could possibly want on a material level.

And we're here looking at both material, physical, spiritual, um, success in its entirety.

because that's what true success really is.

And ultimately people want material success to be happy.

And sometimes it co coincides and often it doesn't, right?

So, however we were, whatever our circumstances we were born with, don't allow yourself to either just say, well, I was born this way and no one in my family ever got a college education or, you know, um, we never do very well.

Um, that's just my lot.

Or say, well, I guess my karma is not to have material success or maybe much of any other kind of success.

I don't want you to say that because even though we all start someplace, right, and it's very, very different, all the different places we might start from are personal life experiences, even the person next door.

So we're in the same environment.

It could be very different.

And some similarities as well too, because what you're going to learn in this program is how to bring forth a new energy, how to make different actions and reactions in ways that perhaps negates because this energy is bigger than the old energy, or that it allows us to move through with grace, what those challenges are, and so that we can end up at the other end at the other side of this with more grace with not feeling stuck, right?

So, that's, I think that's huge. So just right now, Just take a deep breath and just know anything's possible.

Anything is possible, okay?

So don't say I can't because, uh, you know, I was born this way.

We may take those into consideration in terms of what's my next best step.

Okay? So I'm always looking at what's my next best step as to where we need to go with, um, the work that we do here.

All right? So that's the first thing. All right?

Now the second thing is what is our dharma?

A lot of people talk about what is our purpose?

What is our purpose? Why are we here?

What are we supposed to be doing?

What are we supposed to be learning?

And each of us come in with something unique.

There may be some similarities in terms of job titles or roles that we play, but we are gonna do it in our own special, unique way.

And what our “purpose” is or, or what feels like, this is my dharma, this is what I'm really supposed to do, could change and evolve.

'cause a lot of times people are a little bit afraid to latch on and say, this is it.

Some people are just like, yeah, this is it, you know, let me get going.

Others are like, I'm not sure if this is it or not.

It might be that we need to go into that flow to see whether it's right for us or not.

And so that can happen.

And sometimes that we go into the flow and we find yourselves, oh, I'm having to swim upstream and it's difficult.

So it doesn't necessarily mean difficult, but again, we'll talk about that more and, um, explore that some more about, um, how, how do you know?

How do you really feel like, okay, I'm doing the right thing.

The other thing to realize is that your purpose or your dharma, what you're supposed to be doing can change.

It evolves as you evolve.

Some people, again, are gonna find something and just their dharma is to latch onto their purpose, la onto their life's work and just go with it.

All right? Some of us are supposed to go with where we are now, and then something else takes shape and we go there and we go with that.

And so it could change more than once.

It does not mean, let me try this, let me try that.

Let me, you know, it's like, oh, this is getting hard.

Let me go over here. You know?

Um, it's, it's not to be scattered.

It's okay to be exploring that pretty soon.

You need to choose something and go with it.

Even if down the road you find you should be doing something else for a variety of reasons, okay?

So that dharma, that right action is something that we want to be aware of.

And the more that we practice the yoga techniques, the easier it'll be to discover what that is.

Now, sometimes we are culturally challenged because we might have parents or our religious organization or our community or, uh, the people we go to school with having certain expectations of us.

And, um, so we have to be really clear, am I moving in this direction because of others' expectations?

Or does that feel in alignment with me?

Sometimes it does, sometimes it all lines up.

And, and that's a beautiful thing.

Um, but sometimes we start finding ourselves going in a direction and we're just like, Ugh, this is just painful.

It's just not, it's not me.

It's not, you know, I, you know, my mind's over here.

It's where I really wanna be. So there's, there's all of that, okay?

And, um, so the more you do the part of like, why this is material success for yoga principles is because when you learn these yoga techniques, and I know many of you already know quite a few yoga techniques, but as we practice 'em regularly and consistently, we will be able to reflect in deeper ways and kind of, you know, and find out where we should be going.

What, what is our dharma?

What is the right action for each of us?

So, you know, there's some obvious things like we all know, like we know, let's not lie, steal and hate, you know, and let's not choose to be a robber.

You know, that's probably a dramatic, right?

You're here, you're not gonna be, um, I don't expect you to be tempted by that, but who knows, right?

So there's certain things we can, um, feel okay with, right?

That, um, we just need to explore a bit and then dive deep and maybe we dive a couple of times

and then we can go really deep with it.

Okay? So, uh, with that, uh, I want you to just, uh, after this is take a few moments to reflect

and just say, do you currently know?

Do you have a sense of what your dharma is?

Now if you are, um, a young person, don't worry that you don't know, okay?

'cause a lot of times we'll be, well, What are you gonna be when you grow up?

And you just don’t know Some of you do, you say, I am going to be, and you know exactly what it is.

Alright? So whatever your experience is of knowing or not knowing, it's just right.

But just take some time to reflect and see how that feels for you.

All right. Joy to you.

Nicole DeAvilla, August 2026 (c)