

# Dharma Dynamics

A one-on-one coaching programme  
based on the Dharma Strategies Model and  
your personal Vedic astrological chart.



## Effective Life Strategies

The benefits of the programme include:

- Greater clarity and perspective
- Life strategies to maximise your talents and abilities
- Identification of untapped potential
- Tactics and tools for dealing with challenges and obstacles

## Structured To Your Needs

The goal of this personalised programme is to give you a meta-model to guide you in making powerful choices that result in optimal outcomes. The programme is curated specifically to you, your needs and your aspirations.

## Proven Principles for Successful Living

Discover how the four principles of Dharma found in your unique Vedic chart can help structure, guide and support you in essential areas of life, including your:

- **Truth** — Authentic self, meaningful purpose and self-satisfaction
- **Respect** — Values for creating healthy, productive, satisfying relationships
- **Purity** — Your ideals, standards and criteria for living and learning
- **Effort** — Passion, energy and commitment for your goals—creating a vital life

### A summary outline of all six sessions:

**1. “Being well – Doing well”**, presents an overview of Dharma as a decision-making model for designing a life of meaningful purpose. We discuss its origins, its components, how it exists in everything, and how it can be used to create a prosperous, sustainable and enlightened life. In follow-on sessions, we examine in more detail the four principles of *Dharma* — Truth, Respect, Purity and Effort; which are principles translated from their original Sanskrit: *Satya*, *Ahimsa*, *Saucha* and *Tapasya* respectively.

**2. “Truth”** – an exploration and understanding your life purpose, direction, essential nature, character, disposition, and life goals. We discuss your latent potential and the pathway to eventually achieving a fully realised, autonomous you. We also discuss the value and importance of being true to yourself, and how the truth imbues you with *shakti* or power that energises your efforts.

**3. “Respect”** – an exploration and understanding of how to have meaningful, appropriate and worthwhile relationships with others, including loved ones and business colleagues. We consider the importance of relationships in a relative world, and how they are the field into which we can productively express ourselves. We explore the deeper secrets that create satisfying, worthwhile relationships and how to craft practical relationship strategies built around you and your unique *Dharmic* Truth.

**4. “Purity”** – in this module we discuss how to be the very best that you can be — how to achieve your highest ideal. We consider the standards and criteria essential for you to achieve your desired success. For instance, what principles and values can guide you in making optimal choices? We evaluate what supports you and what hinders you in achieving your goals. We discuss how to eliminate what doesn’t belong and consider how to refine and express your best qualities.

**5. “Effort”** – here we build the daily and regular ongoing practices you need to master your life and succeed in your endeavours. We consider topics like: focus, discipline, commitment and responsibility. We reflect on and discuss the passion that you bring to your life, and how you can work effectively, to leverage your effort for maximum returns, ultimately over time attaining a state that I call “effortless effort”.

**6. “Dharma dynamics in action” – *Integration and application*** – in this last module we look at how the four principles of Dharma interact with each other. We consider how they *energise each other* when they are strong, or *diminish each other* when one or more is weak. We craft a plan of action customised to your life and your circumstances, taking into account the unique dynamics of your Vedic astrological chart and the potential indicated therein. We discuss how the model will guide you in continual cycles of growth. We start with the premise that we are all a “work in progress” and that “progress is more important than perfection”.

### **Summary**

The goal of the whole programme is to give you a *meta-model* to guide you in making powerful choices that result in optimal outcomes. The programme is geared specifically to you and your needs. While I teach and guide you in how these time-proven ideas can be applied in your life, it is important to say that you are very much in control the process. You have complete autonomy to direct the application of these ideas into your life. I will act as a sounding board and guide, making suggestions and reflecting back to you. I will work with you to explore how the continual application of these ideas, over time, will give you increasingly good results. Using the Dharma Strategies model, you’ll set goals that I will support you with as a coach and an ally.

## **Practical Points**

**I do suggest doing homework** as part of the course, including such things as: listening to recommended music; watching recommended films or informative videos; viewing suggested pieces of art; undertaking simple exercises such as reflection and contemplation on essential subjects; and of course, keeping a daily journal where you write your daily reflections. All the recommendations illustrate the ideas we discuss in each module, to support your understanding of them. We will discuss your specific situation and gear homework suggestions which you can choose from that resonate with you and that match your circumstances and time availability.

**The programme requires commitment.** What you get out of it is largely determined by how much you put into it. Vedic sages, like Bhishma in the Mahabharata, teach that Dharma is a vital, living force in everything, and that *it responds* to those who consciously apply themselves to learn it and live it.

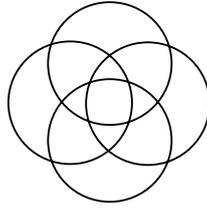
### **Programme structure**

The modules described above include: six 75-minute one-on-one video sessions with me; and email support as we go along. All of our sessions will be recorded for your later reference. I use PowerPoint presentations to guide you through the material and each presentation takes about 45 minutes. The remainder of session time is given to in-depth discussion on the topic of the session. I present the material customised to you according to your astrological chart, which will create a deeper understanding of the topic, making it relevant to your specific needs and interests. I also provide you with copies of the presentation for your later reference. My suggestion is to schedule in one module a month, in order to complete the programme is six months' time.

### **Possible outcomes**

Based on my experience with other clients, I am confident that you will get great value from a sincere study of the material. My aim is to give you a strategic view of your life that will give you a real advantage in managing your daily affairs and long-term goals. It will also give you the practical tools you need to fine tune your *self*, your *life*, your *work* and your *relationships*. It is the kind of knowledge that deserves to be shared. I look forward to sharing it with you, and to hearing how you go on to share it with others.

**—Michael**



To enroll into the  
**Dharma Dynamics programme**  
please contact Michael or visit  
[michaelgeary.co.uk](http://michaelgeary.co.uk)

CONTACT MICHAEL

