

YOGA[®] MAGAZINE

yogamagazine.com

NOVEMBER 2014

HOME YOGA SEQUENCE

PREPARING FOR YOUR FLIGHT

BRITISH YOGA FESTIVAL

EVENT PROFILE
5TH - 7TH DECEMBER

KNOW YOUR DHARMA

CUSTOMISING YOUR YOGA PRACTICE

PRACTISING YOGA AT HOME

TIPS FOR MAKING YOUR HOME PRACTICE EASY

REFINED AWARENESS

USING THE BREATH FOR A MORE INSIGHTFUL PRACTICE



UK £4.25



USA \$9.99 BELGIUM FRANCE CYPRUS
ITALY AUSTRIA MALTA LUXEMBOURG
NETHERLANDS PORTUGAL SPAIN
€11.00 JAPAN ¥1572.00 UAE AED58





Dharma

PART TWO



In the last issue we introduced the dharma types. In this issue you will learn how to use them as a practical tool to guide your relationships, health, and spiritual life. Sometimes people ask, "If there are seven billion people on the planet and only five dharma types, how does that make me unique?"

The answer is simple. Think about how confusing life could be if you didn't know whether you were a man or a woman. Like knowing your gender, understanding your dharma type can turn the guesswork of day to day choices into easy and intelligent decisions, from which foods are best to eat to which partners are most compatible with us. More importantly, it can help you find your purpose. Like a compass, your dharma type always points in the right direction- you have to simply learn to use it.

Warrior, Educator, Labourer, Merchant, Outsider- these are the five archetypes, and they have more to say about living your best life than just what your profession should be, or what your personality is like. There is a diet, lifestyle, yoga asana, entertainment, and even sexual expression for every dharma type, and finding yours will help you flow with nature in a way that makes life more enjoyable, and your relationships fulfilling. Here are some examples.



Diet

Educators: Having ahimsa (non violence) and the welfare of humanity as their aim, Educators typically require more sattvic diets with less meat and more fruits, nuts, and dairy. Educators have delicate constitutions and need easy to digest foods and often supplement with herbs and vitamins to feel balanced. They may have what appear to others as finicky tastes, and require the most care and specialisation in their diets.

Warriors: Warriors require more protein and fewer carbohydrates to feel at par. In medieval times in Europe, venison (meat) was typically reserved for the ruling class and their armies- with peasants kept on a high-carbohydrate, low protein diet (the Robin Hood stories originate from this prohibition on hunting). They are ideal candidates for Paleo-style diets, though they can do just as well as vegetarians so long as they keep their proteins and vegetables high and sugars and grains relatively low.

Labourers: Labourers typically do well on higher-carbohydrate (grain) and medium to low protein diets. They can subsist just fine on vegetarian cuisine: rice, corn, beans, wheat, quinoa, lentils and vegetables. A little meat can be a treat for a non-vegetarian Labourer, and in ancient times was used sparingly. The modern overabundance of flesh foods has blighted our health because most dharma types- except perhaps the Warrior, and even then for a short while, cannot handle meat for breakfast, lunch and dinner. This is one of the reasons for the epidemic in obesity and heart disease.

Merchants: Merchants appreciate luxury. Don't put them on a mono-diet too long unless you want them to rebel. Sumptuous chocolate, rich foods (including lots of ghee) and even fine wine are okay for easy-going Merchant types. Since their dharma is to bring laughter and joy to the world, they are allowed to enjoy their delicacies- with one catch: do it in moderation. Be like the Swiss, who sample delectably bite-sized pieces of chocolate, instead of binging on hefty one-pound chunks of Hershey's. Moderation, however, can be tricky for the fun-loving and sometimes moody Merchant type.

Outsiders: Outsiders like to go outside the box in search of new and cool trends. From Mongolian barbecue to strict vegan fare, from Spam to Seitan they sample everything and usually settle on their own unique blend of foods. When imbalanced, however, they are most likely to turn to "dead" and packaged foods such as frozen dinners, canned food, chips, hot dogs and the like. Because Outsiders deal in extremes, they straddle both sides of the spectrum, from the most pure to the putrid. Like the Buddha, their path is to find a balance unique to their eclectic nature.





SOUL	Dharma Type	Spiritual Path	Yama	Niyama	Element	
	Labourer	Devotion/Service	Continence	Cleanliness	Earth	
	Warrior	Karma Yoga, Austerity	Truth/Prana Control	Austerity	Fire	
	Merchant	Ritual, Charity, K.Yoga	Non-Stealing	Contentment	Water	
	Educator	Wisdom/Scripture	Non-Violence	Self-Study	Air	
	Outsider	Tantra/Tabu/Mystery	Non-Grasping	Surrender to Divine	Space	
MIND	Dharma Type	Profession	Strength	Weakness		
	Labourer	Nourish, Build Community	Solid, Dependable	Stubborn, Dogmatic		
	Warrior	Protect, Enforce Truth, Justice	Leader, Strong	Cynical, Materialistic		
	Merchant	Happiness Brokers, Luxury	Fun, Motivated	Unreliable, Liar		
	Educator	Wisdom, Education	Virtuous	Fickle, Weak		
	Outsider	Innovation, Reform	Progressive	Blames others		
BODY	Dharma Type	Kosha	Exercise	Food	Brain Type	Emotion
	Outsider	Bliss	Exotic	All	Basal Ganglia	Anxiety
	Educator	Wisdom	Inspirational	Veg/Organic	Temporal Lobe	Lust
	Merchant	Sensate	Dance	Rich, Tasty	Deep Limbic	Desire
	Warrior	Breath	Aerobic	Protein-rich	Frontal Lobe	Anger
	Labourer	Flesh	Mechanical	Carb-rich	Cingulate Gyrus	Dogma

Spiritual Path

The spiritual paths appropriate to each type relate to their fundamental nature. The Labourer's ability to feel deeply and their desire to serve makes Bhakti yoga (the path of devotion) ideal for them. The Warrior's sense of self-sacrifice and goal setting makes them perfect for the path of Hatha yoga and austerity. Educators do well with scriptural-based wisdom teachings, Jnana yoga- and a side note to this is that all Educators should study the language of their sacred tradition, be it Hebrew, Sanskrit, or Latin. In the secular world this means that Educator scientists need to know mathematics and other 'languages' pertaining to their fields.

For Merchants, the best spiritual path is charity and good deeds. Compassion in action is their motto, or Karma Yoga. Finally, the Outsider's way is the pathless path- they must find their own way by testing and experimentation. Outsider traditions include Aghora and some branches of Tantra, Taoism and other 'unconventional' approaches to the divine.

In next month's issue, we will look at how the yoga tradition you follow and your skill level will determine which asanas you can practice.

WRITTEN BY

SIMON CHOKOISKY

SIMON TEACHES SANSKRIT AND MEDICAL JYOTISHA AT THE AYURVEDIC INSTITUTE IN ALBUQUERQUE, NM. TO FIND OUT MORE ABOUT ONLINE SANSKRIT LEARNING AT THE AYURVEDIC INSTITUTE VISIT ONLINELEARNING@AYURVEDA.COM. TO FIND YOUR DHARMA TYPE, VISIT WWW.SPIRIT-TYPE.COM OR READ THE FIVE DHARMA TYPES, VEDIC WISDOM FOR DISCOVERING YOUR PURPOSE AND DESTINY, PUBLISHED BY DESTINY BOOKS.