



Amṛta Vāṇī 1	<i>The Dharma Codex</i>
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APPROACHING SVADHARMA BY THE AVAROHA-PANTHĀ

In the form of the Supersoul, Kṛṣṇa is present in every entity's heart and from there guides all of us (BG 15.15). In this way, we all have access to an immense intelligence that can answer our questions. The *avaroha-panthā* consists of contacting the guidance of the Supersoul or Kṛṣṇa, who created *dharma*, and receiving indications to our *svadharma* from him.

There are many different ways of contacting the Supersoul. Here, we would like to review the meditation we practiced during the seminar. This meditation leads you to the source of *dharma*—the Lord, so you can receive answers from him. In the meditation you are requested to walk into a bright cave that represents the heart or sacred space and then pray to the Supersoul to appear there. Trust whatever wisdom, images or symbols come up.

1. Sit down comfortably, close your eyes and enter the meditation by observing your breath for a few minutes. Relax your body and mind.
2. You find yourself in a meadow at the foot of a mountain. The atmosphere is pleasant, not too warm or cold. The mountain is covered with an old forest and big trees. You notice a path leading into the forest and start walking it. Look at the trees, listen to the sounds and smell the fragrance of the forest. Feel the wind touching your skin. You come upon a clearing with an inviting cave. You slowly enter the cave. From the inside it looks like a small chapel or temple. It is peaceful and clean. Rays of light enter through the ceiling. You sit down on a bench and feel protected.
3. Pray for the Lord to kindly appear there. You might tell him, "My dear Lord, I have been separated from you for a long time in this material world, and actually I am only yours, your eternal servant. Please enter my awareness in whatever way you choose." You might see an image of your favorite picture or deity. Become aware of the Lord—notice his expression, his eyes, his mouth.
4. Request the Lord or Supersoul to give you guidance:
 - What am I meant to do?
 - What is the unique talent which you gave to me when I came into this world?

- What do I still have to learn and practice? What could I be doing differently?
- What is your advice to me?

Make sure to listen to the Lord's answers. Come into a position where you are humbly waiting. Become a receiver of divine grace.

5. Your time with the Lord comes to an end. After giving you a small signal, you notice how he disappears. Let the Lord's instructions sink in and open yourself to all your inner voices. What are their replies? Are any of them concerned? Are there doubts? Patiently listen. Formulate creative and resourceful suggestions of how you could intelligently integrate answers to their concerns on your path of following *dharma*.
6. Mentally take your leave. Trace back your steps to the meadow at the foot of the mountain. Take in the sun and nature. Review the answers the Lord gave you to your questions. Then, rub your palms and place them on your closed eyes. Slowly remove them, open your eyes and look at your palms as if you were seeing them for the first time.

The Lord can help us discover our *dharma* in this world when we pray to him. The prayer "Please show me my next step!" is a very helpful prayer that is worthwhile to pray regularly. Kṛṣṇa is there the moment we turn to him. The problem is that we don't turn to him often enough. He is there, waiting for us—and what do we do? We turn to self-help. How disappointing for him! Learn to turn to Kṛṣṇa in prayer. He will show you the next steps that will eventually reveal your unique place and the activities of your *dharma* to you.

All answers are already within us since Kṛṣṇa is all-knowing and stays in our hearts. Often he may have tried to make us realize something many times, but we might not have wanted to recognize it. There may have been signs and indications but we didn't like to change—we were too attached to our situation and remained stuck. We are often unwilling to follow higher guidance and hold on to only a theoretical concept of spirituality. This exercise helps you to overcome these obstacles, contact higher guidance and look at your life from a different perspective.