

SIVA DHARMA IN SANATANA DHARMA EXPLAINED

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*The eternal **sanatana dharma** is executed at three levels. It has no bound of time, place or even religion. Let's see these three levels.*

1.loga dharma/ egocentric dharma: *This worldly dharma is enforced from government. This outlines the individual rights and obligations for the purpose of smooth functioning of the society. As such there is no choice but to agree and follow. Examples are traffic rules, tax payments, laws, bylaws, rules and regulations etc. Failing these risks, you with fines, lawsuits and punishments by the government. This self-centered worldly **dharm**a for the benefit of individuals is enforced by a ruling body. As it is entirely self-centered it is also called **egocentric dharma** or **ordinary dharma**. This ordinary **dharm**a is observed individuals to maintain the law and order in the family, society and country. It is a must for all and there is no choice. Ancient **smritis** have prescribed this. They talk about various do's and don'ts for this. They laid down the foundation for the current laws and legislations. This can be amended time to time to suit the time, place and circumstances. Government is responsible for the execution and preservation of this dharma through the forces. We part take in this responsibility through democracy.*

2. vaidhika dharma/ Sociocentric dharma: *Unlike common worldly **dharm**a which is enforced from outside, this **vaidhika dharma** is voluntarily self-enforced. This **Vaidhiga dharma** puts others interest first, before our own. Thus, it is called sociocentric dharma. Unlike our self-centered worldly **dharm**a which is governed by rules, regulations, legislatures, laws and bylaws, the **vaidhika dharma** is governed by ethics and morals prescribed in **Vedic** scriptures. Thus, it is also called **Vedic dharma**. Not only Hindu **Vedas** but Scriptures of all religions prescribe this **dharm**a. This is further expanded in moral texts like **Thiru kuRaL**,*

*Aaththi soodi, naaladiyaar etc. Again, this **dharma** is a choice and no one can force it upon you.*

***3. siva dharma/ theocentric dharma**: As this is the Supreme Merit which finally leads to spiritual liberation, it is called as **Supreme dharma**. God centered activities in any religious path is this **siva dharma** or **siva punniya**. As such it is called **theocentric dharma**. This Supreme **Siva dharma**, unlike self-centric **loga dharma** or socio centric **vaidhika dharma** is God centric dharma. Although this **dharma** is described in **Vedas** they are extensively elaborated in **Siva-agamas**. **Aagamas** elaborate this Supreme Merit of God centered **dharma** into four steps.*

- I. **chariya** is the enforced God centered activities done by us physically and in initial stages mechanically.*
- II. **kriya** is our God centered activities done physically with some mental involvement.*
- III. **Yoga** is our self-imposed God centered activities with much mental focus and commitment. Yoga itself goes through the eight stages of **yama** (physical disciplines), **niyama** (mental disciplines), **pratyakaara** (focus within), **dhaaraNa** (concentration), **praNayaama** (breath regulation), **Aasana** (stretches to ease the body), **dhyana** (meditation) and **samaadhi** (stilled in the tranquil peace). But this is not the end.*
- IV. **jnana** is the final step towards **mukti**, the ultimate liberation. It also unfolds through four stages.*
 - a. **kEddal / sravaNa** - Listening, in the days of oral tradition of the scriptures, now equal to learning scriptural messages from the qualified bonafide Guru.*
 - b. **sinthiththal / nididhyaasana** - contemplation of the message learned.*
 - c. **theLithal** - conflict free comprehension and assimilation of the Truth learned*
 - d. **nishta** - directly experience of the Truth by the self while shut off from the instruments of body-mind-sense complex made out of 36 tattvas.*

*Though all four steps of **Siva dharma** described in **Agamaas** to be followed and practiced by our self-effort until the final two steps in **Jnana** which are possible **ONLY** by His Grace.*

Dr. Lambotharan, the founder of Saiva Siddhanta Peedam and its wing Knowing Our Roots, is committed to sharing the wisdom of Saiva Siddhanta, the choicest theology of Tamils. He is doing this by conducting Sunday classes for kids and youth, weekly Satsang meetings, radio talk shows, speeches, writings, regular pilgrimages and field visits. He has written many articles in Tamil and English on this subject. He is carrying this out as directed by his Jnana Guru Chidamparam A. Krishnamurti (Deeksha name - Kunchithapaatha naathan) of Sivakkudil tradition in 2005. He was furnished further by Saiva scholar S. Shanmugavel of Thiruvaavaduthurai Adheenam. It is worth to mention that he is also the grandson of Saiva Siddhnata Viddhagar V. Nagalingam JPUM of Vaddukoddai who presided the Saiva Siddhanta Maha Samajam conference in 1953 in Chennai. Dr. Lambotharan is also the Founder and former President of the International Medical Health Organization – Canada (IMHO- Canada) www.imhocanada.org, a worldwide charity mostly working among the Tamils in Sri Lanka, and Co-founder of the Toronto Tamil Sangam www.torontotamilsangam.ca. He is also one of the founders and board of directors of the Tamil Community Centre project www.tamilcentre.ca in Toronto. He can be reached on weekly zoom meetings every Saturday 7.30 pm EST Toronto time on the following link. Meeting ID: 984 429 0374; Passcode: satsang.



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