



Dharmic Approaches to Mental Well-Being & Balanced Living

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Presentation Abstract



- Modern culture treats well-being as the absence of symptoms and feeds a dopamine loop of wanting, taking, and fading that breeds restlessness and consumerism.
- Dharma starts from wholeness: you are the sky, not the weather; well-being is right relationship with self, others, and the world, held by choosing śreyas over preyas and peace (śānti) before happiness.
- The practice is to Forebearance, relish, and create, i.e. titikṣā, santoṣa, yajña, so a life can be lived from stillness rather than chased.

Aśāntasya kutaḥ sukham

For one without peace, from where would happiness come?

WHY PEACE IS LOST

The loop of wanting

1

Want

Dopamine is the chase, not the joy.

2

Take

Scroll. Buy. A flicker of arrival.

3

Fade

The hit dies. Life feels thin.

4

Again

The market sells the loop back.

Peace is the ground, not the prize after.



Gītā 2.70 · rivers enter the ocean;
the ocean does not lose itself.

PREYAS
the pleasant

ŚREYAS
the truly good

WAIT titikṣā

Endure what comes and goes. Do not become it. 2.14

RELISH santoṣa

Enjoy by renouncing grasping. Do not covet. Īśā 1

CREATE yajña

Who enjoys the gift and does not give is a thief. 3.12

Gītā 5.22

ये हि संस्पर्शजा भोगा दुःखयोनय एव ते ।

Joys born of contact are wombs of sorrow. They have a beginning and an end.

Kaṭha 1.2.2

श्रेयश्च प्रेयश्च मनुष्यमेतः तौ सम्परीत्य विविनक्ति धीरः ।

The pleasant and the good both arrive. The steady one discerns, and chooses the good.

Gītā 2.48

योगस्थः कुरु कर्माणि सङ्गं त्यक्त्वा धनञ्जय ।

Abiding in yoga, perform action. Rest first; then work.

