

Purushartha: The Goals of Life

- *Artha*: material security and prosperity
- *Kama*: sense pleasures, children, fame
- *Dharma*: that which sustains, protects, nourishes; true nature
- *Moksha*: liberation from the cycle of birth and death; freedom from sorrow

Finding the right balance among competing goals requires skill

Artha and Kama also have a spiritual dimension

Artha and Kama:

- driven by obligations
- desires for wealth, progeny, name [as we think these make us happy]

Artha and Kama subject to Dharma keeps us in control:

- Know the rights means
- distinguish “needs” from “wants”

The Dharma should be according to temperament and stage of life.
Most important guiding principles: *Ahimsa, Satya, Brahmacharya*

Highest dharma is pursuit of moksha – to rise above likes and dislikes; transform the mind (see God in all, all in God); spread joy