



# The Five Dharma Types: Vedic Wisdom for Discovering Your Purpose and Destiny

By Simon Chokoisky

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## The Five Dharma Types: Vedic Wisdom for Discovering Your Purpose and Destiny By Simon Chokoisky

A handbook for unlocking the soul's purpose and manifesting a fulfilling life

- Reinterprets the traditional Dharma system of ancient India as a map for revealing one's true purpose
- Provides tests for determining one's Dharma type
- Explains the benefits, challenges, and social, interpersonal, and health dynamics associated with each of the 5 Dharma types

Have you ever wondered why, despite great obstacles, some people achieve success, while others, though given everything, seem to squander it away? Or why some people, despite having very little, radiate joy, while others appear miserable though surrounded by opulence? The answer is Dharma: knowing your soul's purpose and living it is the key to creating a fulfilling life.

Built on a deep body of Vedic knowledge, the ancient system of social structure and spiritual duty known as Dharma has modern applications for people seeking their life's purpose. Author Simon Chokoisky explains the five Dharma archetypes--Warrior, Educator, Merchant, Laborer, and Outsider--and how your life's purpose goes hand-in-hand with your Dharma type. Providing tests to determine your type, he outlines the benefits, challenges, emotional and learning styles, and social, interpersonal, and health dynamics associated with each type.

Chokoisky reveals how the Dharma types function as an operating system for your identity, helping you map your life and play to your innate strengths, whether in choosing a prosperous career or field of study or in facing health challenges and meeting fitness goals. By accepting and understanding the nature of your type, you begin to align with your true purpose and, regardless of fate, find joy and meaning in life.

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### Editorial Review

#### Review

“[A] comprehensive handbook. . . . Chokoisky’s tone is authoritative, inspirational, and rich with pop culture references from Harry Potter to Spider-Man that make his message accessible to the modern, Western mind. . . . The author demonstrates a deep understanding of his subject. He writes clearly and eloquently, offering a spiritually inspired, and ultimately practical, guidebook for personal fulfillment.” (*Publishers Weekly, April 2014*)

“Chokoisky (Ayurvedic Inst., Albuquerque, NM) teaches Sanskrit and “medical Astrology,” and this ambitious volume attempts to map ancient Vedic conceptions of human capacities to the realities of today’s Western world. While we can, according to the author, be divided into five Dharma types: educators, warriors, merchants, laborers, and outsiders, we are all constrained to live in an age most congenial to merchants. Chokoisky’s task, in addition to convincing readers of the types to which they belong, is in part to help them adjust to the times. The success of this book for most readers will depend on their acceptance of the validity of the ancient Indian model, which at times has been seen as a set of confining hierarchies: Chokoisky’s attempts to visualize them as complementary personalities is intriguing. VERDICT The author’s purpose—to allow each of us to find a right profession and way of living—is appealing, but his ideas may be a tough sell in America, where we tend to believe in an infinite ability to choose. Still, this book is enthralling, and should appeal to many students of Vedic tradition and yoga.” (*Library Journal, May 2014*)

“Simon Chokoisky’s *The Five Dharma Types* is a beautiful book. Reading it carefully will give you insight into your dharma and help you heal your life.” (*Dr. Vasant Lad, author of Ayurveda: The Science of Self-Healing and founder of the Ayurvedic Institu*)

“This work has opened doors of insight and perception, allowing me to see our species in a fresh and hopeful light. I hope people will read this book more than once, and slowly.” (*Robin Gile, coauthor of The Complete Idiot’s Guide to Palmistry*)

#### About the Author

Simon Chokoisky teaches Sanskrit and Medical Astrology at the Ayurvedic Institute in Albuquerque, New Mexico. He also runs a private consulting business based on his trainings in Vedic life mapping and Vedic astrology. The creator of the *Decoding Your Life Map with Vedic Astrology* DVD series, he travels widely giving seminars. He lives in Albuquerque, New Mexico.

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### Introduction and Self-Tests

### DISCOVER YOUR DHARMA TYPE!

Dharma types are individual archetypal myths--the “I AM” identity that guides each of us in subtle but definitive patterns. Today we associate the word *myth* with something unreal or untrue, but to our ancestors myths spoke to an enduring truth that lay beyond the ken of the senses. Our everyday world is in perpetual flux--coming into being, changing form, and dying. But myth is eternal, driven by the intelligent blueprint that underlies the mundane world of name and form.

Use the test below to discover your dharma dype. Take your whole life into consideration when choosing your answers--life cycles can make it difficult to access your essential dharma look, so look at your self from childhood to now to get a complete portrait. This should help you determine your type, or at least narrow it down sufficiently to make a determination when you read the descriptions in part 1 of this book. *Enjoy!*

## **SELF-TEST I**

Circle the answers that best apply to you. You may choose more than one answer for each question if applicable. Try to think of qualities that are permanent in you--how you have always been--rather than how you are at times or during recent changes in your life. Tally them at the end to determine your dharma type.

**1. Circle the word that means the most to you or describes you best.**

- a. Freedom
- b. Loyalty
- c. Wisdom
- d. Honor
- e. Prosperity

**2. Circle the phrase that means the most to you or describes you best.**

- a. Independence and Bliss
- b. Love and Devotion
- c. Worldliness and Knowledge
- d. Discipline and Perfection
- e. Entertainment and Fun

**3. Circle the phrase that means the most to you or describes you best.**

- a. I love being alone. Sometimes I hate people, sometimes I like them, but they usually don't understand me.
- b. I don't mind being alone as long as I have something constructive and productive to do.
- c. I love being alone. I like people, but I need time to spend by myself for quiet contemplation and rejuvenation.
- d. I don't mind being alone, as long as I have a goal to accomplish.
- e. I hate being alone. I prefer the company of people, even if I don't know them.

**4. Circle the phrase that means the most to you or describes you best.**

- a. I like strange, dark, or wild places, remote places no one has ever thought of or been to.
- b. I like the plains and wide expanses of earth. I like living close to the ground, on ground floors rather than high-rise apartments.
- c. I like high and remote places. I like upper floors, high-rise buildings, and living above others looking down.
- d. I like challenging places. Places that are high, but not so high as to be remote. I like fortified and strong places.
- e. From the Beverly Hills to gently rolling slopes, I like places where the action is; places that are easy to get to but also exclusive. I like living in the middle ground, not too high, not too low, where there is activity and access to the world.

**5. Circle the sentence that describes you best.**

- a. I am the rebel or black sheep of my family. As a parent, I give freedom to my kids and let them individualize themselves from others.
- b. I am deeply bonded with my family. As a parent, I nurture my kids by making sure they are well fed,

healthy, and content.

- c. I tend to teach my family and urge them to improve themselves. As a parent, I make certain my kids learn how to think for themselves, get a good education, and understand the world.
- d. I am the strong one in my family. As a parent, I lead by example and earn my kids' respect with discipline and order.
- e. I actively support my family with shelter and resources. As a parent, I provide for my kids and make sure they understand the value of money, self-effort, and making your way in the world.

**6. In religion I most value the following:**

- a. Going my own way
- b. Faith and Devotion
- c. Study and Scripture
- d. Penance and Discipline
- e. Rituals and Observances

**7. In marriage I most value the following:**

- a. An unconventional spouse, one who understands my particular quirks and desires.
- b. A dutiful spouse who is loyal and provides for me: a woman who cooks and cleans/a man who brings home the bacon.
- c. A sensitive, intelligent spouse.
- d. A challenging spouse with whom I can do activities.
- e. A beautiful spouse.

**8. I mainly watch TV for:**

- a. Horror, alternative political and spiritual viewpoints, science fiction . . . the Sci-Fi, FX, Indie, and Alternative channels.
- b. Family, Drama, History, and Community programs like soap operas, Reality TV, daytime shows, cartoons, entertainment gossip, and re-runs.
- c. Educational, thought-provoking, human-interest stories, and entertainment . . . National Geographic, PBS, Sci-Fi, and Documentary channels.
- d. Sports, Action, News & Politics, Adventure stories, and entertainment . . . ESPN, CNN.
- e. Fun programs, drama, music, comedy, game shows, financial and motivational stories, and entertainment . . . HBO, Comedy Channel, Spike.

**9. Under stress I tend to:**

- a. bend the rules or lie to get my way, feel invisible, and self-deprecate
- b. become lazy, close down in my own space, and worry a lot
- c. be scatterbrained, feckless, and wishy-washy
- d. become anger-prone, inattentive, and reckless
- e. be moody/depressed, loud, and restless

**10. At my best I am:**

- a. A Revolutionary, an Inventor, a Genius
- b. A Devoted Friend, a Hard Worker, a Caregiver
- c. A Counselor, a Teacher, a Diplomat
- d. A Leader, a Hero, a Risk-Taker
- e. An Optimist, a Self-Starter, a Promoter, an Adventurer

**Answer Key**

Tally your answers now; the most selected letter likely reflects your Dharma Type. For confirmation you should now move on to SELF TEST 2.

- A. Outsider
- B. Laborer
- C. Educator
- D. Warrior
- E. Merchant

## Users Review

### From reader reviews:

#### **Brian Dunlap:**

Exactly why? Because this The Five Dharma Types: Vedic Wisdom for Discovering Your Purpose and Destiny is an unordinary book that the inside of the e-book waiting for you to snap the idea but latter it will surprise you with the secret the idea inside. Reading this book next to it was fantastic author who also write the book in such awesome way makes the content on the inside easier to understand, entertaining means but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this ever again or you going to regret it. This amazing book will give you a lot of rewards than the other book include such as help improving your skill and your critical thinking method. So , still want to hold off having that book? If I have been you I will go to the e-book store hurriedly.

#### **Jose Carr:**

The Five Dharma Types: Vedic Wisdom for Discovering Your Purpose and Destiny can be one of your beginner books that are good idea. Most of us recommend that straight away because this publication has good vocabulary that may increase your knowledge in terminology, easy to understand, bit entertaining but nonetheless delivering the information. The writer giving his/her effort to get every word into joy arrangement in writing The Five Dharma Types: Vedic Wisdom for Discovering Your Purpose and Destiny nevertheless doesn't forget the main point, giving the reader the hottest along with based confirm resource information that maybe you can be one among it. This great information could drawn you into completely new stage of crucial pondering.

#### **Luis Morales:**

You could spend your free time to read this book this guide. This The Five Dharma Types: Vedic Wisdom for Discovering Your Purpose and Destiny is simple bringing you can read it in the recreation area, in the beach, train as well as soon. If you did not get much space to bring the actual printed book, you can buy the particular e-book. It is make you simpler to read it. You can save the book in your smart phone. So there are a lot of benefits that you will get when you buy this book.

#### **Randy Champion:**

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