**WHAT PEOPLE ARE SAYING ABOUT THE BOOK**

**"An engrossing exploration of dharma with an eye not just to the present, but to the future as well." – Kirkus Reviews**

**"Dharma: For Awakening and Social Change ... an essential read for those willing to learn."-** **Self Publishing Review ★★★★★**  
  
  
**“Inspiring and timely… clearly explains how positive change can occur, affirming a hopeful future.” – Devananda Lacey, Yoga Teacher ★★★★★**  
  
**"Beautifully written, easy to read and timely for our world. Not to be missed."**  
As I read this book, I kept finding jewels of truth that I resonated with on a deep level. I was able to have a much clearer understanding of what Dharma is and how by being in alignment with my personal expression of dharma I can help to shift the balance of society from being out of harmony to one that is in harmony. - - Deviika Ma  
  
***Dharma addresses what ails our world and how we can shift the outcome.*** Change society by changing yourself and by spreading ideas about dharma to others." It exposes what is out of balance in our world today and how we can bring our world back into balance. It offers a message of hope for us all in these times of great transition. -**L. Enjara** **★★★★★**   
  
***" Dharma is a truly inspiring work and it could not have arrived at a better time."***  
This broad and comprehensive book is quite wonderful and stirring, dealing not only with an individual’s personal calling,  mission or moral purpose, but also with the collective ethical thrusts of social groups and nations…  
“Dharma does not belong to any religion. It cannot be owned or incorporated by anyone,” writes the author.  “It is universal and belongs to everyone. All the ways which are in harmony and alignment with your true nature ultimately direct you to the path of Dharma.” -**Harvey Meyers** **★★★★★**  
  
**“Powerful…Brilliant application of Dharma… showing the way for personal and collective awakening.”**  
"**This is one of the rare books that combines the personal dharma and the collective purpose.**Where is humanity moving towards? Are there the solutions for the planetary climatic and social changes? Are we at the brink of great changes? Is there hope for the survival of the humanity? This book offers a hope, a bright future. Do not fear the possible crisis that we will have to endure as a collective. The crisis means an opportunity. The crisis will make the humanity stronger. The humanity in its diversity will unite. The book reads in an inspiring flow. Great gift for the friends. I am grateful that this book reached the public... The future is bright and the love and peace will prevail. Must read for Yogis." - **Ananda Deviika' Ma' A'charya', MSc., ERYT 500, C-Yoga Therapist ★★★★★  
  
"Inspired Companion"**  
**"In these times of dramatic change, the voice of Maetreyii Ma Nolan is a powerful, understanding companion** for us. Her book is a valuable contribution guiding us to express our inner essence in meaningful and productive ways in the world. She has a profound understanding of how yoga joins mind and body. Her work takes a further step and shows how the principles behind the mind-body union can be used to guide collaborative efforts to heal the human community and the physical world we all share."- **Dr. Linda Howe, Author, Teacher & Spiritual Pioneer** **★★★★★  
  
"Brings Harmony"**  
**"I just purchased the book. I love it!** The lay out of the chapters and the content are very easy to follow and full of meaning. Maetreyii Ma, the author, has an insightful understanding of Dharma and its relationship to the individual, the inner being and the larger role within societies. It brings Harmony. I recommend reading it! Follow your Dharma."  
**LJL**-**★★★★★  
  
"Profound insights, clearly expressed, a lovely Read."**  
**"This book is a treasure!** Eastern-centered philosophy is sometimes expressed in ways overly abstract: karma, dharma, the Tao. But this book is clear and simple, blowing away confusion, making plain and highly-relatable key tenets of profound spiritual traditions. But more than that--this wonderful book opens the way for us to inspire our own inner lives by resonating deeply with our daily spiritual practice, whether one has a western, eastern, or other basis. This book is certain to be read and reread by many. What a gem! Highly recommended." - **Grabbo**  
**★★★★★**

**"An important and well written book."**  
Life without Dharma is suffering. Living our Dharma entails living in accordance with the rhythms and laws of the Universe and being true to ourselves. Any other way of life is simply not sustainable. **As the world teeters on the brink of its unsustainability what's needed are books like this to provide necessary guidance. This very well written book discusses Dharma in all its dimensions with relevance to life now.** It features many stories from the Indian classics which demonstrate that the great yogi philosophers of ancient India had cogent insight into the essential nature of our existence. I highly recommend this book to yoga teachers who want to deepen their understanding of the core foundation of yogic thought and for everyone else who seeking their soul purpose as well as ways to approach the essential question of how to be. - Chakra 44 **★★★★★**  
**.**  
**Dharma gives us hope for ourselves and our global society!**  
**Dharma is like no other book on the market!**  Finally, a book that has both deep concepts about dharma, yet it remains very practical. But what I love the most is, that is also poetic.  
  
For example, here are some lines from the book: ***“Following dharma, you see your bright future with optimism and you realize that there is hope in your life. Your spirits grow bright."***  
  
Concepts such as--Mind is consciousness in motion, open up doors to reflect on how we bring consciousness into our everyday lives. What a refreshing, truthful and open-minded & "out of the box" book! Buy it!!!! And you will discover that there is hope for our future - J. House **★★★★★**