



The Dharma Framework

Discovering Contentment Through the Five Pillars of Dharma

You picked this up for a reason.

Maybe you've been feeling restless. Maybe you've been chasing something and still haven't arrived.
Maybe you're tired of advice that sounds good but doesn't feel true.

This is not a list of things to fix about yourself.

It is an invitation to look inward honestly, gently and find out which part of you needs the most attention
right now.

"The tree of Dharma bears the fruit of Contentment."

Mohit Kumawat

Author, Acting Right

Before You Begin

Dharma is one of those words we've all heard but rarely felt.

At its simplest, it means righteous action. Not perfection. Not performance. Just, acting right. Living in a way that feels true, not merely comfortable.

After five years of research across philosophy, science, and theology and a personal search that began during the chaos of 2020, I found that contentment isn't something we chase. It is something we return to, again and again, when we live by five essential principles.

I call them the Five Pillars of Dharma.

 Knowledge → Brain	 Patience → Mind
 Dedication → Body	 Justice → Soul
 Love → Heart	

Each pillar connects to a part of you — brain, mind, body, soul, and heart. Together, they form the foundation of a life that feels whole.

Start with the self-assessment on the next page. It will take less than five minutes and will point you to the pillar that needs your attention most right now.

Then read each pillar's page. Sit with it. Write in the spaces. Let it be a conversation, not a test.

*There is no right or wrong answer here.
Only the truth you are willing to see.*

Self-Assessment

Which pillar needs you most right now?

Read each question slowly. Choose the answer that feels most honest and not the one you wish were true.

1. When you face a difficult decision, what usually happens?

- A) I overthink and spiral — I have too many conflicting thoughts
- B) I rush in before I've really thought it through
- C) I lose motivation before I even finish deciding
- D) I feel uncertain about what is truly fair or right
- E) I decide, but feel disconnected from the people it affects

2. What drains you most in everyday life?

- A) Noise, information overload, and too much stimulation
- B) Impatience — mine or others' — that makes everything feel urgent
- C) A lack of direction, discipline, or follow-through
- D) Injustice around me — or in my own choices
- E) Loneliness, or love that feels hollow or conditional

3. If you are truly honest, what do you most avoid?

- A) Sitting quietly with uncertainty and what I don't know
- B) Letting things unfold in their own time without forcing
- C) Staying committed when results take too long to appear
- D) Facing a truth about my own actions that I'd rather not see
- E) Giving love without needing something in return

4. Where does contentment feel furthest from you right now?

- A) My mind — I am still searching for clarity and direction
- B) My thoughts — they are restless and hard to still
- C) My habits — I keep stopping before I finish what matters
- D) My conscience — something feels misaligned in how I am acting
- E) My heart — I am present but not fully connected

Mostly A → Pillar 1: Knowledge (Page 4)

Mostly B → Pillar 2: Patience (Page 5)

Mostly C → Pillar 3: Dedication (Page 6)

Mostly D → Pillar 4: Justice (Page 7)

Mostly E → Pillar 5: Love (Page 8)

Start with your pillar — then read the rest. Each one speaks to a different part of you.



Knowledge

The Knowledge Pillar · The Brain

"We can hide from the world, but not from ourselves. May the right knowledge guide us so that humanity is not lost."

What this pillar is really about

We live in an age of infinite information yet wisdom feels rare. You know what? It's not because you aren't smart enough. It's because most of what we consume is noise, not knowledge. Knowledge, as I explore in *Acting Right*, is not about degrees or data. A labourer who builds bridges every day carries knowledge no textbook holds. What matters is this: when the brain is guided by right knowledge — not fear, not prejudice, not assumption — we can finally tell right from wrong. And without that ability, even the best intentions cause harm. The brain needs knowledge the way a ship needs a helm. Not to control every wave but to hold direction when the waters get rough.



Reflect on this

Think of a decision you made recently that didn't feel right looking back. What kind of knowledge were you missing? About the situation? About yourself? Or about what actually mattered?

My honest answer...



Your practice today

Tomorrow morning, before you reach for your phone, ask yourself one question: "What do I actually know about today, and what am I only assuming?" This single pause, every day, separates wisdom from noise.

One small step I will take...

Patience

The Patience Pillar · The Mind

"A fool clouds the mind with confusion, uncertainty, and fear. A wise person uses it to dream, imagine, and create."

What this pillar is really about

We average over 6,000 thoughts a day. Most of them are not useful. Many of them are not even ours, they are borrowed anxieties, inherited fears, echoes of comparison. Patience is the dam we build to preserve the stillness of the mind. Think of the mind as a flowing river. When it rushes unchecked, it merges into noise and loses itself. But when that flow is held — even briefly — something useful emerges. Clarity. Calm. The ability to see. Patience doesn't stop thought. It holds space between the thought and the reaction. And in that space, wisdom lives. Aristotle was right: patience is bitter but its fruit is always sweet.

Reflect on this

Where in your life are you rushing something that would be better served by waiting? And if you're being honest, what are you afraid will happen if you slow down?

My honest answer...

Your practice today

The next time you feel reactive — irritated, anxious, overwhelmed — pause for three slow breaths before responding. This is not a delay. It is the dam being built. Thirty seconds, every time, until it becomes who you are.

One small step I will take...

Dedication

The Dedication Pillar · The Body

"Dedication to selfish goals is justified if it means personal growth not at the cost of others' well-being."

What this pillar is really about

Your body is the most dedicated thing you own. Without being asked, your heart beats, your lungs breathe, your organs perform thousands of tasks each second. The body, by its very design, never stops showing up. The question is: are you showing up the same way for the things that matter? Dedication means aligning your actions with a cause you believe is right. Not just pushing harder. Not grinding yourself into exhaustion. But staying committed because your conscience tells you this is worth it. I wrote Acting Right while jobless, carrying a failed business loan, with no certainty of a publisher. What kept me going was not a goal, it was a deep conviction that this was the right thing to do. That clarity is what dedication actually feels like.

Reflect on this

What is one thing you have been meaning to truly commit to, but haven't? And what belief about the outcome is quietly holding your dedication hostage?

My honest answer...

Your practice today

Choose one small act of dedication today. Do it without thinking about results. Twenty minutes of writing. One conversation you've been avoiding. Showing up to something you promised. Dedication is not built in grand gestures, it is built in single, repeated acts.

One small step I will take...



Justice

The Justice Pillar • The Soul

"Judgment kindles as the voice of the individual Self and spreads like wildfire in the form of justice."

What this pillar is really about

Justice isn't a courtroom. It's a conscience. Long before we had laws, we had a sense of right and wrong. That inner voice, the one that says this is not right, is what I call the soul. It is not your body, which changes. Not your mind, which wanders. It is the unchanging core of who you are. A kind soul will show kindness no matter how harsh the world has been to it. That is the soul. When we ignore that voice, something goes quiet inside us. Not immediately but gradually, a distance forms between who we are and how we act. And contentment cannot survive in that gap. Closing that gap is not about being perfect. It's about being honest with yourself. Acting in alignment with what you know to be right even when it costs you something.



Reflect on this

Is there a situation in your life — past or present — where you have acted against what you know to be right? Not in judgment of yourself. Just, honestly: what does your soul say still needs to be acknowledged?

My honest answer...



Your practice today

At the end of today, ask yourself: "Did my actions today align with my deepest sense of what is right?" Not a scorecard. Just a quiet, honest check-in. Do this every night. It keeps the conscience alive.

One small step I will take...



The Love Pillar · The Heart

"Love must set individuals free, elevate them, even transform them but by no means limit them or weigh them down."

What this pillar is really about

We think of love as something that happens to us. Something we fall into, wait to receive, or lose when it is taken away. But love in its truest form, is not about possession. It is about presence. We have reduced love to a transaction. I give; I expect to receive. I stay when it serves me. And so, love disappoints us, not because love is broken, but because we've been using it wrong. The love, when freed from expectation, becomes devotion. A mother's love for her child needs no outcome to justify itself. That is what love actually is. When we love rightly and freely, without conditions, contentment stops being something we chase. It becomes something we carry.

Reflect on this

Who or what do you love with conditions that you have never quite let go of? Not as self-criticism, just with honesty: what would it feel like to love that person or thing without needing anything back?

My honest answer...

Your practice today

Today, do one act of love that no one will know about. A quiet kindness. A silent forgiveness. An unnamed generosity. Love in its rightful form is not a performance, it is a practice.

One small step I will take...

Bringing It Together

Pillar	Aspect	Stabilises	Core Question
Knowledge	Brain	Clarity	What do I truly know?
Patience	Mind	Stillness	Can I wait for what's right?
Dedication	Body	Direction	Am I acting on what I believe?
Justice	Soul	Alignment	Am I true to my conscience?
Love	Heart	Contentment	Am I giving freely?

These five pillars are not a ladder. You do not master one and move to the next. They are a living framework, one you will return to again and again, at different seasons of life.

Some weeks, Knowledge will call you. Some months, you will feel the weight of Patience more than anything else. There will be seasons where Love is the practice you need to return to, and moments where Justice is the only compass that makes sense.

The goal is not to hold all five perfectly. The goal is to be honest about which one you have been neglecting and to return to it, gently, with intention.

"Contentment is not a destination. It is the fruit of a life lived in alignment, not perfectly, but honestly."

This week, I will pay attention to the pillar of _____ because...

The one small practice I will begin is...

About Mohit

I am Mohit Kumawat, an author and a thinker from Jaipur, Rajasthan.

My book, *Acting Right: Discovering Contentment Through the Five Pillars of Dharma*, is the result of 5+ years of research across science, philosophy, and theology and a deeply personal search for meaning that began during the pandemic of 2020.

I believe that ancient wisdom, expressed simply and honestly, is the most urgent need of our time. Not as doctrine. Not as religion. But as a practical, living map for those of us trying to act rightly in a world that rarely makes it easy.

I write, speak, and share the ideas that refuse to leave with a hope that they might help another soul to navigate life.



What Comes Next

If this framework sat well with you, here is how to go deeper:

Subscribe to The Dharma Letter

My weekly newsletter. One pillar. One insight. One practice. Short enough for morning chai and deep enough to carry through the day.

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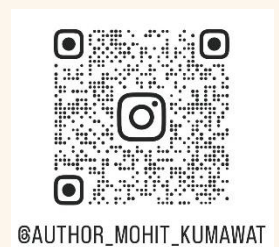
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"The Dharma you live with intention, contentment, and honesty is the greatest teaching you can offer the world."

— Mohit Kumawat