



# **Dharma and Dhamma: An Overview of Dharma and Dhamma, and How to Apply them in Daily Life (includes Moksha, the Four Noble Truths, the Eightfold Path, and Nibanna)**

*Chaya Rao*

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If you want a complete overview of the basic principles of dharma and dhamma, including how to incorporate them into your own life, then this book is for you! Hindus believe that dharma is the very foundation of the world. It's a way of thinking, living, and being that holds everyone and everything together in harmony. Without it, there'd be chaos. It's also the way by which people live in accordance with universal principles. The more in touch they are with natural law, the better their lives will be. In Theravada Buddhism (there are many schools of Buddhism, just as there are many sects of Christianity), dhamma refers to the Buddha's teachings. The more you keep to the dhamma as He taught it, the more control you have over your mind and therefore your life. And the more you are able to control both your mind and your life, the happier you'll ultimately be. In this book, we'll explore dharma as the Advaita Hindus understand and apply it, as well as dhamma, as the Theravada Buddhists do. You'll see that they're actually very similar in many ways. Not only is this overview meant to be informative, but it's also meant to be tangibly helpful and applicable in your own life.

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