

"Quietly powerful. A must read for the modern moment."
—Daniel H. Pink, #1 *New York Times* bestselling author

EVERYDAY DHARMA



SUNEEL GUPTA

Everyday Dharma

Book Highlights

Where We Begin

Chasing outer success often leads to the “arrival fallacy,” leaving us unfulfilled.

True joy comes when we align our essence with expression, starting with inner success that naturally flows into outer success.

Inner success leads to outer success, not the other way around.

Sukha-Uncovering Your Essence

Dharma = essence + expression; Sukha is discovering your true essence.

We often define ourselves by how others see us, drifting from our calling.

Four “chisels” help uncover essence:

- Bright Spots (what brings joy even in tough times)
- Possibility (new ways to express essence)
- Dharma Deck (prioritizing expressions)
- Picasso (asking: “Would I do it for free?”)

Bhakti-Full-Hearted Devotion

Bhakti is the practice of wholehearted devotion, the opposite of distraction.

It's better to be full-hearted and partly scheduled than fully scheduled and half-hearted.

Rituals like capturing inspiration, embodying your dharma, and allowing “wandering time” strengthen devotion.

Devotion transforms duties into fuel for your dharma.

Simple rituals like recording inspiration, embodying your dharma daily, and allowing “wandering time” deepen your connection and fuel your purpose.

Prana-Energy Over Time

Prana is the life force that animates your dharma.

When tapped, you feel energized and creative.

Success and burnout can look the same; the difference is managing energy.

Practices like the 55:5 model, worry breaks, and gratitude breaks restore energy and resilience.

Managing energy through rhythmic renewal, daily breaks, and gratitude practices prevents burnout and keeps creativity alive.

Upekkha — Comfort in the Discomfort

Upekkha is finding inner steadiness in discomfort, not escaping it.

Pain and challenges are part of the path to dharma.

Create “inner space” by pausing between stimulus and response.

Curiosity instead of anger fosters compassion, and acting fast on kindness while slowing down on anger lengthens your fuse.

Leela-High Play

Leela is blending work and play—finding joy in the process, not just the outcome.

Our “autotelic” side (joy in experience) matters as much as the “exotelic” side (focus on goals).

Excellence is about the role, while success is about the goal.

Avoid expectations, which kill joy; cultivate ambition without entitlement.

Create mental “Plan B’s” to reduce disappointment.

Seva-Forget Yourself to Find Yourself

Seva means selfless service-losing yourself in serving others.

Rewards may motivate at first, but service sustains long-term fulfillment.

Ask: Who am I serving? What do they need?

Dr. King's "drum major instinct" reminds us to channel ego into leading in generosity, service, and moral excellence.

Serving authentically removes ego, sustains effort, and allows you to find yourself through giving.

Tula-Letting Go and Taking Charge

Tula is the balance between control and surrender.

Like kintsugi (golden repair), brokenness can create beauty when embraced.

Cultivating “pronoia” (belief that the universe conspires for you) helps accept imperfections and trust life’s flow.

By embracing imperfections and seeing the world as conspiring for you, brokenness becomes beauty and flow replaces fear.

Kriya-Action Leads to Courage

Readiness is a choice, not a feeling—courage comes after action.

Even small steps forward build momentum and reduce fear.

Use the “two-way door” test: if you can return after a decision, act without waiting for full certainty.

Dharma is about living in search of meaningful questions rather than chasing fixed objectives.

Even small steps forward build confidence, and treating choices as “two-way doors” helps you act without needing certainty.

Where We Begin Again

Love your essence, serve others selflessly, and believe in your dharma.

Service transforms your dharma into a mission beyond yourself.

Winning isn't always about success but about continual learning and growth.

Every experience becomes growth, turning life into a mission beyond yourself.

Disclaimer

This is just a summary. This summary is as per my interpretation and Learning, Please excuse any errors

For a better understanding, reading the book is highly recommended

Please excuse any errors

Thank You For Reading

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