

The Dharma Confusion Framework™

A 6-Step Ayurvedic Guide to Feminine Self-
Leadership

RASA COACHING | Amrita Ma Devi



YOUR GUIDE

Remembering Who You Are

Beneath the roles, the diagnoses, the expectations, and the conditioning — there is a woman who already knows her way home.

This framework is an **invitation**, not a prescription. It is a gentle hand on your shoulder, guiding you back to the truth that has always lived inside you.

- ❏ You are not broken, and you were never meant to do this alone. Women heal in community. You are not lost—you are simply in the process of remembering more of who you truly are.





STEP 1 OF 6

Validate the Dharma That Is Already Here

Stop looking for purpose. Start recognising it.

Motherhood

A living, breathing dharma in every act of nurturing and presence.

Learning

Curiosity and growth are their own form of divine purpose.

Caring

To tend another soul is sacred work — already alive in your hands.

Serving

Wherever you show up for others, your dharma is already present.

Reflection: Where is my dharma already asking me to show up?

STEP 2 OF 6

Name the Fog

The problem isn't your purpose — it's the gripping.

Dharma confusion often arises from excess **Rajas**: the restless energy of urgency, striving, and the endless voice of "I should..."

The more tightly we grip our purpose, the harder it becomes to hear the quiet wisdom already within us.

The fog isn't a lack of purpose. It's **pressure masquerading as clarity.**

Reflection: Where am I creating pressure instead of presence?



Return to Flow

Trust divine timing over forced timing.

Ayurveda teaches that all of life unfolds in rhythms —the changing seasons, the rising and falling tides, the cycles of nature, and the wisdom of your own body. Your dharma is no different. It has its own natural rhythm, unfolding in its own time. When you stop forcing and start listening, your next step becomes much easier to hear.

Flow isn't giving up. It is the radical act of allowing life to meet you halfway — of releasing the white-knuckled grip on what you think your path should look like.

Divine Timing

What if the "delay" you are experiencing is actually **preparation**? What if the pause is part of the path?

Reflection:

What would change if I truly trusted the timing of my life?

Put It on the Back Burner — Not in the Bin

Your dreams aren't disappearing. They're maturing.

Some Seasons Call for Rest

Choosing family, healing, or stillness is not an abandonment of purpose — it is an honouring of where life needs you most right now.

Your Dharma Is Resting

Like a seed beneath winter soil, your purpose is not gone. It is simply waiting for the conditions that will allow it to truly flourish.

Lovingly Held, Not Lost

You do not have to extinguish the flame. Simply turn it low, tend it gently, and trust it will blaze again when the time is right.

So many times in my own life, I have had to slow down — to catch my breath, to heal, or to tend to others. And that is okay.

📌 When we force ourselves into a pressure cooker of urgency and comparison, we move away from our own rhythm — and this is where imbalance begins.

I am not on anyone else's timeline. I can choose my own pace of unfolding, learning, and growing. I can be inspired by another woman's journey without needing to measure my path against hers.

Reflection: What dream can I lovingly place on the back burner without believing I've lost it?

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Play the Long Game

Dharma unfolds gradually.

Real purpose rarely arrives as one grand, lightning-bolt breakthrough. It grows slowly — through daily choices, lived wisdom, seasons of loss, and moments of quiet grace.

Daily Choices

Small, consistent actions build momentum

Lived Wisdom

Lessons from seasons form deep knowing

You do not need to build your entire legacy overnight. The oak tree does not apologise for taking decades to become magnificent.

Dharma Expressed

Purpose emerges naturally over time



Reflection: What small step can I honour today instead of chasing the whole journey?

Let Every Season Polish You

Each season reveals a new facet of your dharma.

Motherhood & Caregiving

Deepens your capacity for unconditional love and patient presence.

Career & Ambition

Sharpens your gifts and calls forth your most courageous self.

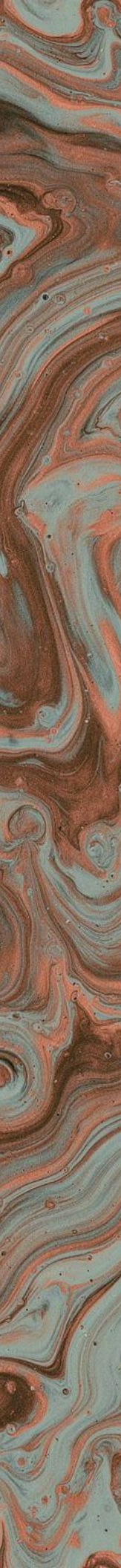
Healing & Loss

Cracks you open so that greater wisdom and compassion can pour through.

Love & Relationship

Mirrors who you are and who you are becoming in profound ways.

Reflection: What is this season teaching me that my next season will require?

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You Are Not Behind.

You Are Becoming.

 **Dharma is not a destination**

It isn't something you find once and for all — it is something you *live*, breath by breath, season by season.

 **When you release the grip, the fog lifts**

The clarity you've been searching for has been waiting quietly beneath the pressure all along.

 **Your purpose has been unfolding quietly**

One season, one responsibility, one sacred step at a time — you have always been on your path.

Ready to Go Deeper?

You don't have to navigate this alone. The **Sacred Vitality Collective** premium tribe is a living, breathing community of women walking this same sacred path — together.

Monthly LIVE Coaching

Real-time guidance from a coach who walks this path herself.

Sacred Community

Be held by women who understand — no performing, no pretending.

Ongoing Support

As your dharma continues to unfold, we are here — every step of the way.

→ Join the Sacred Vitality Collective & Remember ...

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