

The Dharma Confusion Framework™

A 6-Step Ayurvedic Guide to Feminine Self-Leadership

Do I Have Dharma Confusion? Here is our
guide to discover your purpose and destiny.

RASA COACHING | Amrita Ma Devi



📌 You do not need another routine.

You've probably already tried the morning practices, the supplements, the perfect schedule. Some of it helped. Much of it didn't last — not because you lacked discipline, but because no one explained what it was all for and gave you the sacred reason to live a mindful life.

Beneath the roles you carry, the expectations you've absorbed, the labels you've been given, and the conditioning you've learned to survive, there is a deeper self that already knows the way.

The work is not to become someone else. The work is to clear away what obscures your true nature, so you can live in alignment with your dharma — your deepest truth.

This framework offers the tools to help unfurl your true nature as wholeness. Joy is what remains when you remember who you are. Welcome home.

In Ayurveda, we understand that every choice either protects or depletes your life force: **prana** (vitality), **tejas** (clarity), and **ojas** (resilience). When we live out of alignment with ourselves, we slowly spend these precious reserves without replenishing them.

This framework is an invitation to remember. To cultivate greater steadiness. Greater discernment. Greater compassion. Greater capacity to meet life's challenges without abandoning yourself.

Whichever season you find yourself in — the one who carries it all, the one still waiting for her turn, or the one who has finally decided it's not too late — the invitation is the same. It was never too late. Not for her. Not for you.

Validate the Dharma That Is Already Here — Recognise

Stop looking for purpose. Start recognising it.

Acknowledge the dharma that is already present in your life rather than believing you have to find a completely new purpose.

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?

Name the Fog — Reveal

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

Identify what is obscuring your dharma: fear, conditioning, comparison, chronic rajas, burnout, people-pleasing, or old identities.

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 — Release

Trust divine timing over forced timing.

Let go of beliefs, expectations and roles that no longer belong to this season of life.

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?

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Put It on the Back Burner — Receive

Create enough space, nourishment and stillness to hear your inner wisdom instead of constantly striving.

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.

I am not on anyone else's timeline. I can choose my own pace of unfolding.

📖 When we force ourselves into a pressure cooker of urgency and comparison, we move away from our own rhythm.

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

Play the Long Game — Rest

Dharma unfolds gradually.

Restore your nervous system and rebuild prana, tejas and ojas so you have the capacity to live your dharma.

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 — Refine

Each season reveals a new facet of your dharma.

Continue living your dharma through small, consistent choices, allowing it to evolve as your life changes.

Motherhood & Caregiving

Deepens your capacity for unconditional love and patient presence.

Career & Ambition

Sharpens your gifts and calls forth your most courageous self.

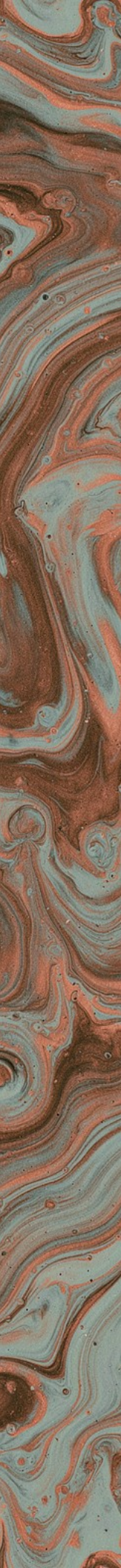
Healing & Loss

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? RASA COACHING | Amrita Ma Devi

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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 **Vital Woman Rising** is a living, breathing community of women walking this same sacred path — together.

Weekly 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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