

Four Legs of Dharma / Religion (Duties for Mankind)



Quality	Austerity	Cleanliness	Mercy	Truthfulness
Classic Virtues	Temperance-Moderation	Prudence-Discretion-Foresight	Fortitude-Bravery-Courage	Justice-Morality-Chivalry
Healthy Symptoms	People are understanding, helpful, tolerant, & satisfied with life's simple pleasures.	Wholesome and strong family values. Medicine is focused on responding to accidents not diseases and epidemics.	Peaceful society and kindness towards all forms of life. Innocent animals are properly protected like family members.	High minded philosophical exchanges between citizens. No fear of being cheated. Honest work/wage tradeoff.
Lost During	Satva Yuga - Golden Age 3,893,000 - 2,165,000 Yrs ago	Treta Yuga - Silver Age 2,165,000 - 871,000 Years ago	Dvarpa Yuga - Copper Age 871,000 - 5000 Years Ago	Kali Yuga - Iron Age Current age which began 5000 years ago.
Destroyed Because Of	Coffee/Tea; Nicotine; Alcohol; Drugs; Pain Killers;	Illicit sexual activity; Wanton lust; Excessive lascivious obsessions.	Killing Innocent Animals; Uncontrolled tongue; Craving to eat flesh; Cruelty;	Gambling; Prize Chasing; The LOTTERY; Scratch to Win; Deceitful Ads; WIN!
Societal Problems	Impatience; Greed; Crime; Suicide; Sue 'You' Litigation;	Prolific pornography; Rape; Sexually transmitted diseases; Broken families	Cruelty; Violence; Road rage; War; Going "Postal"; Legal disputes;	Anxiety; Paranoia; Cheating; Financial Devastation; Lost Retirements;
Current Symptoms	Narcissism; Obnoxious Selfishness; Prolific drugs;	Recreational Sex; Sexually oriented advertising; "Sexting"; Viagra etc.	Factory Farms & Slaughter Houses; Fast Food Culture; Hunting For Sport	Home alarms; Bingo games; Ponzi schemes; Horse racing; Bankruptcy
Good But Inadequate	Counseling; Seminars; Mundane therapy; Psychotropic medicines.	Physically washing body, food, living space, etc.; Sunday "Confession."; More medicines/research to cure STD's;	Philanthropy; Silent Vigils; "Peace" Marches; Volunteering; Giving of charity; Freeing nonviolent criminals.	Apologizing; Therapy; Prison; Elaborate laws; Big contracts; Watchdog commissions; Encounter Groups;
Remedies? Bg 2.58-59	Stop ALL Intoxication.	Reinforce Marriage / Restrict Divorce	Go Vegetarian/Outlaw Slaughterhouses	Stop Lotto, Casinos & ALL Gambling
	"One who is able to withdraw his senses from sense objects, as the tortoise draws its limbs within the shell, is firmly fixed in perfect consciousness. The embodied soul may be restricted from sense enjoyment, though the taste for sense objects remains. But, ceasing such engagements by experiencing a higher taste, he is fixed in consciousness."			
Supporting Gita Verses	<i>Satisfaction, simplicity, gravity, self-control and purification of one's existence are the austerities of the mind. - Bg. 17.16</i>	<i>I am the strength of the strong, devoid of passion and desire. I am sex life which is not contrary to religious principles, O lord of the Bharatas [Arjuna]. - Bg. 7.11</i>	<i>If one offers Me with love and devotion a leaf, a flower, fruit or water, I will accept it. - Bg. 9.26</i> (Who is incapable of performing this small devotional service?)	<i>Those who are demoniac do not know what is to be done and what is not to be done. Neither cleanliness nor proper behavior nor truth is found in them. - Bg. 16.7</i>

"Austerity of the body consists in worship of the Supreme Lord, the brahmanas, the spiritual master, and superiors like the father and mother (Truthfulness), and in Celibacy (Cleanliness), simplicity(Austerity) and nonviolence (Mercy)." - *Bhagavad Gita As It Is, Chapter 17 "Divisions of Faith," Text 14.*