

# Feeling Good

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Source: <http://www.shiningworld.com/site/satsang/read/2064>

**Sumaya:** A. The following is being written as *jiva*. Kindly check if this theory sounds reasonable:

Acting against one's own *prakriti* is like saying a person who is *brahmana* by *prakriti* is doing the job of Kshatriya doing *paradharma*. Doing *paradharma* leads to fear (*Gita* III.35). This fear blocks the flow of feel-good hormones, and since this fear is in unconscious it takes a while to spot it via self-enquiry.

**Sundari:** A sure sign that you are not following *dharma* is that you do not feel good – i.e. do not have peace of mind. It does not take self-inquiry to figure this out; usually the effect is immediate.

**Sumaya:** B. Speaking as self, there are no issues.

**Sundari:** Yes, indeed!