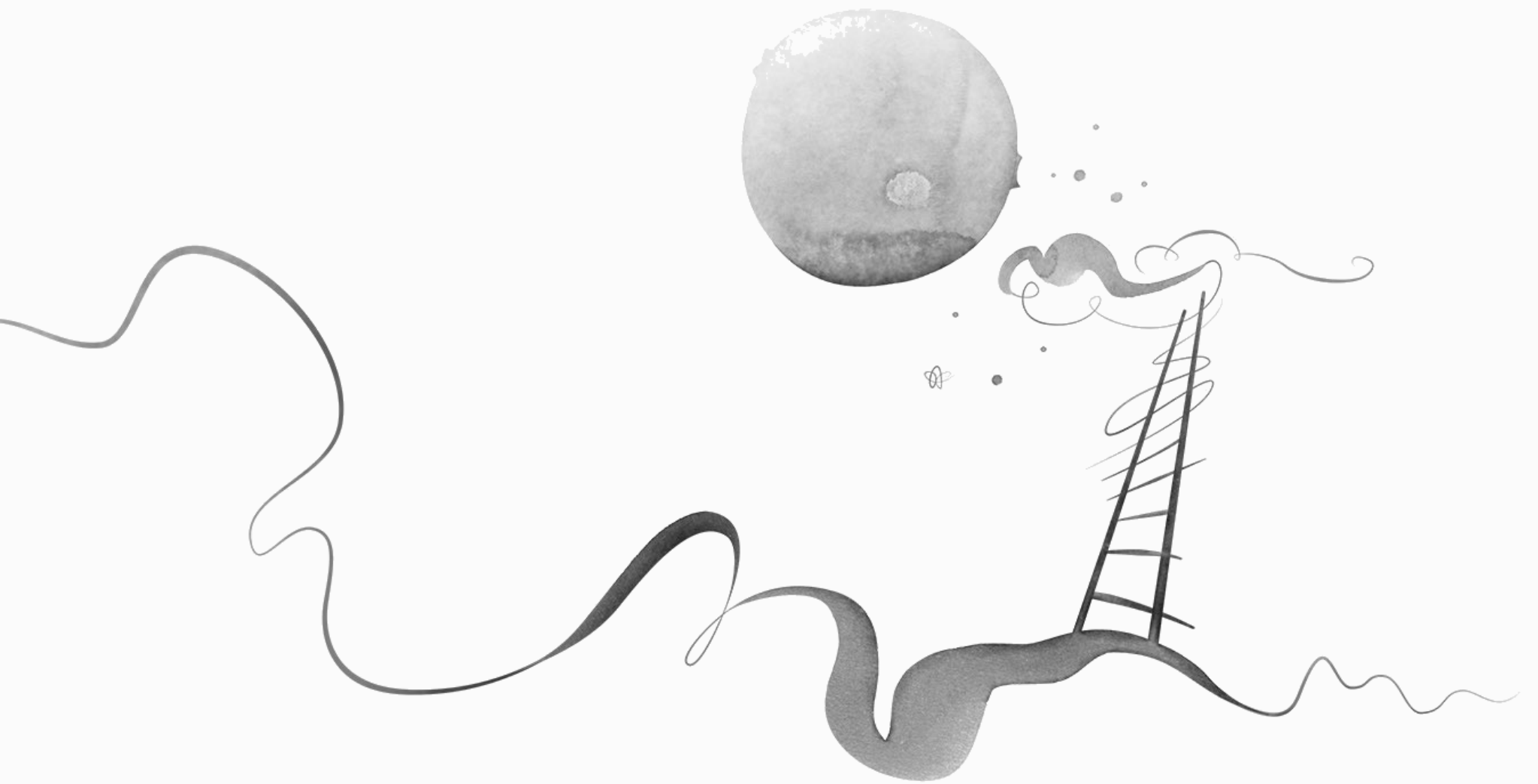


Sita's Dilemma –

Why happiness eludes us?



The Challenge

Are we too struggling with our choices? Do we know the Purpose of our existence or what could give us Happiness/Peace? Sita's dilemma explores the concept of 'Holistic Dharma' and "New Age Maslow" to explore a possible path for discovering self

Reference

Sita's Dilemma (Commentary)

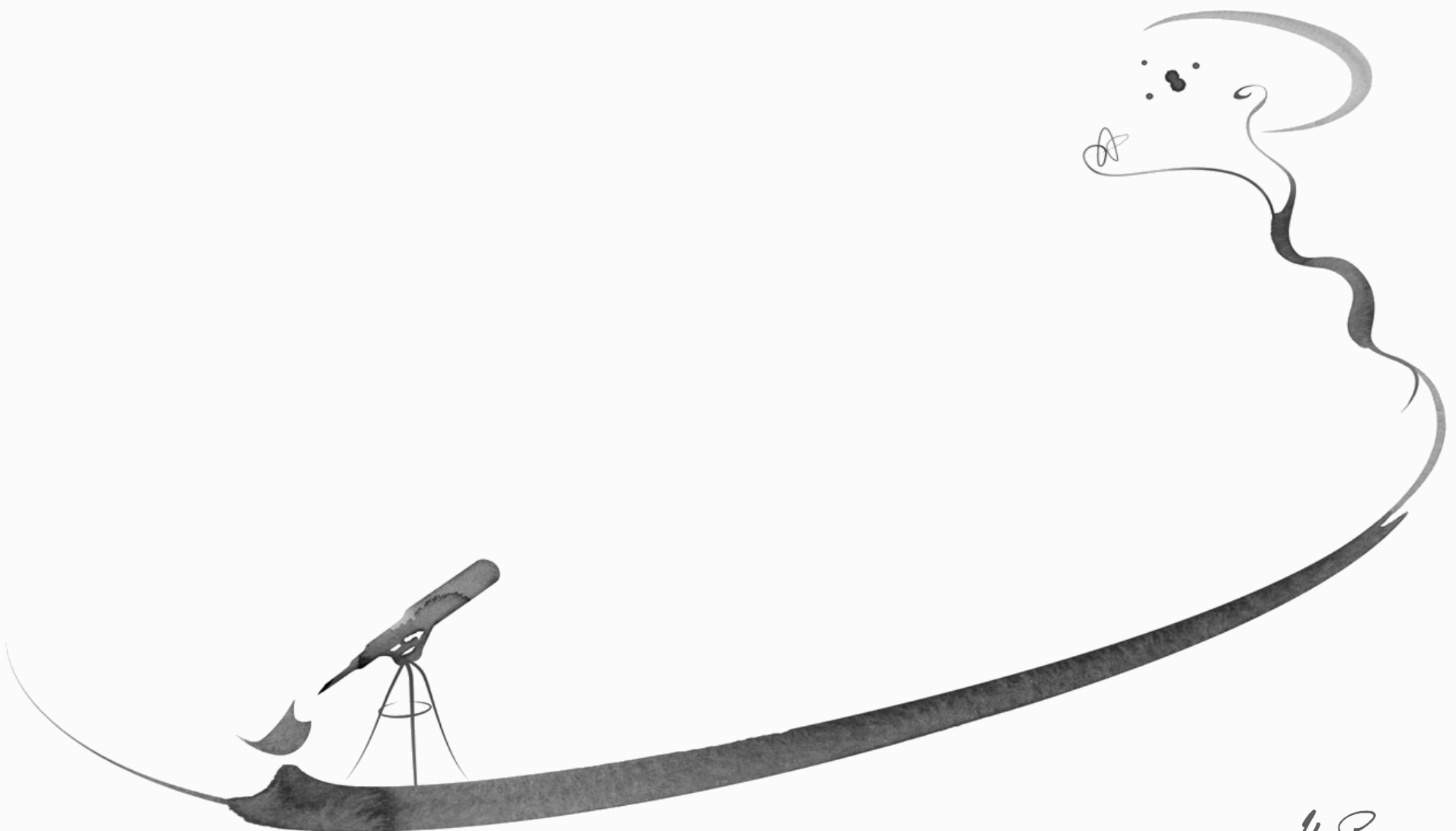
Moving away from the ancient 2x2 matrix, we propose a new outlook which is two overlapping circles:

The L (Left) circle represents the 'What' (What is the ratio of our life) and

R (Right) circle represents the 'How' (How I plan to spend my time/how I plan to reach my purpose)

More often we are confused with what the 'L' circle signifies. This is because leaning on the L circle itself it creates an imbalance wherein, we are consumed with either self and believe serving our self is the goal thus, we are skewed towards the R circle by focusing only on one or two Channels / Drivers / Pathways which may or may not align to our Dharma priority.

A healthy balance between these two dimensions is what the magic quadrant which we need to seek to resolve **Sita's Dilemma** in us.



What

- *What is the ratio of our life*
- *Encompasses the 7 Dharmas which we need to balance to have a holistic and contented life*

The seven dharmas are:

- Vocational (Calling)
- Self Well Being
- Occupational (Job)
- Universal
- Relationship
- Community
- Spiritual

How

- *How I plan to spend my time/how I plan to reach my purpose*
- *Represents the 7 Drivers / Channels / Pathways via which we can achieve happiness and a sense of fulfilment in life*

The seven drivers are:

- Deficiency Drivers:
 - Basic / Physiological
 - Safety
 - Belongingness / Love / Affiliation
 - Esteem
- Growth Drivers:
 - Creative
 - Autonomy / Self Actualization
 - Transcendence



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