

Aparigraha-Dharma: Bridging Spirituality and Sustainability

- Dharma
- Sustainability
- Aparigraha

THE IDEA IN ONE MINUTE

Reframes non-attachment as dharmic responsibility, conscious sufficiency and ecological well-being.

1

Aparigraha challenges unnecessary accumulation

2

Sufficiency connects restraint with well-being

3

Dharmic responsibility includes ecological care

WHY THIS MATTERS FOR LIVING DHARMA

Knowledge becomes dharmic when it strengthens responsibility, wise action and care for the interconnected whole.



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