



# The 5 Imperatives for Life & The Climate



## The 5 Imperatives of the Warriors

- 5 Elements
- 5 Chakras
- 5 Prayers
- 5 Imperatives for Life, Community and Climate

*Dharma   Ethics   Healing*

Personal Responsibilities

Societal Responsibilities

Collective Responsibilities

5 ELEMENTS	EARTH	WATER	FIRE	AIR	ETHER
5 CHAKRAS	MULADHARA	SVADHISTHANA	MANIPURA	ANAHATA	VISHUDDHI
5 SOUNDS	LAM	VAM	RAM	YAM	HAM
5 PRAYERS	Sahana Vavatu	Asatoma Sadgamaya	Om Bhur Bhuva Svaha	Lokha Samasta Suhkino	Maha Mritunjaya Mantra
5 WARRIORS	SAHADEVA	NAKULA	ARJUNA	BHEEMA	YUDISTHIRA
5 IMPERATIVES	<ul style="list-style-type: none"> <li>• The welfare of everyone &amp; everything as our own.</li> <li>• Commitments to ecological, societal, personal, and relational integrity</li> <li>• Safety, trust</li> </ul>	<ul style="list-style-type: none"> <li>• Responsibility for our senses</li> <li>• Commitment to taming our grasping &amp; aversion so our river moves in banks of discernment</li> <li>• Tend to our vitality &amp; stamina</li> </ul>	<ul style="list-style-type: none"> <li>• Commitment to the dharma, wise living</li> <li>• Commitment to bring wisdom &amp; discernment into action for the greater good</li> <li>• Burn the seeds of unskillfulness</li> </ul>	<ul style="list-style-type: none"> <li>• Compassion for all beings.</li> <li>• Compassion is empathetic resonance with the desire to act to alleviate suffering</li> <li>• Develop a heart of bravery &amp; discernment</li> </ul>	<ul style="list-style-type: none"> <li>• Speaking truth even when there is conflict or when truth might cause appropriate discord between ignorance &amp; awakening</li> <li>• Using your voice for the greater good</li> <li>• Neither lying to nor deceiving others</li> </ul>

PRAYERS	Chant	Translation
1st Chakra	Om Saha nāvavatu Saha nau bhunaktu Saha vīryam karavāvahai Tejasvi nāvadhītamastu Mā vidviṣāvahai	May we together be protected from harm May we together be nourished by our practices May we together be vigorous when needed to progress May we remember our inner light & overcome darkness May we not be impatient with each other along the way
2nd Chakra	Asato mā sadgamaya Tamaso mā jyotirgamaya Mr̥tyormā'mṛtaṃ gamaya	Lead me from the unreal to the real, untruth to truth Lead me from darkness to light, from forgetting to remembering Lead me from the finite to the infinite
3rd Chakra	Om bhūr bhuvaḥ svaḥ Tat savitur vareṇyaṃ Bhargo devasya dhīmahi Dhiyo yo naḥ pracodayāt	May the pure divine light illuminate all the realms (physical, mental, spiritual). May it dispel darkness from our hearts and remind us of true knowledge. May we revere the beauty of the cosmos, which is also within us.
4th Chakra	Lōkāḥ samastāḥ Sukhinōbhavantu	May all beings, and the whole world, have ease of mind and happiness of heart. May everyone everywhere be cared for
5th Chakra	Om tryāmbakaṃ yajāmahe Sugandhīm puṣṭi-vardhānam Urvārukam īva bandhānān Mr̥tyor mukṣīya mā 'mṛtāt	We offer praise to the 3-eyed one (two that see & 3rd eye) We receive spiritual fragrance & nourishment of our core May we ripen to free ourselves from attachments and to know that which is infinite so that we may overcome all things

## 5 PANDAVA BROTHERS

## THE 5 WARRIORS

## 5 IMPERATIVES

## ACTIONS ETHICS PRACTICES PRINCIPLES

### SAHADEVA



### EARTH

COLLECTIVE  
WELL-BEING

- Mindful use of shared resources including food, utilities, tools, time, & relationships
- Care for ecology & non-human species
- Local, community practice for shared resources
- Mutuality, Reciprocity Collaboration
- Protection of the vulnerable

### NAKLUA



### WATER

NOURISH THE SENSES  
FOR VITALITY

- Focus senses on that which is Sattvic
- Clarity of sense direction (toward or away from)
- Immerse senses in creativity
- Reduce craving, indulgence, and numbing senses
- Deliberate appreciation of beauty & finite

### ARJUNA



### FIRE

DISCERNMENT &  
WISDOM IN ACTION

- Seva: Selflessness in Service
- Inner Discernment of purpose + path
- Burn the seeds of mind that are unskillful, which cause harm
- Put wisdom into action wherever possible and on behalf of the greater good

### BHEEMA

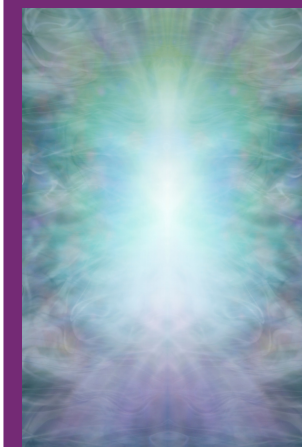


### AIR

COMPASSION &  
COURAGE

- Practice seeing one's self in others, and others in one's self
- Cultivate reflexive, emotional and cognitive empathy
- Develop courage in the face of adversity & steadiness of compassion
- Develop skills to alleviate suffering, both for now and for what is to come

### YUDISTHIRA



### ETHER

SPEAK WITH TRUTH  
EVEN THROUGH  
CONFLICT

- Clarity in thought, word, speech, deed
- Truthful, purposeful communication, written & spoken
- The absence of deceit or malice
- Speaking for those who cannot, such as other species
- Hold to highest truth even when it stirs conflict in others