



Aram Sutra

A Way of Compassion, Balance, and Righteous
Living for All Ages

Sacred Lotus Dharma Teachings Society
SLDTS.org

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Live with Heart, Act with Justice, and Walk in Harmony

Opening Prayer

Instruction: The following prayer must be read each time before reading the book. It is also known as the *Chant of Gratitude*, to be used sincerely in moments of genuine thankfulness, rather than a routine practice.

*O Source of all, unseen and ever-present,
You dwell in silence and in song,
In the stillness of stone,
And the turning of the stars.*

*You are not worshipped with fear,
But followed with love.
Not begged in temples,
But remembered in truth.*

*Let our hands bring justice,
Let our words carry peace,
Let our hearts bloom with kindness,
Let our days reflect Aram.*

*In every age, you send voices —
Prophets of wisdom,
Who teach us to live with honor,
To care, to listen, to awaken.*

*We walk in their footsteps.
Not to reach heaven,
But to build harmony here.*

Chapter 1: Introduction

1.1: Old Faith

The good life is not just surviving. It is thriving with purpose, the path of *Aram*.

Live with heart, act with justice, and walk in harmony. This is the ethics of Aram. This is the *Old Faith*. It is the way of being—drawn from cosmic wisdom, virtue, and the compassion.

It is the path for all humanity. Fulfilling the rules set out for us by the sacred force *Inmai*, within and beyond.

The Aram calls us to do right. The Aram that awakens love within us. The light in a child's laughter, the grief of injustice, the joy of peace, the energy of prophets sent, not to be worshipped but to point toward the path.

1.2: Ancient Wisdom and Today's Hearts

The wisdom of the ancients is a treasure placed in our hearts, teaching us that to live kindly is greater than strength, that to feel deeply with wisdom is the true balance of heart and mind, and that to walk in honesty is to walk in the light of Inmai, for falsehood darkens the soul; therefore let our lives be shaped by gentle ways, speaking with courtesy, bearing with patience, and showing respect to all, for in such living the old wisdom becomes new again, guiding today's hearts toward harmony and truth.

A Treasure of Old, a Gift for Today

Long ago, wise people shared lessons through poems and stories, emphasizing how to live kindly, how to feel deeply and wisely, and how to live a good and honest life. Rules of gentle living teaches polite speech, patience, and respect.

Chapter 2: Divine Principles and Inmai (The Creator, the Energy)

2.1: The Divine as Living Energy

Inmai is not a name, nor a shape, nor a throne.

Inmai is the breath of justice, the heat of compassion, the silence of truth.

It is not he or she. It is that which is ever-present, ever-aware.

Over many lifetimes, as we purify ourselves through righteous living, we become lighter—freer—until at last, the soul dissolves into the eternal energy—not as a drop in the ocean, but as a note in the great song.

2.2: Inmai as the Harmony of the Universe

Inmai is the harmony between earth, galaxies, duty, and life—not a distant ruler, but a presence in balance.

2.3: Light for the Soul

Inmai is the flame without shape.

Inmai has no hands, yet it builds the stars.

Inmai has no eyes, yet it watches your truth.

Walk in Aram, and you walk in the breath of Inmai.

2.4: Your Soul Is a Spark from Inmai

You are not dust alone.

You are a spark sent from Inmai.

Sent to light others, not to burn them.

Sent to grow, not to devour.

Return to Inmai by making your fire clean.

2.5: On the Unity with Inmai

All that exists is but a reflection of Inmai. The mountains, the trees, the creatures, the wind—none are separate. See no division, for the one light dwells in all.

To walk in Aram is to recognize this unity, and to love all as expressions of the divine energy.

2.6: Do Not Wait for Temples to Find Inmai

Your breath is a prayer.
Your justice is a hymn.
Your kindness is the altar.
Where Aram is lived, Inmai dwells.

2.7: Honoring Inmai

We honor Inmai—the unseen, formless cosmic order that breathes truth into the world. Inmai does not demand praise, but purity of thought and action.

2.8: Aram is the Sacred Law by Inmai, the Living Flame

The energy of Aram is the moral force, the compassionate current, the guiding light.

2.9: Aram Is the Path Back

Every honest deed clears your soul.
Every kind word polishes the mirror of your being.
When you walk in Aram, the way back to Inmai opens.

2.10: Suffering is Distance from Inmai

When you lie, you drift.
When you harm, you fall.
When you take what is not yours, your soul grows heavy.
Inmai does not punish, it lets you feel your own echo.

2.11: Not Punishment, but Imbalance

Pain does not come from punishment, but from imbalance.
Like a wheel that breaks when it turns unfairly,
So too the soul suffers when it rolls outside Aram.

2.12: Inmai Is Mercy

Even a soul sunk in shadow may rise again,
Because Inmai is mercy.
Let every morning be a new birth.
Let every step be smaller harm and greater love.
The path is never closed unless you choose it so.

2.13: Inmai as Inner Awakening

The end of suffering (*nirvana*) comes from inner transformation, not divine intervention.
All beings carry within them the potential for enlightenment.

2.14: The Final Union (*Mukti*, Becoming the Flame)

The Flame Without Form.
It has no eyes, yet it sees all.
It has no tongue, yet it speaks in thunder and silence.
It has no body, yet it moves every wind.
It is not mother, not father, not king.
It is the flame without form,
And when I walk in Aram,
It walks in me.

To live well is not only to escape suffering; it is to become radiant, gentle, fearless, and finally—one day, the drop of self will fall into the sea of energy, and I shall not be “I”—but only light.

Chapter 3: Foundations of Aram

3.1: Live with Heart—Compassion in Action

What does it mean to live with heart? It means choosing kindness, empathy, and care in all that we do. Our hearts are not just for feeling—they guide us to do what is right.

This is not sentimental love but actionable compassion. Love is seen as the life force that holds families, communities, and societies together. It is the will to care for others. It is the base of *karuna* (compassion) that is essential for ending all suffering.

The Power of Compassion

When you smile at someone, help a friend, or forgive a mistake, you are using your heart in the best way. This is called *anbu* (loving kindness). The heart is our true teacher. Without compassion, no wisdom lasts.

Truth: Real strength is gentle.

3.2: Act with Justice—Do What Is Right

Always choose righteousness over reward—even in ruin, do not leave the path of justice. The noble man understands righteousness. Better than a thousand hollow words is one word that brings peace.

Justice in Aram is about fairness, not obedience. It means speaking out against wrong, helping the vulnerable, and doing good without expectation. It reflects the inner compass that tells right from wrong. It includes the law of truth—acting ethically in every realm.

Justice means being fair, honest, and brave—even when it is hard, even when no one is watching.

Justice is not just about rules. It is about caring for others, standing up for the weak, and telling the truth.

Truth: Doing the right thing is always the right choice.

3.3: Walk in Harmony—Balance Brings Peace

Harmony means everything working together—like music, like a group of hunters, like nature.

A good life is one of balance—with self, others, and nature. The life lived with others in joy and peace is the life truly lived. Joy means *Inbam*—not wild pleasure, but calm, ethical delight.

The ritual brings order, and order brings peace. It refers to rituals of respect—greeting others, sharing meals, honoring elders.

We feel peaceful when we balance work and play, speaking and listening, giving and receiving. Life should be lived in peace and joy, and when joy and sorrow are balanced, that leads to the path of the noble.

The middle way avoids extremes—it is the path to wisdom. Therefore, the middle way is avoiding excess and abstinence—living in wise moderation.

Truth: Too much or too little breaks the peace.

Chapter 4: The Inner Path and Self-Realization

4.1: Daily Living—Following Aram to Tune into the Energy

Every choice is important.

Anger, greed, abuse, and pride create disharmony.

Kindness, fairness, truth, and restraint harmonize your being with the divine field.

When you walk in Aram, you feel lighter and you see clearer; you become a channel for the divine energy in the world.

4.2: The Inner Light—Finding Strength Within

Inside everyone is a small light, your conscience. It tells you what is right. When you listen to it, you grow strong from the inside out. It is the quiet voice that helps you choose good over bad. It shines brighter when you practice honesty, kindness, and courage, which means the Aram way.

Truth: The brightest light is within you.

4.3: Self-Knowledge and Purification

The path to light begins within. Search your own soul before you search the stars. Cleanse the heart of pride, envy, and greed—replace them with humility, patience, and truth.

The pure in heart do not stumble in darkness; they walk in the radiance of Aram.

4.4: Integrity and Conscience

Let your heart be your compass—be truthful and trustworthy.

The true wealth of a person is honesty. A man without trust will end up losing, be a light unto yourself.

Ullam is the innermost conscience—not just thought, but feeling deeply what is right; it is the sincerity—the consistency between what one says and does; and it is the virtue that guides right conduct and mental discipline.

4.5: Personal Ethics and Inner Life

Walk with truth in your heart, restrain desire with wisdom, and let courage, patience, and humility guide every step; for a soul in balance reflects the cosmic order of Inmai.

4.6: Pride and Service

Surrender your pride; let go of your will. Accept all that Inmai gives—joy or pain—as part of your rising.

Gratitude in trials brings you to realms unseen. Do not seek your own gain; seek to heal, to uplift, to serve. What you give without expecting will return as unseen goodness.

4.7: Act of Selfless Vision

Plant the tree, sow the seed, and act with hands open to the future; for the fruits may never touch your lips, yet your deeds nourish the generations to come, just as the selfless acts of ancestors have fed your life.

In serving without expectation, your soul walks in harmony with Inmai.

4.8: Toil Without Expectation

Walk the path without counting your steps. Let your labor not be for reward, but for righteousness. The last breath may be the one that Inmai counts as finest—so toil until it comes.

Do not serve Inmai as a worker expecting pay, but as a lover who finds joy in service itself.

4.9: Ethics on Work and Gains

Labor with integrity, share the fruits of your toil, and shun greed. Wealth gained without virtue decays, but service and honesty uplift the soul and the society alike.

4.10: Education and Knowledge

Seek wisdom tirelessly, teach with clarity, and learn with humility; knowledge without virtue blinds, but understanding aligned with Aram illuminates every path.

4.11: Respect and the Folly of Hatred

One need not share the same thoughts as another, yet must walk in respect toward all. When the poison of hatred is spoken, do not turn away in silence; rise and speak, showing that hatred is a waste of life's breath.

In truth, compassion opens eyes where anger blinds, and in the light of respect, even the hardened heart may soften.

4.12: Criticism and Patience

When words of criticism reach your ears, pause, examine them in silence, and consult the wise. If truth is found, correct yourself without pride. If not, walk on without fear, but thank them for their honesty.

One moment of patience in hardship is the seed of a thousand years of peace.

4.13: Emotions

Feel fully, for emotions are the river of the soul; let anger rise against injustice, and let pride honor true achievement, yet temper all feelings with wisdom and compassion.

Only when emotions serve virtue do they align the heart with Inmai and strengthen the harmony of life.

4.14: Spirituality and Devotion

Turn inward with devotion, align your actions with Aram, and honor Inmai as the moral energy that binds all; for true offerings arise not from rituals alone, but from lives lived rightly.

Chapter 5: Flourishing—Porul, Inbam, and Time

5.1: Wealth and Charity

Wealth and joy are not enemies of ethics. They must be rooted in justice and shared meaning.

(Porul means material substance, wealth, livelihood, and politics but always within ethical bounds. Influence used for good and right livelihood is crucial; one must earn and use wealth without causing harm.)

5.2: Wealth Is Not Owned, but Entrusted by Inmai

You are a keeper, not a master, of what flows into your hands. Let wealth move like water—quenching thirst, feeding life. What is hoarded decays; what is given renews the giver.

5.3: True Giving Is Not in Gold, but in Grace

It is not how much you offer, but with what spirit. An open heart outweighs a full treasury. Inmai delights in the soul that gives freely, with love, without pride.

5.4: Do Not Wait for Abundance to Begin Giving

A starving child cannot eat promises.

Give not when it is convenient, but when it is needed. What you share in hardship carries greater weight in the eyes of Inmai.

5.5: One Grain Given in the Name of Inmai Becomes a Hundredfold

As a single seed sown in good earth becomes a harvest, so too does a small gift when offered with virtue, returning to the soul multiplied by unseen blessings.

5.6: Worship Is Not Only in Words, but in Work

Sacredness lies in action—tending, healing, feeding, lifting.

Every act done in sincerity, every kindness without a show, is a silent hymn that rises to the unseen realm of Inmai.

5.7: Be a Lamp to Someone's Night, a Guard at Someone's Gate, a Hand to Someone's Sorrow

Do not pass by those who struggle—shine, protect, lift.

Walk the earth not as its owner, but as its shepherd—caring not for dominion, but for duty and compassion.

5.8: Time Cannot Be Bought, Paused, or Rewound—It Is the One Treasure All Must Spend

You may lose wealth and regain it. You may lose strength and rebuild it. But once time passes, it never returns.

Yet, it can be honored—through purpose, through punctuality, through prayer.

To walk in step with time is to walk in harmony with Inmai.

5.9: To Respect Time Is to Respect Life Itself

Punctuality is not arrogance—it is devotion to order. It is the discipline to align your steps with Aram. The one who honors time honors Inmai.

A soul that lives by the clock of virtue, lives without chaos, without shame, and without waste.

5.10: Time Shortens with Every Breath; Life Is a Wick That Burns Unseen

Each inhale draws you closer to your end—so awaken early. Rise with the sun for prayer and for purpose.

Inmai blesses the early riser with clear mind, strong body, and steady heart. Those who greet the dawn with devotion are gifted with health, mental focus, fruitful labor, and inner peace.

To waste the morning is to leave Inmai's gift unopened.

5.11: Honor the Seasons of Life Before They Vanish Like Dew at Sunrise

Enjoy your youth before age slows your stride. Preserve your health before illness comes uninvited. Use your wealth before poverty humbles your pride. Treasure your free hours before duties fill your day. Cherish your life before death returns your breath to the wind.

Each of these blessings is a lamp lit by Inmai—do not let it burn unseen.

5.12: Deeds Done on Time Bear Sweet Fruit, While Delay Rots Even Good Intentions

Inmai does not weigh the size of dreams, but the discipline to act before the moment passes.

Every good deed must be done when it is needed, not when it is convenient.

Procrastination is the thief of virtue. Timeliness is the fragrance of true devotion.

5.13: Delay Is the Seed of Disorder

Out of lateness comes imbalance. Out of imbalance comes distress.

Relationships suffer, trust fades, and peace is disturbed when one does not respect the moment.

He who plays with time plays with fire—burning his own future.

Chapter 6: Relationships, Community, and Nature

6.1: Guiding the Young

Children are not possessions, but sacred trusts from Life, walking toward a tomorrow unseen. Parents cannot give their thoughts, but can plant the seeds of virtue. For without guidance the branch may twist. Yet with morals, it grows straight towards the light. Thus, to teach good conduct is to honor both the child and the future.

6.2: Foundations of Love

Love that is free, consenting, and rooted in truth is never a sin.

Let love be like two pillars of the same house, each standing firm in its own place, yet together holding the same roof. Share your laughter and your bread, yet let your soul draw from its own well. Offer the shade of your presence, yet never block the light meant for the other. Walk the same path under the same sun, yet let your footsteps find their own rhythm. For love is not a chain that binds, but the open sky where two birds can soar together, free and unbound.

Honor your elders, cherish your kin, and embrace all beings with respect; love is not possession, and bonds flourish only when each heart remains free.

6.3: The Essence of Pure Union

To love many without harming any is rare. The path of Aram does not forbid love, but it forbids deception, neglect, and lust that consumes.

Polygamy existed among kings and tribes; yet fidelity, mutual care, and dignity are the soul of righteous union.

It is not the number of partners that makes a union impure, but the absence of truth and tenderness.

Law: Those with multiple partners must ensure all are treated with consent, fairness, and equality.

6.4: Building Our Circle—Community and Care

When we live together, we must care for each other. Community starts with kindness. It is your family, school, village, neighbors, even your friends you don't meet always. It grows with trust and care.

Truth: A kind community is a strong one.

6.5: A House of Peace Must Open Its Doors to All

A joy that excludes is a joy that soon fades. Peace blossoms only where no one is turned away. Let your home be a refuge, your table shared, your welcome wide.

6.6: Nature and Our Place in It

We are not above nature—we are part of it. Trees, rivers, birds, mountains, and animals all teach us how to live.

We are caretakers, not owners. Nature gives us air, food, and peace. In return, we must protect it.

Tread lightly upon the earth, protect the waters, skies, and forests, and cherish all life; for the balance of nature is sacred, and its preservation honors the cosmic order. As a bee gathers nectar without harming the flower, live without harming.

Truth: Respecting nature is respecting ourselves.

Chapter 7: Laws and Virtues

7.1: The Sacred Duty to Protect the Innocent

In the light of Aram and the grace of unseen and ever-present, let none raise a hand against the helpless.

7.2: The Innocence of Children

Children are not tools, property, or burdens. They are the seeds of tomorrow's wisdom, born not to suffer but to grow in the sunlight of kindness and learning.

Whoever burdens the young with toil steals not only their strength, but the future of the wise world. Children were meant to be nurtured—not used, and deserve the right instruction. Aram declares protection of the weak as a moral virtue. Aram praises the parents who fed, not who ruled.

Law: The use of children for labor, profit, or servitude, is forbidden. They must be given rest, play, learning, and love.

This law is not applicable to a child helping one's family with household chores, or learning family's trade, abiding all said law.

7.3: The Great Sin of Violating the Innocent

To violate a child's body or spirit through lust or violence is among the gravest of evils. Such acts destroy not only a life, but the bond of Aram itself.

Ungoverned desire becomes a fire that burns the world. To harm a child with such fire is to walk willingly into darkness.

Aram condemned lustful harm and upheld restraint and moral conduct. Ethics speak of shame worse than death to the one who dishonors another.

Law: Any act of pedophilia, sexual abuse, or grooming of a minor is a betrayal of light and a fall from Aram. Such crimes demand removal of the offender from sacred community and support for the healing of the victim.

7.4: The Wrongness of Child Marriage

Marriage is not a trade or a bond of flesh. It is a union of minds, hearts, and duties.

To marry a child before they understand life is to bind the unready, to wound their soul.

A flower forced to bloom too soon withers in silence. Let no child be given before their time.

The higher path, found in the compassion, the harmony, and the virtue of the divine law, calls for consent, readiness, and maturity.

Law: Child marriage is forbidden. A person must come of age, in body and thought, to enter the covenant of marriage.

7.5: The Sanctity of the Body and Consent

No union is sacred unless it is chosen. Consent is the first door to love. Without it, every step is a crime.

Rape, coercion, or forced intimacy is violence of the deepest kind, against both body and spirit.

Where there is no “yes”, there is only silence—and silence is not surrender.

The Aram calls for right intention and right action in all desires. Ethics demand self-restraint and dignity. Wisdom praises love freely chosen, not taken.

Law: Rape, coercion, or forced intimacy is a vile breach of Aram. It must be met with justice, healing for the harmed, and the severest discipline for the offender.

7.6: Not All Crimes Spill Blood, Yet They Wound the Soul

Cruelty to the poor, mockery of the disabled, neglect of the old, and lying for gain, are acts that poison the roots of society.

Aram demands more than lawfulness—it demands goodness. One may walk free by the laws of man, but still be shackled by the judgment of Inmai.

Law: Slander, fraud, neglect, cruelty, and betrayal of trust are violations of Aram.

Chapter 8: The Warrior of Inner Light

8.1: Social Justice & Community

Protect the weak, speak for the voiceless, and act with fairness in every judgment; for justice nurtures peace, and mercy preserves the harmony of the world.

8.2: Honor and Protect

The strength of the people is not in its warriors, but in how it shelters its children and weak. One who defends the weak walks closest to Aram.

Where women and children are honored, Aram flourishes. Where they are harmed, it withers. Justice is the shield of the vulnerable; compassion is the fire that burns away cruelty.

8.3: Return Injustice with Uprightness

No hand shall rise against the defenseless or weak. Whoever harms a woman or a child, betrays the path of Aram and falls from the light.

Strike only when needed, and never with hatred. Let the Vel rise not from rage, but from responsibility.

8.4: Sacred Self-Defense with Heart, Justice, and Harmony

How should one face enemies? How do we respond to narcissists, aggressors, or those who seek to harm, belittle, or control us? Should we fight, forgive, walk away, or strike back?

The teachings given to us by the Eternal One through our prophets, who moves in all life came from of ethics, wisdom, and the virtues, into one clear path. This is the way of the warrior of inner light, a person who lives with compassion, acts with justice, walks in harmony, and defends with dignity.

Live with Heart—Do Not Mirror the Enemy's Darkness

Your enemy may lie, provoke, insult, or manipulate. The narcissist will try to pull you into their drama, to feed their ego with your pain.

But true strength is not in reaction, it is in restraint. Let your heart guide your response, not by your wounded pride.

Let your enemy's hatred die in the silence of your dignity.

Hatred never ends by hatred; it ends by love. That is the eternal law.

And we, the noble followers of Aram, is dignified, not arrogant.

Act with Justice—Set Boundaries Without Bitterness

Justice is not the same as revenge. It is not loud, cruel, or reactive. Justice is firm, clear, and courageous.

True self-respect means refusing to allow repeated harm. The goal is not to destroy the enemy, but to remove their control over your life.

More mighty than killing a foe is turning their wrath into repentance, and learning to conquer ourselves—we are the mightiest of warriors. We can repay injury with uprightness.

Walk in Harmony—Leave Their Storm Behind

Peace is power. Do not let your enemy choose your focus, your mood, or your pace.

The narcissist wants to draw you into cycles of confusion, guilt, and reactivity. But when you walk in harmony, you walk above their storm.

Let go of what does not serve your path.

To see the right and not do is cowardice.

Forgive even in power makes your inner light glow.

Defend with Dignity—The Art of Sacred Self-Defense

You are not called to be passive. Compassion does not mean submission.

Self-defense is sacred. It means protecting your body, your mind, your dignity, and your space from violation.

When someone crosses into harm—whether physically or emotionally—you have every right to defend. You are your own protector. Guard your body and your mind as a gate guards its fortress.

Though forgiveness is great, there are times when the sword must rise to protect the righteous. Do not be afraid to correct the wrong, even if it causes offense.

8.5: The Path to Remaining Undefeated

When the enemy rises, rise higher—not in rage, but in radiance. Let your strength be soft, your clarity be sharp, and your silence be the sword they cannot hold.

To walk this path is to live with heart, act with justice, walk in harmony, and defend with sacred dignity. This is not submission. This is not violence. This is the ethic of the warrior of inner light.

And in this, you are never defeated—even when you walk away.

Chapter 9: Redemption, Healing, and Dignity

9.1: Guiding the Fallen Toward the Light

While the Aram Sutra condemns evil, it does not thirst for vengeance.

Even the fallen may be guided toward light, but only after justice is done, the victims made whole, and repentance proven.

Justice must be swift, healing must be deep, and the soul must be changed, or the door shall remain closed.

Justice must be wise—not to destroy the wrongdoer, but to stop harm, heal the broken, and restore order.

9.2: Tolerance, Dignity, and Other Persons

Aram sees the soul, not the body alone. Love, when born of truth, kindness, and consent, is never a sin.

Those who walk different paths of love or gender expression are not broken, but part of the divine mosaic.

The river has many bends, yet all flow to the sea. Let no one curse a path simply because it is not their own.

9.3: The Path of Inner Nature—Let No One Be Judged for the Shape of Their Heart

Not desire, but dignity. The ways of love and companionship are not for judgment if they cause no harm. Those who feel affection toward their own gender, or live differently from others, shall not be mocked, persecuted, or shamed.

Inmai's energy flows uniquely through every being; what matters is that no harm is done and no truth is hidden.

Yet feelings of the heart can sometimes arise from confusion, loneliness, past wounds, or the world's influence. Therefore, each person must reflect deeply, live in self-discipline, and walk in truth, not just feeling.

Aram neither promotes nor condemns paths of desire; it seeks only harmony, justice, and freedom from harm.

To punish one's nature is to darken the path of Aram. To protect the soul's dignity is to guard the light of Inmai. But to follow feelings without reflection is to walk without direction.

9.4: Equal Flame

Let none be above; let none be below.

All who are born of Inmai's energy, whether man, woman, or others, are equal in worth and voice. No soul is to be ruled, silenced, or shamed due to gender, origin, or background.

Women, men and others may lead, defend, create, and govern with equal right.

Authority shall not be taken by force or tradition, but earned by Aram, through wisdom, justice, and compassion. To make one submit without cause is to dishonor the flame of Inmai within them.

Chapter 10: The Sacred Vessel—Food, Health, and Wellness

10.1: Pure Nourishment

Eat only what is fresh and wholesome, for food that has turned from its nature brings sickness to the body and heaviness to the spirit.

Fruits should be ripe and clean, not bitter with greenness nor soft with decay.

Grains and vegetables should be free from rot, worms, and foul smell.

Those kept too long in brine or salt should be taken rarely, lest the body's balance be burdened.

Meat should be from grazing animals and birds that are well and strong, prepared with care, and taken in moderation; flesh that is blackened by the fire or uncooked in its middle, is not fit for the body.

Avoid the flesh of creatures and birds that have died of illness or filth, for such food severs the body's bond with the life-giving energy of Inmai.

Eat to nourish, not to indulge, and let every meal be a step in harmony with the cosmic order.

Honor your body as the vessel of your spirit—nourish it with care and walk gently upon the earth; for balance within and harmony with nature sustain the soul's journey.

10.2: Ethical Consumption

Animals, like all things in nature, are part of the cosmic order and should be treated with respect.

Even though Inmai created us as omnivores, if animals must be killed for sustenance and survival, it must be done with respect, gratitude, and without cruelty or excess.

Practice *ahimsa* (non-violence) when possible. Vegetarianism as an expression of deep compassion, but have tolerance for those who are not yet ready.

If eating meat, do so with moderation, necessity, and respect for the life taken. All beings are nourished by the gifts of the earth. To take life without need is a departure from Aram.

If one must partake of flesh, let it be with reverence, with gratitude in the heart, and without cruelty in the act.

Yet nobler still is the path that harms no life, for that is the way of Aram, the way of boundless compassion.

10.3: Balance in Hygiene

Care for the body as the vessel of the soul—keep your dwelling clean, let fresh air flow, and drink pure water. Wash hands and body with moderation, tend to food and tools with care, and guard against what brings sickness.

Yet remember, life is not to be lived in fear of dust or soil or any other; for too much cleansing weakens the body's bond with the living energy of Inmai and dulls the spirit's resilience.

Let hygiene serve health, not pride; let balance, not obsession, be your guide, so that body, mind, and spirit remain in harmony with the cosmic order.

10.4: Practice in Stillness, Discipline, and Harmony

All should practice meditation, mindfulness, body stretching (yoga), and the movements of the body. In stillness, the soul finds clarity; in discipline, the body finds strength; and in harmony, the inner light shines ever brighter.

10.5: Meditation

Sometimes life feels too fast or too loud. Meditation is like pressing a pause button for your mind and heart to revive.

Meditation means sitting still, breathing gently, and listening to the silence inside. It helps you feel calm, focused, and strong.

Truth: A calm mind sees clearly.

10.6: Mindfulness

Move your body with reverence, stretch and bend with awareness, and walk the earth with mindful steps; for through discipline of body, clarity of mind, and harmony with

breath, the soul aligns with Inmai, and each step becomes a prayer of balance and vitality.

Mindfulness is to be fully here—seeing, hearing, and feeling without clinging or rejecting; it is the breath in the step, the taste in the meal, and the listening without haste. Meditation is the disciplined space where the mind is trained—by stillness, mantra, or vision—to grow in clarity, peace, and compassion. One is the flame, the other is the lamp; together they light the path of Aram, yet each may shine alone when practiced with sincerity.

10.7: The Present Moment Is the Gate of Inmai

What has passed is beyond reach, and what is to come is unseen. But this moment, here and now, is where the soul meets the sacred. To dwell in the present is to walk with Inmai in stillness and awareness.

The mind that wanders chase shadows. When your body is here but your mind is elsewhere, neither place can bring you peace. Anchor your awareness to the task at hand—whether it be cooking, reading, or comforting someone, Aram is found not in the act, but in the attention given.

Begin each task with intention. Before you speak, ask: “Is it true? Is it kind?” Before you act, ask: “Is this aligned with Aram?” When you step with awareness, even ordinary acts become sacred.

To be mindful is to silence the noise within. Sit still, breathe deep, and let thoughts come and go like clouds—watch, but do not chase them. In this stillness, Inmai reveals clarity, and the heart is no longer pulled by a thousand ropes.

Practice full presence in daily rituals. Drink water as if it were a gift from the sky. Sweep the floor as if clearing the mind. Speak to another as if speaking to a soul lit by Inmai. Every act done with full attention becomes a form of prayer.

Do not rush through life as though chased. Speed is not virtue—awareness is. Those who live too fast miss the scent of the flower, the smile of a child, and the wisdom of silence. The Aram soul walks calmly, fully alive to each moment.

The mind trained in presence becomes the mirror of truth. Mindfulness purifies perception. You will see more clearly, judge more justly, and act more gently. When the mind is present, the heart awakens.

In times of stress, return to the breath. When the storm of thoughts overwhelms, do not resist—observe. Breathe slowly. Let your breath be your guide back to now. In every breath is a return to Inmai.

Mindfulness is not escape, but entry into deeper life. It is not the withdrawal from the world, but the full embrace of it with clear eyes and open heart.

In presence, Aram blooms. In presence, life becomes whole.

Chapter 11: Afterlife: Realms and Return

11.1: The Path of Energy, Rise through Aram, Fall through Harm

The soul is not flesh, not name, not mind; it is a flame wrapped in memory and will. Born of the divine energy, the soul longs to return to it, but it cannot return impure.

As river water must be clear to reach the ocean, so must the soul be pure to merge with the source.

Aram is the moral force. It is the current that moves us closer to the divine energy. Every act, word, and thought either strengthens or weakens your alignment with it.

Do justice, you rise.
Do harm, you fall.
Ignore truth, you drift.
Embrace compassion, you shine.

11.2: Laws of the Soul—The Invisible Justice

The wind that serves the forest becomes the storm that feeds the ocean. So shall the soul that serves Aram become the fire that shapes the stars.

Every act is remembered in the current of the soul.

No judge is needed; your own energy decides your fate.

You cannot hide your Aram or your harm. It echoes beyond death.

Even in darkness, repentance and change can begin the path upwards.

11.3: The Path of Souls

Inmai divided realms with veil of fire. Inmai alone controls the access.

In Aram, the soul may re-enter the material realm to correct itself or serve others; rise to higher planes where beings live in truth, peace, and clarity; and ultimately merge with the divine current where there is no more suffering, self, or separation.

This is not punishment or reward, but resonance and consequence.

11.4: After Death

There are three paths the soul may take after the body is shed:

The Ascending Path (Good Aram)

If the soul lived with compassion, truth, restraint, and service, it becomes light and resonant. It travels upward to higher realms—worlds of peace, clarity, and wisdom. There, it learns further, serves freely, or prepares for final merging with the divine energy.

As birds rise on warm winds, so does the good soul rise on the breath of Aram.

The Returning Path (Neutral Aram)

If the soul lived in confusion—not evil, but ignorance or carelessness—it returns to the world, not as punishment, but as a second chance to learn and correct itself.

Life gives back the lessons we ignore—until we learn to walk straight.

The Realm Between Realms (Negative Aram)

If the soul lived in cruelty, selfishness, lust, abuse, or violence, it becomes heavy and dissonant. It cannot rise; it cannot return. It is trapped between worlds. These are the gray realms—without time, without joy, without direction.

This is not “hell” but the ache of misalignment—the pain of being far from the source.

To escape, the soul must wait until the energy of its action dissolves—a process that may take centuries, or longer.

Chapter 12: Other Energies

12.1: Black Aram

Beware of powers sought for harm, for they corrupt the soul.

Spells of harm and curses of malice do exist, but to use them is to bind oneself in black Aram. Such dark intentions return upon the sender like a tide.

Let no one seek power through the pain of another.

What you send out will return, not as you wish, but as you deserve.

12.2: Protection Rooted in Righteousness

Protection through Inmai is righteous and true. Sacred chants, symbols, and blessed amulets worn in faith, when invoked in the name of Inmai, shield the soul.

But no charm is greater than a clean heart and a giving hand.

Live justly, speak truthfully, and fear shall find no place in you.

12.3: Understanding the Spirits

Spirits wandering on Earth are not evil—they are in pain.

Not all who wander in shadow wish to harm; many are trapped by past desires, greed, or unfulfilled duty; they are the fruit of their own karma, not demons.

Treat them with understanding, not hatred.

12.4: Bringing Peace to Restless Souls

Sincere offerings may bring peace to restless souls. A cup of water, a lit lamp, a word of prayer—offered in compassion, not fear—can ease the burden of those stuck between worlds.

To comfort a suffering spirit is an act of Aram.

12.5: Walk in Aram, Untouched by Darkness

Those who walk in Aram, walk in light—untouched by the dark. Even if such spirits appear before you, the one who lives with virtue, honesty, and service need not tremble.

The wicked attract the wicked. The just attract peace.

To live in harmony with Inmai is the greatest protection of all.

Appendix A: Collection of Daily Prayers, Chants, and Affirmations

A Devotional Chant to the Divine Flame (Inmai)

(Prayer)

Instruction: Once in morning.

*O Flame that burns in the heart of all beings,
Not bound by temple nor book.
I see you in justice,
I feel you in love,
I hear you in the cry of the hurt,
I serve you when I lift others.
You are the creator who asks not for fear,
But for dharma.*

Daily Reminder (Soul Verse)

(Prayer)

Instruction: Once in morning and/or once in evening.

*Let not your soul drift in the dark wind.
Anchor it with truth,
Fuel it with kindness,
And may it rise like light,
to rejoin the flame from which it came.*

Closing Benediction

Instruction: To be read after each prayer except the opening prayer.

*O Breath of Aram,
Flows through our lives.
Make us gentle with each other,
Brave in our duty,
And true to the Way.*

Divine Affirmation 1

Instruction: Once a day.

*Inmai walks with those who walk in Aram.
I am not alone—I am a drop returning to the Great Flow.
When I act with truth, I become closer to Inmai.
Even in silence, Inmai hears the truth of my heart.
As long as I have breath, I can return to the light.*

Divine Affirmation 2

Instruction: Once in morning and once at night.

*I will not mirror darkness.
I will defend my light.*

Sacred Verse

Instruction: Include in your daily prayers.

*The Flame Without Form.
It has no eyes, yet it sees all.
It has no tongue, yet it speaks in thunder and silence.
It has no body, yet it moves every wind.
It is not mother, not father, not king.
It is the flame without form,
And when I walk in Aram,
It walks in me.*



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