



Sanatana Dharma

(Hinduism in a nutshell)



Sanatana Dharma

- *Eternal Knowledge*



Supreme Being

- Sat-chit-ananda vighraha
- - *the form of eternal knowledge and bliss*
- *Supreme, full of beauty, knowledge, all-powerful and all-prevading*



Supreme Being

- 3 main features:
- **Brahman** – all-pervading, impersonal, spiritual force
- **Paramatma** – localized – Supersoul – accompanies every individual soul
- **Bhagavan** – the Supreme Personality and form of God



Vedas

- *Divine Knowledge*
- *Foundation of the Vedic Philosophy*
- *Rig Veda, Sama Veda, Yajur Veda, Atharva Veda*
- *Upanishads, Vedangas, Shadarshana...*
- *Ramayana, Mahabharata and the Bhagavad Gita*



Avataras

- *Personal appearances of God within:*
- *the realm of matter*
- *the sound vibrations of scriptures (Vedic literature)*
- *10 basic avataras of God, with numerous other expansions*



Soul

- *Our real identity is being a spirit soul or jiva*



Law of Karma

- *Law of cause and effect*
- *Results / Consequences*
- *Create your own destiny based on your thoughts, words and deeds*



Rebirth

- *Rebirth or Reincarnation*
- *Soul incarnates through different forms*
- *By its own spiritual development reaches liberation (moksha)*



Worship

*Elevate ourselves spiritually by engaging in
worship of the divine*



Guru

Receive proper instruction from an authorized guru



Principles

10 general rules of moral conduct

Yamas for inner purity

Satya - Truth

Ahimsa - non-injury to others and treating all beings with respect

Asteya - no cheating or stealing

Brahmacharya - celibacy

Aparighara - no unnecessary selfish accumulation of resources for one's own purpose



Principles

5 rules of conduct

Niyamas for external purification

Shaucha – cleanliness and purity of mind and body

Tapas – austerity and perseverance

Swadhyaya – Study of Vedas and self-analysis

Santosh – contentment

Ishwara pranidhana – acceptance of the Supreme



4 stages of life

Brahmacharya – The student's life

Grihastha – Householder

Vanaprastha – Retired

Sannyasa – Our spiritual purpose is our main focus



Focus

First on Dharma – develop morally & spiritually

Second on Artha – Career/Trade and prosper materially

Third on Kama – Enjoy and work out our basic material desires for our particular stage in life

Finally, Moksha – Attaining self-realization and freedom from further rounds of birth & death



Qualities of a Dharmic (righteous) life

Dhriti – firmness / fortitude

Kshama – Forgiveness

Dama – self-control

Asteya – refraining from stealing & dishonesty

Shaucha – purity



Qualities of a Dharmic (righteous) life

Indriya nigraha – control over the senses

Dhiih – intellect

Vidya – Knowledge

Satyam – Truth

Akrodhah – Absence of anger