

SANATANA DHARMA

TRI-STATE HINDU HERITAGE SCHOOL

Is Hinduism a religion?

- Lets go over the definition of religion...

What is Religion

- Cause, principle, or system of beliefs held to with Ardur (vigor, energy) and faith.
- Something one believes in and follows devotedly; a point or matter of ethics or conscience

HINDUISM = SANATANA DHARMA

HISTORY OF WORD HINDU

- Hindu is a word derived from Sindhu, which is a river in undivided India (Now Pakistan)
- Persians invaders couldn't pronounce Sindhu so they started saying Hindu.
- Thus the religion followed by Hindus became Hinduism

HINDUISM = SANATANA DHARMA

What is Sanatana Dharma

- Sanatana means Eternal
- Dharma means Laws

Dharma

- The principle or law that orders the universe.
- Individual conduct in conformity with this principle.
- PATH OF RIGHTEOUS LIVING

Dharma can be classified into

- Sanatana Dharma (Eternal Law),
- Samanya Dharma (general duty),
- Visesha Dharma (special duty),
- Varnashrama Dharma (duties of caste and Order),
- Svadharma (one's own duty),
- Yuga Dharma (duty of the age or period in history),
- Kula Dharma ((duty of family),
- Manava Dharma (duty of man),
- Purusha Dharma (duty of male),
- Stri Dharma (duty of female),
- Raja Dharma (duty of king),
- Praja Dharma (duty of subjects),
- Pravritti Dharma (duty in worldly life)
- and Nivritti Dharma (duty in spiritual life).

DHARMA AS PER MANU-SMRITI

Manu-Smruti means Laws of Manu

WHO IS MANU

- In Hindu traditions, **Manu** is a title accorded to the father of Mankind, and also the very first king to rule this earth, who saved mankind from the universal flood. He was absolutely honest which was why he was initially known as "Satyavrata", (One with the oath of truth).
- Because of Manu we are called Manav.

TEN ATTRIBUTES OF DHARMA AS PER MANU-SMRITI

1. Dhriti (patience)
2. Shama (forgiveness)
3. Dama (control over mind and desires)
4. Asteya (nonstealing)
5. Shauca (Cleanliness)
6. Indriya- Nigrah (sense Control)
7. Dhi (wisdom)
8. Vidya (knowledge)
9. Satya (truth)
10. Akrodh (Non-Anger)

Dhriti (Patience, Steadfastness)

- As per Sandilya Upanishad
preserving the firmness of mind during the periods of ups and down.

If you are steadfast and patient than you are organized, decisive and capable.

Kshama (forgiveness)

- If you forgive people for their mistakes you get love, respect and you will have less problems .
- If you forgive it means you have a kind heart

Dama (control over mind and desires)

- Contentment
- Having few desires

Asteya (non-stealing)

Asteya (non-stealing): Here non-stealing also means integrity and honesty.

living a pious, pure, fearless and happy life.

Shauca (cleanliness and purity):

This means physical and mental purity.

Indriya-nigrah (sense-control)

- Restraint over senses means the development of three qualities in a person:
 - optimum food intake,
 - judicious use of money
 - and restrained speech

Dhee (wisdom)

- The ability to Discrimnate between right and wrong

Vidya (Knowledge, education)

- Knowledge of material and spiritual world.

Satya (truthfulness)

- Any words which are beneficial to you and other human beings comprise Satya
- Any words which hurt the others are called asatya

Akrodha (absence of anger)

Refusing to be provoked to anger under all circumstances.

Refusing to get angry

- “One conquers anger by mental poise, evil by goodness, miserliness by liberality, untruth by truth”.

So Hinduism is nothing but practicing
the following principles

- Non violence
- Truth
- Purity
- Self-control

- Hari Om Shanti, Shanti, Shanti