

Hinduism 101

Presented by Hindu Legacy

April 2023

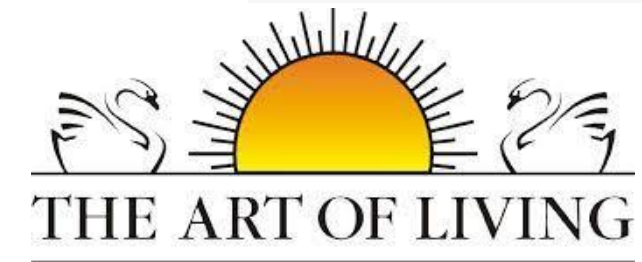
www.hindulegacy.org

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About Hindu Legacy (www.hindulegacy.org)

- Organization created to **advocate** for the Hindu community
- Purpose / **Mission**
 - **Advocacy**
 - **Education** and Awareness Creation
 - **Unified** voice for member Hindu spiritual and cultural organizations
- **Members** include:
 - Hindu Cultural Center (HCC), Art of Living Foundation (London Chapter), Chinmaya Mission London, BAPS (Swaminarayan) London
 - Several cultural organizations
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Base Camp

- Have you heard of **Hinduism**?
- What do you know about **Hinduism**?
- How many **ancient civilizations** have survived?
- What is it really and what was it **originally called**?
- Is there a **founder** of Hinduism?
- Is there **A Book** on Hinduism?
- What do you associate Hinduism with?
 - Cows, Caste, Curry, Yoga, millions of Gods?



What is Hinduism?

- A collection of **core beliefs**, traditions, rituals, and knowledge that helps Hindus live a better life.
- Was born **over 5000 years** ago in the Indus Valley of India, the largest civilization in the ancient world.
- Hinduism is a specific “instantiation” of the Eternal Way (**Sanatana Dharma**) which is timeless.



Foundational Beliefs of Dharmic* Religions

* Dharmic = Hinduism, Jainism, Sikhism, Buddhism

- **Divinity** is within everything in the Multiverse
- **Karma**
- **Reincarnation**
- **Moksha** (Liberation / Enlightenment)
- **Ahimsa** (Non-Violence)



- Over 1 Billion followers (3rd largest religion in the world).
- Spread in 150 countries
- Over 10,000 in London Ontario
- A large part of NASA scientists are Hindu
- A large part of professionals in the US are Hindu

Hindus Today



Way of Life

Briefly introduce the marketing campaign here and enumerate its goals below.



Dharma

A MODE OF CONDUCT MOST CONDUCTIVE TO SPIRITUAL ADVANCEMENT. THE RIGHT WAY OF LIVING, AND HUMAN BEHAVIORS ARE CONSIDERED NECESSARY FOR THE ORDER OF THINGS IN THE WORLD.



Artha

THE MATERIAL PROSPERITY ONE PURSUES. IT'S ABOUT BEING CONTENT WITH THE THINGS YOU OWN. IT'S TO LIVE SKILLFULLY IN A WORLD OF MATERIAL OBJECTS THAT EXIST FOR YOUR BENEFIT.



Kama

IT RELATES TO THE ENJOYMENT OF THE MATERIAL WORLD, WHICH CAN BE SENSUALITY, BUT IS ALSO ART, MUSIC, BEAUTY, LOVE, INTIMACY, AFFECTION, FELLOWSHIP, AND KINDNESS-IT'S WHAT BRINGS A SENSE OF DELIGHT TO YOUR LIFE.



Moksha

LIBERATION FROM SUFFERING CAUSED BY DEPENDENCE ON THE MATERIAL WORLD AND IS SEEN AS A FINAL RELEASE FROM LIFE'S ILLUSION. IT IS THE FULL AWAKENING TO OUR REAL NATURE AND THE LIBERATION FROM SUFFERING.

Concept of “God”

- All pervasive, timeless, **universal consciousness**
- The role of the **Feminine**
- What about all the “gods”?
- **Symbols** / Idols and their meaning
- ... Shiva, Ganesh, Laxmi



Path to Moksha ... finding “God”

One truth one reality ... different paths

01



Karma Yoga

02



Jnana Yoga

03



Bhakti Yoga

YOGA – True meaning

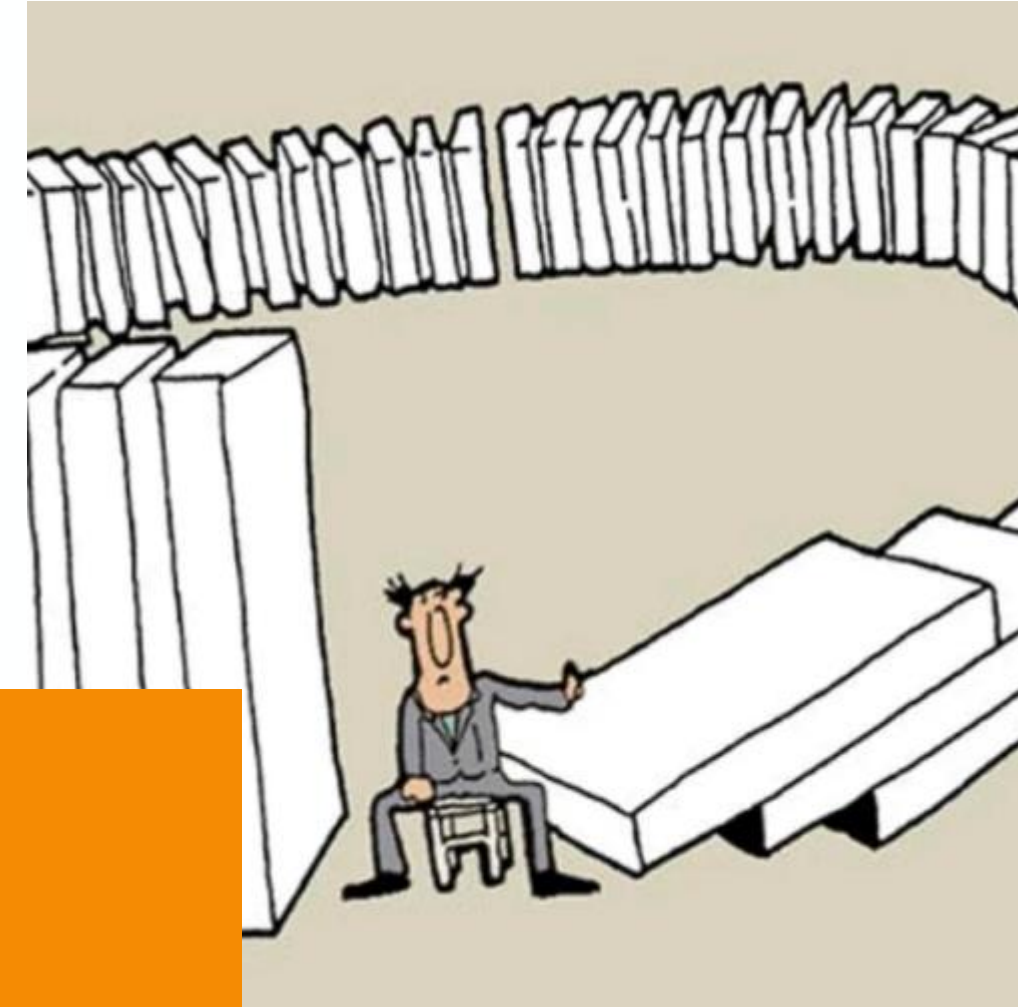
Yoga is from the word “YUJ” which means to Unite

- **Yamas** - Five ethical and moral observances to live by nonviolence, truthfulness, non-stealing, self-discipline, and non-greed
- **Niyamas** - Five self-discipline observances to live by cleanliness, contentment, spiritual austerities, study of scriptures, and devotion to God
- ***Asana** - Physical postures
- **Pranayama** - breathing exercises to control the flow of prana (vital life force)
- **Pratyahara** - Withdrawal of the senses
- **Dharana** - Single-pointed concentration
- **Dhyana** – Meditation
- **Samadhi** - Liberation or blissful union with the Divine



Path of Action (Karma) Yoga

- "Karma" means **action or deed** and every action has a **reaction or outcome**
- Karma also affects **rebirth** and reincarnation.
- Reincarnation towards **(d)evolution**.



Law of Karma

EVERY ACTION HAS A CONSEQUENCE...



Present Actions

**FUTURE
DESTINY**



Past Actions

**PRESENT
RESULTS**

Full accountability for actions and thoughts
Incentive to act well to gain **GOOD KARMA**

Path of Knowledge (Gyaan) Yoga



HINDU SCRIPTURES



What is heard

SHRUTI

“Revelations”

SMRUTI

RG SAMA YAJUR ATHARVA

Krishna | Shukla

Samhita (Mantras)

Brahmana (explanations) and Aranyaka (interpretations)

Aitareyabrahmana
Kaushitakibrahmana

Upanishad (Philosophy)

Aitareya
Kaushitaki

Chandogya
Kena

Taittiriya, Katha,
Svetasvatara,
Maitrayani

Brhadaranyaka, Isha

Mundaka,
Mandukya, Prashna

UPAVEDAS

Ayurveda science of
health and life
Dhanurveda
Gandharvaveda
Sthapatyaveda

PAURANIC

Itihasa Ramayana
Mahabharata
Bhagavad Gita
Puranas
Mahapuranas**
Upapuranas**

DARSHANA
SHASTRAS

Itihasa Ramayana
Mahabharata
Bhagavad Gita
Puranas
Mahapuranas**
Upapuranas**

DEVOTIONAL
& BHAKTI
TEXTS

VEDANGAS

Nirukta - etymology
Vyakarana - grammar
Siksha - phonetics
Chandas meters
Jyotisha - astronomy,
astrology, gemology
Kalpa- ritual time & space

AGAMAS

Vaisnava
Saiva
Sakta

DHARMA
SHASTRAS

*Depending on the region in India, it is believed that there are anywhere from 52 to 108 Upanishads. Many are believed to be lost to history. Every Upanishad is associated with one of the four Vedas (including the bipartite of the Yajur Veda). Those listed here are categorized as mukhya or major.

**There are believed to be 18 Mahapuranas and 18 Upapuranas. The Puranas cover a vast range of topics, including but not limited to stories of gods and goddesses, genealogies of kings and sages, history of holy sites, creation stories, folktales, science, cosmology, astronomy, theology, and philosophy.



Path of Bhakti (Devotion) Yoga

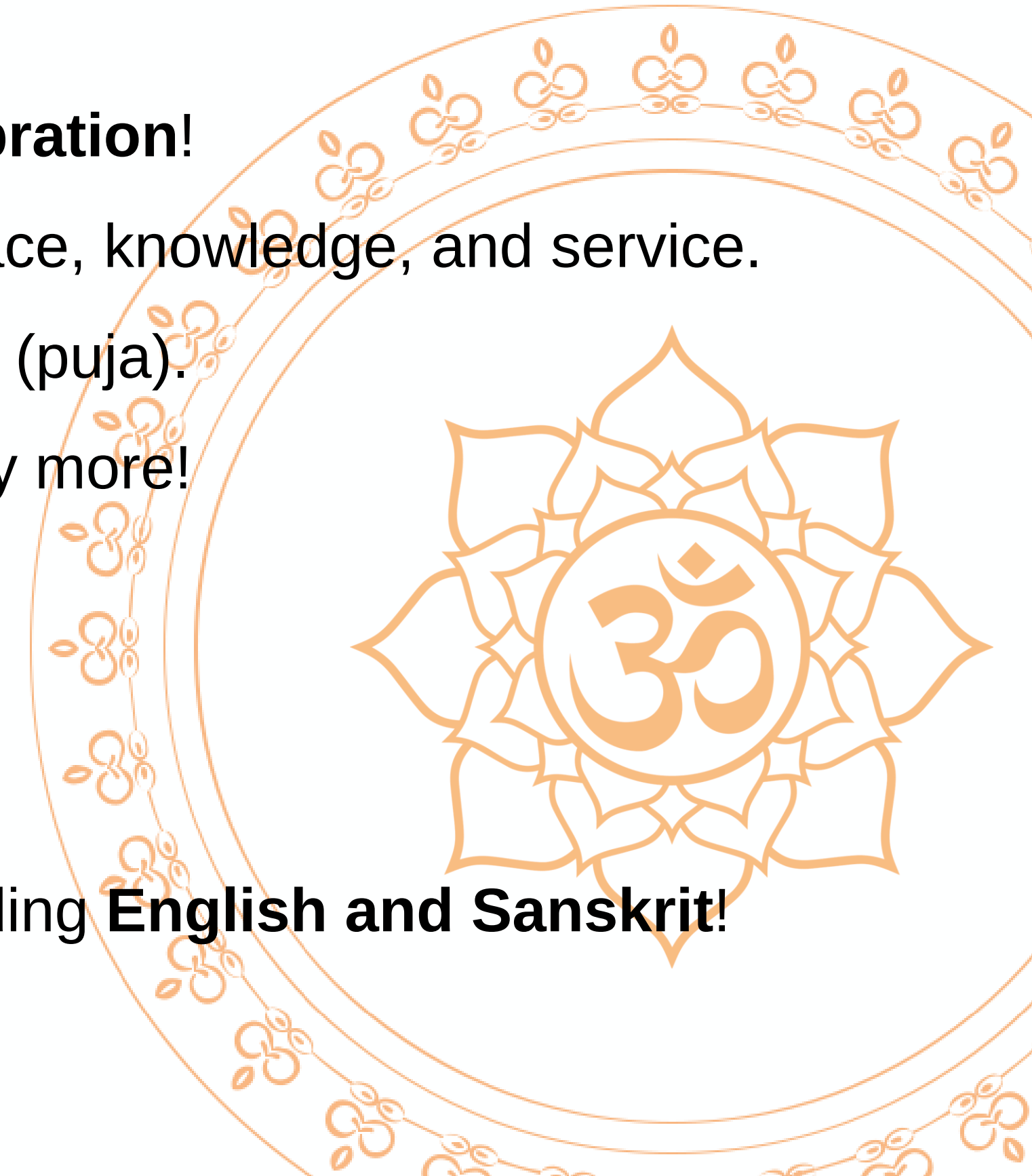


hindu
LEGACY



Hinduism Today

- Festivals - from the core belief that life is a **celebration!**
- Temples - **Scientifically designed**; place of peace, knowledge, and service.
- Rituals - for **discipline** (e.g., fasting) or offerings (puja).
- Symbols – Om, Swastika, Lotus, Tilak, and many more!
- Clothing - Saree, Saffron Monks, etc.
- **Mantras – Chants** for specific purposes.
- Food – Plethora of dishes and spices.
- Languages – 28 official languages in India including **English and Sanskrit!**





Aum	Om (Aum) – the most important Hindu symbol, often used as the emblem of Hinduism
Namaste	Hands in prayer – a sign of respect for the sacred, that which is dear to the heart.
Lotus	Lotus (padma) – symbol of purity/transcendence. Growing out of the mud, it is beautiful, and though resting on water, it does not touch it.
Trishul	Trident (Trishul) – the symbol of Shiva; often carried by Shaivite monks.
Kalash	Kalasha – coconut circled by mango leaves on a pot. Often used in rituals such as the fire sacrifice.
Diya	Diya/lamp – symbol of light.
Tilak	General symbol of rising above the mind and ego towards the divine.

Hindu Festivals

Holi



Janmashtami



Ganesha



Navaratri



Diwali



Diwali	Bhaubeej
Holi	Mahavir Jayanti
Navratri	Govardhan Puja
Durga Puja	Laxmi Puja
Dussehra	Hanuman Jayanti
Janmashtami	Maha Ashtami
Ganesh Chaturthi	Krishna Janmashtami
Raksha Bandhan	Karadi Oram
Karva Chauth	Teej
Pongal/Makar Sankranti	Simollanghan
Onam	Akshaya Tritiya
Lohri	Mahalakshmi Vrat
Maha Shivaratri	Kali Puja
Eid-ul-Fitr	Gudi Padwa
Eid-ul-Zuha	Ugadi
Guru Nanak Jayanti	Vishu
Baisakhi	Baisakhadi
Navroz	Pana Sankranti
Maha Navami	Karma Puja
Karthigai Deepam	Shitala Satam
Chhath Puja	Phool Walon Ki Sair
Basant Panchami	Gangaur
Ram Navami	Chandrabhaga Fair
Mahalaya	Ganga Mahotsav
Tulsi Vivah	Kartik Poornima
Kumbh Mela	Vaikuntha Ekadashi



Contributions of Hinduism to the World

- Beginning of **Scientific** Thought
- Concept of **Time and Astronomy**
- Physics, Chemistry, Metallurgy
- Mathematics (**decimal system, zero**)
- Language and Grammar
- Science and Education – **Ayurveda**, Civil, Medical



Myths and Misconceptions

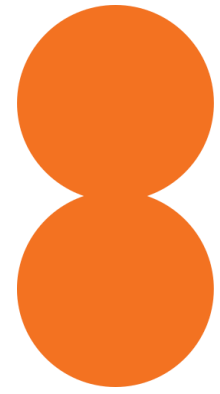
- Caste vs Varna (4 mental types)
- Idol worship
- Cows
- Hinduphobia
 - Vandalism and Graffiti at Hindu Temples in Ontario
 - Material that is misrepresentative of Hinduism (e.g., Manitoba Ministry of Education).
 - Media bias



In Summary

- An ancient and **thriving** philosophy.
- **Singular concept of “god”** but multiple paths available to reach divinity
- **Core beliefs** of Karma, Dharma, Moksha, Reincarnation, All-Pervasive
- Consciousness, **Non-violence**
- Scriptures and **Knowledge Base**
- Festivals, Symbols
- **Contributions** of Hindus to the world.
- Myths, Misconceptions, and Hinduphobia.





QUESTIONS?



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Next Steps

- Hindu Engagement Session.
- Hindu education in TVDSB curriculum.
- Educating the Educators
- Work with Schools (e.g., Hindu Heritage Month)
- Your Guidance ...

