

The 6 Pillars of Sanatan-Dharma (Eternal Religion)

1. Truthfulness

One must always speak the truth, stand up for the truth, and side with the truth.

2. Compassion

All living beings are brothers and sisters, and thus, one must be kind to all his brothers and sisters. This teaching is unique to Sanatan-Dharma, and it comes from the most merciful Person, Lord Krishna (God). Kindness to animals is practiced by not killing them (vegetarianism and no leather). Treat people equally and nicely, consider the wellbeing of everyone. Never consume alcohol and drugs, tobacco, gamble, nor have relationships outside of marriage, because these cause suffering to families and especially to the women and children. One should never engage in these sinful activities, nor associate with those who do.

3. Austerity

Live a simple life, don't be materialistic, eat simply, fast, don't make demands on others, lower your ego, chant Vedic mantras, reduce your desires and lust, and go on pilgrimage to holy places. One should sacrifice his time and wealth for the advancement of religion.

4. Cleanliness

Take bath at least once daily, brush teeth at least twice daily, keep the home, business/work area, public places, rivers, and streets clean by regular cleaning and not throwing trash.

5. Charity

Donations should be given on a regular basis to accountable and worthy Temples, to those engaged in the service of God, to those engaged in preaching the glories and instructions of God, and to the poor.

6. Spiritual Education

The Vedic knowledge is eternal and vast with more than 1,000,000 verses, compiled by God Himself in Person. They provide knowledge in all areas of life and the science of God. The Srimad Bhagavad-Gita is the essence of all Vedic knowledge, the Word of God in Person. The Srimad Bhagavatam, has the pastimes of God and history of humans dating back to creation, 155.522 trillion years ago. Only the Vedic scriptures contain the pastimes of God and His description. One should study these two scriptures on a regular basis and then explain to others, especially to the children.

"The Supreme Personality of Godhead said: Fearlessness; purification of one's existence; cultivation of spiritual knowledge; charity; self-control; performance of sacrifice; study of the Vedas; austerity; simplicity; nonviolence; truthfulness; freedom from anger; renunciation; tranquility; aversion to faultfinding; compassion for all living entities; freedom from covetousness; gentleness; modesty; steady determination; vigor; forgiveness; fortitude; cleanliness; and freedom from envy and from the passion for honor – these transcendental qualities, O son of Bharata, belong to godly men endowed with divine nature." (Lord Krishna, Bhagavad-Gita 16.1-3)