

Fundamentals
of
Sanatan-Dharma
“The Eternal Religion”



God is Eternal
His Teachings are Eternal
True Religion is Eternal

Summary of Sanatan-Dharma Teachings The Scientific Religion

Humans have existed for trillions of years

We are only responsible for our own actions

No killing of animals (Vegetarianism)

Knowledge comes directly from God

No taking of females captive

Justice for all living beings

Free Will for all humans

The Science of the Soul

The Science of Species

No Eternal Damnation

Description of God

Time and Matter

No Caste System

No Idol Worship

God has Form

No Big Bang

No Slavery

No Looting

No Stoning

God Is One

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The translations of the Srimad Bhagavad-Gita and Srimad-Bhagavatam Sanskrit verses into English are courtesy of the Bhaktivedanta Book Trust International, www.krishna.com.

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Third Edition

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ISBN:978-0-9827-150-6-2

1. Hinduism and Sanatan-Dharma

The words ‘Hinduism’ and ‘Hindu’ were created by foreign invaders in India and these words are not found in the scriptures of India. The correct name for the religion of India is Sanatan-Dharma (Eternal Religion).

sasvata-dharma-gopta — maintainer of the eternal religion (Part of Bhagavad-Gita 11.18)

2. The age of Sanatan-Dharma (The Eternal Religion)

In Sanskrit, the oldest language in the world, ‘Sanatan’ or ‘Sasvata’ means eternal and ‘Dharma’ means religion or duty. Sanatan-Dharma has always existed, and it will always exist. The religion is re-established at the beginning of each cycle of creation and annihilation. In the current cycle it was established 155.522 trillion years ago at creation. This is the current age of the universe based on the scriptures of Sanatan-Dharma, also known as the Vedic scriptures.

“You are the supreme primal objective. You are the ultimate resting place of all this universe. You are inexhaustible, and You are the oldest. You are the maintainer of the eternal religion, the Personality of Godhead. This is my opinion.” (Arjuna to Lord Krishna, Bhagavad-Gita 11.18)

3. The 6 Pillars of Sanatan-Dharma

a. Truthfulness

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

b. 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. Don’t consume alcohol, drugs, and tobacco, nor gamble, nor have relationships outside of marriage, because these cause suffering to families and especially to the women and children. Thus, one should refrain from these sinful activities.

c. 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.

d. 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.

e. 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.

f. 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 the 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 especially 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)

4. Teachings Unique to Sanatan-Dharma

- There is no eternal damnation for any soul. Eventually every soul goes back to the kingdom of God, because God is most compassionate, most forgiving, and most merciful.
- We are eternal, we have always existed (reincarnation). We exist now, we existed before this body, and we will continue to exist after this body.
- One, real, seen, and proven God who has appeared millions of times in various Forms and Names.
- Vast eternal knowledge (1,000,000+ verses), compiled by God Himself in Person.
- Justice for all living beings via the infallible Law of Karma. We are held responsible for our own actions. We suffer or enjoy based on our actions.
- Universal brotherhood, all living beings are brothers and sisters.
- Personal service to God with Deity worship.
- God appears in this and other universes to perform His transcendental pastimes. He appears to satisfy our wish to see, play, and enjoy with Him.
- The material creation is cyclic. There are repeated cycles of creation and annihilation, each of 311.040 trillion years duration.
- No slavery, no taking of women and children as captives in war or outside of war, no looting, no circumcision, no cursing, and no stoning. None of these evil acts are mentioned in the Bhagavad-Gita.

“Being purified by his intelligence and controlling the mind with determination, giving up the objects of sense gratification, being freed from attachment and hatred, one who lives in a secluded place, who eats little, who controls his body, mind and power of speech, who is always in trance and who is detached, free from false ego, false strength, false pride, lust, anger, and acceptance of material things, free from false proprietorship, and peaceful – such a person is certainly elevated to the position of self-realization.” (Lord Krishna, Bhagavad-Gita 18.51-53)

“One who is not envious but is a kind friend to all living entities, who does not think himself a proprietor and is free from false ego, who is equal in both happiness and distress, who is tolerant, always satisfied, self-controlled, and engaged in devotional service with determination, his mind and intelligence fixed on Me – such a devotee of Mine is very dear to Me.” (Lord Krishna, Bhagavad-Gita 12.13-14)

5. The Science of You (The Soul)

- All souls are equal. One soul is neither inferior nor superior to another
- All souls are eternal, full of knowledge, and completely blissful
- All living beings have a soul (humans, animals, plants)
- The soul cannot be destroyed by any weapon, burned, blown, nor moistened
- The soul is not male, nor female, nor black, nor white
- The soul is not high caste, nor low caste
- The soul is not Indian, nor American, nor African
- The soul is not Hindu, nor Christian, nor Muslim
- The soul is neither diseased nor healthy
- One soul is neither richer nor poorer than another
- The soul is neither old nor young
- The soul is situated in the heart of all living beings
- The size of the soul is 1/10,000th of the tip of the hair
- The soul illuminates the whole body with consciousness
- Every soul is a family member of the Supreme

The Fundamental Law of Physics (Conservation of Energy)

Energy cannot be destroyed but it can change forms. We (the soul) are the energy and the body are the form. When our current form (the body) is destroyed, we change into another form (another body). This is the fundamental teaching of the Bhagavad-Gita.

"As a person puts on new garments, giving up old ones, the soul similarly accepts new material bodies, giving up the old and useless ones." (Lord Krishna, Bhagavad-Gita 2.22)

We Are the Eternal Soul and Not the Temporary Body

When a person dies, we say ‘he passed away’, but the body is right in front of us. This implies there are 2 entities, the ‘body’ and the ‘he’. The ‘he’ is the soul, the real person. This is the first teaching from the Bhagavad-Gita, the real ‘he’ is

the soul and not the body. The body is temporary but the 'he' is eternal. Where has he (the soul) passed away to? Another body.

“As the embodied soul continuously passes, in this body, from boyhood to youth to old age, the soul similarly passes into another body at death. A sober person is not bewildered by such a change.” (Lord Krishna, Bhagavad-Gita 2.13)

"That which pervades the entire body you should know to be indestructible. No one is able to destroy that imperishable soul." (Lord Krishna, Bhagavad-Gita 2.17)

"The soul can never be cut to pieces by any weapon, nor burned by fire, nor moistened by water, nor withered by the wind." (Lord Krishna, Bhagavad-Gita 2.23)

We Have Always Existed

“Never was there a time when I did not exist, nor you, nor all these kings; nor in the future shall any of us cease to be.” (Lord Krishna, Bhagavad-Gita 2.12)

6. The Science of Species

Number of Species (bodies) that the soul can occupy. The below and all other verses in the Vedic scriptures were written more than 5000 years ago.

"jalaja nava lakshani, sthavara laksha-vimshati, krimayo rudra-sankhyakah, pakshinam dasha-lakshanam, trinshal-lakshani pashavah, chatur lakshani manavah" (Padma Purana)

Jalaja (Water based life forms) - 0.9 million

Sthavara (Immobile implying plants and trees) - 2.0 million

Krimayo (Reptiles) - 1.1 million

Pakshinam (Birds) - 1.0 million

Pashavah (animals) - 3.0 million

Manavah (human-like) - 0.4 million

Total 8.4 million species of living beings.

A soul occupies a particular body, exactly based on its desires and deserves.

“The living entity in the material world carries his different conceptions of life from one body to another, as the air carries aromas. Thus, he takes one kind of body and again quits it to take another.” (Lord Krishna, Bhagavad-Gita 15.8)

“The living entity in material nature thus follows the ways of life, enjoying the three modes of nature. This is due to his association with that material nature. Thus, he meets with good and evil among various species.” (Lord Krishna, Bhagavad-Gita 13.22)

Have the Human Species Originated from One Couple?

No. The scientists have proven with genetic science that it's impossible for the human population of the world to originate from one couple. The Vedic scriptures give details that the human species have originated from thousands of couples.

Have the Human Species Existed for Only 6000 Years?

No. The scientists have proven that human beings have existed for millions of years. Human bones dating back to millions of years can be found in museums around the world. The Vedic scriptures give details that the humans and other species have existed for 155.522 trillion years.

Who Is the Origin of All Living Beings?

"Furthermore, O Arjuna, I am the generating seed of all existences. There is no being - moving or nonmoving - that can exist without Me.”(Lord Krishna, Bhagavad-Gita 10.39)

"It should be understood that all species of life, O son of Kuntī, are made possible by birth in this material nature, and that I am the seed-giving father." (Lord Krishna, Bhagavad-Gita 14.4)

7. No Idol worship

The statues of Lord Krishna in Vedic Temples have a life force present in them and thus they are not idols. Millions of people have personally witnessed the presence of God in the statues, which are called Deities. Lord Krishna has appeared from His Deity form to millions of His pure devotees. To accept their services and full fill their desire to see Him. The statues in all Vedic Temples have a life force in them. They are not idols.

An idol is an object made of stone with no life force present in them. Those who bow down to stones believing there is no life force present in them are idol worshippers. Those who circumambulate stones knowing there is no life force in them are idol worshippers.

8. No Eternal Damnation

Some people believe in eternal damnation. They believe that if someone doesn't follow their religion, they will go to hell and suffer eternally. They also believe that this is the first and only life. We never existed before this life and after this life, on some day of judgement which they have no clue when. People are judged and either sent to heaven or hell eternally purely based on the religion they followed, regardless of their pious deeds. This means babies who die will burn in the hell fire eternally, because they could not follow any religion. There is no second chance. This means there is no forgiveness, and no mercy. Does this make any sense to those who believe God is all forgiving and most merciful? Even if someone is considered the most sinful, say he suffers for 100 million years. Then surely, he has paid for his sins and shouldn't he be given another chance? Doesn't 100 million years of burning in hell fire pay for all the sins a person has committed in just one life? Who would want to burn someone for just 1 minute? What kind of a person would want to burn someone eternally? People will naturally follow the religion they are born into, and thus it makes no sense to believe that God will send people to eternal hell because God made a mistake on their religion. The real God does not make mistakes, nor does He test anyone, because He is all knowing (omniscient). He knows exactly what we will do, there is no need to test anyone.

Eternal Damnation is not supported by Sanatan-Dharma

Lord Krishna, the God of Sanatan-Dharma is completely different from all other gods. He does not send anybody to eternal hell. Not even the most sinful person. Eventually, every single soul is guaranteed to go back to the spiritual manifestation and live eternally in complete bliss.

Here are the all-inclusive routes that a soul can take to go back to the spiritual manifestation and live eternally in complete bliss with no old age, no disease, no bills, no taxes, and no misery of any kind.

*** Anyone who is killed in the presence of Krishna immediately goes back to the spiritual manifestation.**

*** Anyone who is killed by Krishna immediately goes back to the spiritual manifestation.**

*** Anyone who is a devotee of Krishna will immediately go back to the spiritual manifestation at death.**

*** Anyone who does not fall in one of the above three, will get unlimited chances (reincarnation) to attain one of the above.**

Thus, Lord Krishna is truly the God of mercy, forgiveness, and love.

Here are some proofs of the above from the Vedic scriptures.

a. In the Mahabharat war which took place 5000 years ago, and where Lord Krishna spoke the Bhagavad-Gita. All the soldiers on both sides and the animals (horses, elephants etc..) who died on the Battlefield of Kurukshetra attained their original spiritual form after their death. Due to the causeless mercy of Lord Krishna and the fact that Lord Krishna was present there. They could see Him face to face on that occasion.

“At the moment of death, let my ultimate attraction be to Śrī Kṛṣṇa, the Personality of Godhead. I concentrate my mind upon the chariot driver of Arjuna who stood with a whip in His right hand and a bridle rope in His left, who was very careful to give protection to Arjuna’s chariot by all means. Those who saw Him on the Battlefield of Kurukshetra attained their original forms after death.” (Srimad-Bhagavatam 1.9.39)

b. In the Shrimad-Bhagavatam, Canto 10. There are many stories of those who attacked Krishna when He appeared 5000 years ago. All of them were defeated by Krishna and they all immediately went back to the spiritual manifestation to live eternally in complete bliss. This is how merciful Lord Krishna; the real God is. Even those who try to kill them get liberation.

“And whoever, at the end of his life, quits his body remembering Me alone at once attains My nature. Of this there is no doubt” (Lord Krishna, Bhagavad-Gita 8.5)

c. All devotees of Lord Krishna will go back to the spiritual manifestation at the end of this life. To live eternally in complete bliss.

“My dear Arjuna, he who engages in My pure devotional service, free from the contaminations of fruitive activities and mental speculation, he who works for Me, who makes Me the supreme goal of his life, and who is friendly to every living being – he certainly comes to Me.” (Lord Krishna, Bhagavad-Gita 11.55)

**“Though engaged in all kinds of activities, My pure devotee, under My protection, reaches the eternal and imperishable abode by My grace.”
(Lord Krishna, Bhagavad-Gita 18.56)**

d. Those who are not devotees of Lord Krishna will get unlimited chances to become devotees, via repeated birth and death.

“Never was there a time when I did not exist, nor you, nor all these kings; nor in the future shall any of us cease to be. As the embodied soul continuously passes, in this body, from boyhood to youth to old age, the soul similarly passes into another body at death. A sober person is not bewildered by such a change.” (Lord Krishna, Bhagavad-Gita 2.12-13)

Why Every Soul is Important to Lord Krishna?

We are all sparks of God. We are all divine. Every soul is a family member of Lord Krishna and thus every soul is equally valuable to Lord Krishna. Just like in a family, every child is equally valuable to the mother. No mother wants to see any of her children suffer eternally. In a similar way, Lord Krishna does not want any of His family members to suffer eternally. Never. Even the most sinful person is very much missed by Lord Krishna in the spiritual manifestation. Lord Krishna is very eager for all souls to go back to the spiritual manifestation and live eternally in complete bliss with Him.

“The living entities in this conditioned world are My eternal fragmental parts. Due to conditioned life, they are struggling very hard with the six senses, which include the mind” (Lord Krishna, Bhagavad-Gita 15.7)

The above confirms that every soul is eternally a part of Lord Krishna.

“Having obtained real knowledge from a self-realized soul, you will never fall again into such illusion, for by this knowledge you will see that all living beings are but part of the Supreme, or, in other words, that they are Mine.” (Lord Krishna, Bhagavad-Gita 4.35)

The above is another confirmation that all souls belong to Lord Krishna. Therefore, He is all merciful, forgiving, and loving to everyone (humans, animals, and plants).

Bhagavad-Gita 9.29 confirms that Lord Krishna is equal to everyone.

The teachings of Lord Krishna are very clear. All Hindus, Christians, Muslims, Jews, Sikhs, Jains, and even the atheists will eventually get salvation and go

back to the spiritual manifestation and live in complete bliss with each other. Even the souls in all the animal and plant bodies will also go back to the spiritual manifestation. All the souls who have appeared on this planet or on the millions of other planets in millions of universes will all eventually go back to the spiritual manifestation. Nobody will be left out or forgotten, because all souls are family members of Lord Krishna.

9. No Caste System

Based on the Vedic scriptures, there is a Vedic social work order system but there is no such thing as a Vedic caste system, commonly known as the Hindu caste system. The word 'caste' means fixed but 'work order' means it can change based on qualities, attitudes, and consciousness development.

The current Hindu caste system in India is a complete corruption of the Vedic social work order system, because it's based on birth (caste from birth) and not based on the attitudes, qualities, and consciousness developed. The Vedic scriptures do not authorize a caste system which is fixed from birth, they authorize a social work order system which is based on qualifications.

“It is therefore to be concluded that humanity is essentially one, but distinctions of caste have been made according to a person’s qualities and work. As far as general behavior is concerned, the entire human race is one. There is only a difference in people’s occupations and attitudes. Those who divide society into castes according to birth cannot see that human beings are essentially one. After all, the birth, maintenance, death, and bodily activities are only of one kind.” (Bhavishya Purana, 42.33-34)

It is very clear from above that the current caste system in India, which is based on dividing society into castes from birth with no consideration for qualities, attitudes, and consciousness developed, is completely rejected by this Vedic scripture and others.

“The caste system based simply on birth does not actually divide people according to their development of consciousness. It is one’s envy and hatred or lack of it that allows us to place him/her in a higher or lower category.” (Bhavishya Purana, 40.19-20)

As stated above, it is due to envy, hate, and personal ego that people in India have corrupted the Vedic social work order system and created a caste system.

Definition of The Vedic Social Work Order System

In human society, there are 4 categories or social work order of personnel:

- a. Leaders to guide the society
- b. Law and order administration and enforcement personnel
- c. Businessmen, farmers, and animal welfare personnel
- d. Workers to support all the above personnel

The above is naturally present in all societies in the world and the concept originates from the Vedic scriptures. The Vedic scriptures created this concept and gave the criteria which should be used to assign personnel to the appropriate category. This is the Vedic social work order system. This is logical, just, and scientific. It's not about putting people in low category or high category, it's about placing people in suitable roles in society based on their abilities. The Bhagavad-Gita very clearly confirms this as follows:

“Brahmanas, ksatriyas, vaisyas and sudras are distinguished by their qualities of work, O chastiser of the enemy, in accordance with the modes of nature.” (Lord Krishna, Bhagavad-Gita 18.41)

“According to the three modes of material nature and the work associated with them, the four divisions of human society are created by Me. And although I am the creator of this system, you should know that I am yet the non-doer, being unchangeable.” (Lord Krishna, Bhagavad-Gita 4.13)

“According to their nature and qualities, there are prescribed duties for brahmanas, ksatriyas, vaisyas, and sudras.” (Bhavishya Purana, 42.24)

Once again, the Vedic scriptures authorize a social work order system which is based on the qualities developed, and the attitude of a person. A person will belong to one of four social work order categories:

“Peacefulness, self-control, austerity, purity, tolerance, honesty, wisdom, knowledge, and religiousness—these are the qualities by which the brahmanas work.” (Lord Krishna, Bhagavad-Gita 18.42)

Those who possess the above qualities should be the Brahmanas: teachers and advisers in society.

“Heroism, power, determination, resourcefulness, courage in battle, generosity, and leadership are the qualities of work for the ksatriyas.” (Lord Krishna, Bhagavad-Gita 18.43)

Those who possess the above qualities should be the Ksatriyas: police, military, and administrators in society.

“Farming, cow protection and business are the qualities of work for the vaisyas, and for the sudras there is labor and service to others.” (Lord Krishna, Bhagavad-Gita 18.44)

Vaisyas – Those who possess good trading and farming skills, should be the traders (business owners), farmers, and cow protectors.

Sudras – Those who don’t possess the qualities of the above three categories should be the general workers and assistants.

Without the Vedic social work order system, there is no motivation to develop abilities, because there is no consideration for abilities when assigning people for roles in society. This is the case everywhere in the World today. The leaders in most countries around the world are thieves, liars, and irreligious. They are not qualified to be leaders. They don’t know what they are doing, and the result is that public suffers with injustice, high taxes, corruption, inflation, unemployment, and insecurity.

The Social Work Order System is Not for Religious Standing

The Bhagavad-Gita very clearly states that regardless of the social order class a person belongs to, everyone can go back to the supreme destination. The abode of Lord Krishna, the kingdom of God. Thus, a Brahmin who performs Deity service in a Temple and a Sudra who cleans the floor in the Temple are both of equal standing with Lord Krishna. But both have different social work order due to different personal abilities.

“O son of Prtha, those who take shelter in Me, though they be of lower birth – women, vaisyas [merchants] and sudras [workers] – can attain the supreme destination.” (Lord Krishna, Bhagavad-Gita 9.32)

There is corruption in many countries, including India, because they do not assign personnel in government roles, based on capabilities and qualifications. They do not follow the Vedic social work order system.

It is a fact that everyone will not develop the same qualities. Lord Krishna (God) realizes this fact and He created the Vedic social work order system so that everyone is placed in roles in society which are suitable for them, but Lord Krishna does not dictate who belongs to what role. This is our choice, we have

free will. Which means we can develop ourselves to become Brahmins or Sudras. It's our choice, Lord Krishna (God) is not a dictator.

The Caste System is authorized in Non-Vedic Scriptures

Those outside India, often link the Hindu caste system with Sanatan-Dharma, but this is false, because the caste system is very clearly rejected by the Sanatan-Dharma scriptures. The caste system is only prescribed in the non-Vedic scriptures. Which clearly state that those who do not follow their religion are automatically caste for eternal hell, and they divide humans into believers and unbelievers, purely based on religion following, without any consideration for pious deeds, qualifications, and behavior. They even refer to those who do not follow their religion, as untouchables.

Are Some People Good from Birth or Bad from Birth?

Some people do have the good qualities already developed in them from birth and some have bad qualities from birth and do not change. This is due to their consciousness development in past lives. People have inclinations towards good or bad qualities from birth, but they can easily change them based on their upbringing. Lord Krishna confirms this in the Bhagavad-Gita in the case of Arjuna.

“The transcendental qualities are conducive to liberation, whereas the demoniac qualities make for bondage. Do not worry, O son of Pandu, for you are born with the divine qualities.” (Lord Krishna, Bhagavad-Gita 16.5)

In this verse, Lord Krishna tells Arjuna that he has the good qualities from birth. Consciousness development continues from one life to another. No good effort is ever lost.

Everyone can develop good qualities and change their nature to divine by practicing the teachings of the Bhagavad-Gita.

The Vedic social work order system is an intelligent design to ensure society functions properly by assigning people to roles based on their abilities.

10. The Laws of Material Science

Time is Eternal. Matter is Eternal.

What is Time and Matter?

This is a question which the scientists cannot even conceive. Only the Bhagavad-Gita can answer this question and very clearly. Time and Matter are the energies of God.

Why is Time and Matter Eternal?

Only the Bhagavad-Gita can answer this question and very clearly. Time and matter are eternal, because they are the energies of the eternal God, Lord Krishna. Since Lord Krishna is eternal, His energies are also eternal.

“Material nature and the living entities should be understood to be beginning less. Their transformations and the modes of matter are products of material nature.” (Lord Krishna, Bhagavad-Gita 13.20)

Material nature means time and matter. Living entities means souls, beginning less means eternal.

“The Supreme Personality of Godhead said: Time I am.” (Lord Krishna, Bhagavad-Gita 11.32)

Why are Living Entities (Souls) Eternal?

The living entities (souls) are eternal, because they are parts of the eternal God, Lord Krishna. Since Lord Krishna is eternal, His parts must also be eternal.

“The living entities in this conditioned world are My eternal fragmental parts.” (Lord Krishna, Bhagavad-Gita 15.7)

11. No Big Bang Theory

The Vedic theory of creation is that Lord Krishna in the form of Maha-Vishnu has millions of universes coming out from His body pores with every exhalation and they all go back into His body with every inhalation. The universes exist for the duration of His breath, which is 311.040 trillion years. This is the lifespan of this universe.

The Vedic scriptures do not support the Big Bang theory. The scientists cannot create anything with a bang, and thus the big bang theory is completely unscientific. If one accepts that time and matter are eternal and believes that there was a creation. This makes no sense, because if it's eternal then there cannot be a creation. Only the Bhagavad-Gita can solve this mystery of time and matter being eternal and creation (the beginning of time and matter).

“My Self is the very source of creation.” (Lord Krishna, Bhagavad-Gita 9.5)

The energetic (Lord Krishna) and His energies (Time and matter) are eternal (always existing). Creation is just the manifestation of Lord Krishna’s energies from one form to another (Law of Conservation of Energy).

12. The Symptoms of Life

Have Consciousness

Have Form

There is no living being that has no form or no consciousness.

Does God have a Form?

Yes, God has a form. It is unscientific to think that God is formless, because every living being has a form and consciousness and since God is also a living being. He must have consciousness and a form. Although His consciousness and form, will not be like ours, because He is great, and we are not. Our consciousness is lower, and our form is temporary. Lord Krishna has the highest consciousness and He has the most beautiful form, which is eternal.

“Although I am unborn and My transcendental body never deteriorates, and although I am the Lord of all living entities, I still appear in every millennium in My original transcendental form.” (Lord Krishna, Bhagavad-Gita 4.6)

Lord Krishna appears in His original form, once every 8.64 billion years. He also appears in His other forms, millions of times.

The most foolish and the spiritually less intelligent, cannot understand God having a form and appearing.

“Fools deride Me when I descend in the human form. They do not know My transcendental nature as the Supreme Lord of all that be.” (Lord Krishna, Bhagavad-Gita 9.11)

One can understand God and eventually see Him, face to Face, only by serving Him.

“My dear Arjuna, only by undivided devotional service can I be understood as I am, standing before you, and can thus be seen directly.

**Only in this way can you enter into the mysteries of My understanding.”
(Lord Krishna, Bhagavad-Gita 11.54)**

13. The Law of Action and Reaction

Life is an intelligent design, nothing happens by chance.

For every action taken, there will be a reaction. This is Newton’s Law to the scientists. This Law has been eternally known to the Vedic followers and is a fundamental teaching in the Vedic scriptures. This Law applies to matter based on the scientists and based on the Vedic knowledge applies also to humans too. This is the Law of Karma, infallible justice for all living beings. For every action we take, we will face a reaction.

“Material nature consists of three modes – goodness, passion and ignorance. When the eternal living entity comes in contact with nature, O mighty-armed Arjuna, he becomes conditioned by these modes.” (Lord Krishna, Bhagavad-Gita 14.5)

“When one dies in the mode of goodness, he attains to the pure higher planets of the great sages. When one dies in the mode of passion, he takes birth among those engaged in fruitive activities; and when one dies in the mode of ignorance, he takes birth in the animal kingdom. The result of pious action is pure and is said to be in the mode of goodness. But action done in the mode of passion results in misery, and action performed in the mode of ignorance results in foolishness. From the mode of goodness, real knowledge develops; from the mode of passion, greed develops; and from the mode of ignorance develop foolishness, madness and illusion. Those situated in the mode of goodness gradually go upward to the higher planets; those in the mode of passion live on the earthly planets; and those in the abominable mode of ignorance go down to the hellish worlds.” (Lord Krishna, Bhagavad-Gita 14.14-18)

We can take good actions (mode of goodness), bad actions (mode of passion) or ugly actions (mode of ignorance). The result of these actions will be that we suffer or enjoy.

14. God Is One

Only one Person has appeared many times, declared, and proved Himself as the Supreme Person. This is because, God is One.

God is Omnipresent, meaning He is present everywhere

“Although I am the maintainer of all living entities and although I am everywhere, I am not a part of this cosmic manifestation, for My Self is the very source of creation.” (Lord Krishna, Bhagavad-Gita 9.5)

“I am the super soul, situated within the heart of all living beings. I am the origin, the middle, and the end of all living beings.” (Lord Krishna, Bhagavad-Gita 10.20)

Lord Krishna is present in the heart of all living beings, including the plants and animals as the super soul, next to the individual soul.

“I exist within everything, and I am therefore the essence of the atomic constituents of material elements. (Lord Krishna, Srimad-Bhagavatam 11.15.12)

Lord Krishna is present in every atom.

God is Omnipotent, meaning He is the greatest

“With a single fragment of Myself I pervade and support this entire universe.” (Lord Krishna, Bhagavad-Gita 10.42)

God is Omniscient, meaning He knows the past, present, and the future

“O Arjuna, as the Supreme Personality of Godhead, I know everything that has happened in the past, all that is happening in the present, and all things that are yet to come.” (Lord Krishna, Bhagavad-Gita 7.26)

God is the Supreme Father

“It should be understood that all species of life, o son of Kunti, are made possible by birth in this material nature, and that I am the seed giving father.” (Lord Krishna, Bhagavad-Gita 14.4)

God is the Supreme Creator

“The whole cosmic order is under Me. Under My will it is automatically manifested again and again, and under My will it is annihilated at the end.” (Lord Krishna, Bhagavad-Gita 9.8)

“I am the source of all spiritual and material worlds. Everything emanates from Me. The wise who perfectly know this engage in My devotional service and worship Me with all their hearts.” (Lord Krishna, Bhagavad-Gita 10.8)

“Furthermore, O Arjuna, I am the generating seed of all existences. There is no being – moving or nonmoving – that can exist without Me.” (Lord Krishna, Bhagavad-Gita 10.39)

God is the Supreme Controller

“I give heat, and I withhold and send forth the rain.” (Lord Krishna, Bhagavad-Gita 9.19)

God is the Supreme Maintainer

“I enter into each planet, and by My energy they stay in orbit.” (Lord Krishna, Bhagavad-Gita 15.13)

15. God Is Equal to All

Lord Krishna is the creator of all living beings (humans, animals, plants) and He is equal to all. The souls are in different bodies in various situations due to their own desires and deserves. Only in Sanatan-Dharma, there is consideration for the souls in animal and plant bodies. They too will get liberation eventually.

“I envy no one, nor am I partial to anyone. I am equal to all. But whoever renders service unto Me in devotion is a friend, is in Me, and I am also a friend to him.” (Lord Krishna, Bhagavad-Gita 9.29)

16. The qualities of a Prophet of God

“The symptoms of a sadhu are that he is tolerant, merciful and friendly to all living entities. He has no enemies, he is peaceful, he abides by the scriptures, and all his characteristics are sublime.” (Srimad-Bhagavatam 3.25)

“A sober person who can tolerate the urge to speak, the mind’s demands, the actions of anger and the urges of the tongue, belly and genitals is qualified to make disciples all over the world.” (Nectar of Instruction 1)

By Vedic standards, someone who engages in any form of violence towards any living being, theft, lust, looting, incites hatred, or is materialistic, can NEVER be called a saintly person. Only those who possess the above saintly qualities can be accepted as a genuine Swami/Guru or Prophet of God. One should only hear and learn religious values from saintly persons.

17. The main scriptures of Sanatan-Dharma

There are more scriptures in Sanatan-Dharma than the scriptures of all other religions in the world put together. There are more than 1,000,000 verses in the Vedic scriptures which were compiled by God Himself. The essence of all the Vedic knowledge is the Bhagavad-Gita, which was directly spoken by God Himself in Person, from His own Mouth, and compiled into a book by Himself.

Some of the main scriptures of Sanatan-Dharma

The 4 Vedas - more than 20,000 verses
108 Upanishads – more than 4000 verses
Ramayana – more than 25,000 verses
18 Puranas - 400,000 verses
Bhagavad-Gita – 700 verses

“I am the father of this universe, the mother, the support and the grandsire. I am the object of knowledge, the purifier and the syllable om. I am also the Rg, the Sama and the Yajur Vedas.” (Lord Krishna, Bhagavad-Gita 9.17)

The Vedic scriptures are proven to be the oldest documents on the planet, and they originate from God, Lord Krishna.

“This knowledge is the king of education, the most secret of all secrets. It is the purest knowledge, and because it gives direct perception of the self by realization, it is the perfection of religion. It is everlasting, and it is joyfully performed.” (Lord Krishna, Bhagavad-Gita 9.2)

The Bhagavad-Gita is the best book on spirituality, period. One can realize this if one truly understands it, and all other scriptures on the planet.

18. No animal killing (vegetarianism and no leather)

A basic rule for a follower of Lord Krishna, a Vaishnava, is not to eat meat, fish, and eggs, nor buy leather items.

Anyone who believes in the law of Karma, will realize that killing will result in being killed and thus will not kill nor injury any living being.

"One who is not envious but who is a kind friend to all living entities... - Such a devotee of Mine is very dear to Me." (Lord Krishna, Bhagavad-Gita 12.13)

To follow the above means we cannot kill animals nor people nor hurt anyone. All living entities means humans, animals, and plants.

"If one offers Me with love and devotion a leaf, a flower, fruit a water, I will accept it." (Lord Krishna, Bhagavad-Gita 9.26)

A devotee of Lord Krishna can only eat what is first offered to Him, thus based on the above, a vegetarian diet. Krishna does not accept meat.

19. Description of God

God can only be known by those who engage in His service.

"My dear Arjuna, only by undivided devotional service can I be understood as I am, standing before you, and can thus be seen directly. Only in this way can you enter into the mysteries of My understanding." (Lord Krishna, Bhagavad-Gita 11.54)

Only the Vedic scriptures describe God, and in detail.

Lord Krishna's original form is just like a human being. Even the Christian Bible states that man is made in the image of God. This means that God is a person with two hands, 2 legs and so on. That person is Lord Krishna.

- His complexion is dark-blue, like that of a rain filled cloud
- His eyes are like lotus petals
- He is ever youthful
- He is full of bliss and His beauty excels that of thousands of cupids
- He likes to play the flute
- He wears a peacock feather in his crown
- He wears the Kaustubha jewel around his neck
- He wears yellow garments

Here is the description of God from the Vedic scriptures.

"His mouth expresses His happiness. His eyes spread like the petals of a lotus, and His garments, yellowish like the saffron of a kadamba flower, are bedecked with valuable jewels. His ornaments are all made of gold, set with jewels, and He wears a glowing head dress and earrings. His lotus feet are placed over the whorls of the lotus like hearts of great mystics. On His chest is the Kaustubha jewel, engraved with a beautiful calf, and there are other jewels on His shoulders. His complete torso is garlanded with fresh flowers. He is well decorated with an ornamental wreath about His waist

and rings studded with valuable jewels on His fingers. His leglets, His bangles, His oiled hair, curling with a bluish tint, and His beautiful smiling face are all very pleasing.” (Srimad Bhagavatam 2.2.9-11)

The above is the description of God, anyone who believes that God is eternal, all beautiful, all merciful, and loving, would accept Lord Krishna as the Supreme Person and immediately engage in His service.

20. Description of People in the Kingdom of God

“The inhabitants of the Vaikuntha planets are described as having a glowing sky-bluish complexion. Their eyes resemble lotus flowers, their dress is of yellowish color, and their bodily features very attractive. They are just the age of growing youths, they all have four hands, they are all nicely decorated with pearl necklaces with ornamental medallions, and they all appear to be effulgent. Some of them are effulgent like coral and diamonds in complexion and have garlands on their heads, blooming like lotus flowers, and some wear earrings. The Vaikuntha planets are also surrounded by various airplanes, all glowing and brilliantly situated. These airplanes belong to the great mahatmas or devotees of the Lord. The ladies are as beautiful as lightning because of their celestial complexions, and all these combined together appear just like the sky decorated with both clouds and lightning.” (Srimad Bhagavatam 2.9.11-13)

By engaging in devotional service (bhakti) unto Lord Krishna, anyone can go back to the Kingdom of God, Vaikuntha, at the end of this short life, and live eternally in the same body that is completely beautiful, full of bliss, full of knowledge, with no trace of misery, no old age, no disease, no death, no taxes, and no layoffs.

21. The Aim of following Sanatan-Dharma

To attain love of God.

**We don't want wealth - We don't want paradise - We don't want virgins
We don't wine - We don't want any material benefits**

We just want to serve and love God.

“Being freed from attachment, fear and anger, being fully absorbed in Me and taking refuge in Me, many, many persons in the past became purified by knowledge of Me – and thus they all attained transcendental love for Me.”(Lord Krishna, Bhagavad-Gita 4.10)

22. Free Will

“Thus, I have explained to you knowledge still more confidential. Deliberate on this fully, and then do what you wish to do.” (Lord Krishna, Bhagavad-Gita 18.63)

After speaking the Bhagavad-Gita, Lord Krishna gives Arjuna free will to follow Him or not. He does not threaten, nor curse, nor force anyone. Lord Krishna encourages freedom of thought, belief, and search for the truth (Bhagavad-Gita 13.12). Human beings are given free will by God Himself. This can be proven by the fact that people are born into different religions by the will of God. God does not test anyone with regards to beliefs, because we are not animals in a laboratory. Sanatan-Dharma has NEVER been spread with the sword, nor by crusading. Those who don't allow freedom of religion everywhere in the world or force their beliefs onto others are against free will, against the will of God. They are the real unbelievers of God.

"Those who are envious and mischievous, who are the lowest among men, I perpetually cast into the ocean of material existence, into various demoniac species of life.” (Lord Krishna, Bhagavad-Gita 16.19)

23. The destination for everyone

We should all strive to attain the abode of God. Where everyone lives eternally in the same body in complete bliss, with no old age, no disease, no death, no taxes, zero violence, no anxiety, and no misery of any kind.

“That which the Vedantists describe as unmanifest and infallible, that which is known as the supreme destination, that place from which, having attained it, one never returns – that is My supreme abode.” (Lord Krishna, Bhagavad-Gita 8.21)

“That supreme abode of Mine is not illumined by the sun or moon, nor by fire or electricity. Those who reach it never return to this material world.” (Lord Krishna, Bhagavad-Gita 15.6)

24. Everyone can be saved from the miseries of material existence

Lord Krishna is the only seen and proven God, He has already saved His pure devotees, and thus He is the only proven savior. He will also save you, if from this moment on you stop sinning, worship Him, and follow His instructions as stated in the Bhagavad-Gita.

“Even if you are considered to be the most sinful of all sinners, when you are situated in the boat of transcendental knowledge you will be able to cross over the ocean of miseries.” (Lord Krishna, Bhagavad-Gita 4.36)

“A person in full consciousness of Me, knowing Me to be the ultimate beneficiary of all sacrifices and austerities, the Supreme Lord of all planets and demigods, and the benefactor and well-wisher of all living entities, attains peace from the pangs of material miseries.” (Lord Krishna, Bhagavad-Gita 5.29)

25. Man is not the Slave of God

We are not the slaves of God but His eternal friendship companions. All living entities (souls) have an eternal friendship relationship with God. This is confirmed in Bhagavad-Gita 4.35 and 15.7.

26. Personal Service to God with Deity Worship

"The Supreme Personality of Godhead said: Those who fix their minds on My personal form and are always engaged in worshipping Me with great and transcendental faith are considered by Me to be most perfect.” (Lord Krishna, Bhagavad-Gita 12.2)

“One should worship Me in My Deity forms by offering the most excellent paraphernalia. But a devotee completely freed from material desire may worship Me with whatever he is able to obtain and may even worship Me within his heart with mental paraphernalia.” (Lord Krishna, Shrimad-Bhagavatam 11.27.15)

Personal service to God is unique to Sanatan-Dharma, because only in Sanatan-Dharma, God has been physically seen and proven. Deity worship is personal service to God directly. Some of the Deities of Lord Krishna in Temples are actual transformations of Lord Krishna. He has appeared and transformed Himself into the Deity form, so He can be personally worshiped. Deity worship entails offering flowers, water, and food items to God, Lord Krishna. The Deities are not idols, God is personally present within each and every Deity in every Temple, and millions of humans have personally seen or experienced the presence of God within the Deities.

“Always think of Me, become My devotee, worship Me and offer your homage unto Me. Thus, you will come to Me without fail. I promise you this because you are My very dear friend. Abandon all varieties of religion and just surrender unto Me. I shall deliver you from all sinful reactions. Do not fear.” (Lord Krishna, Bhagavad-Gita 18.65-66)



Summary of World Religions – God Is One

Above is the God of the Bhagavad-Gita, Lord Krishna. Completely described, seen, and proven millions of times.

God is described in the scriptures of only one religion. God has been seen by the followers of only one religion, Sanatan-Dharma. This is because, God is One.

“Because I am transcendental, beyond both the fallible and the infallible, and because I am the greatest, I am celebrated both in the world and in the Vedas as that Supreme Person.” (Lord Krishna, Bhagavad-Gita 15.18)



A flower is a symbol of beauty, truth, peace, and love. Sanatan-Dharma is the only religion which is symbolized by a flower (a lotus flower). Sanatan-Dharma is truly the beautiful religion.

**Question Everything and Ask for Proof
Only then you will see the Truth**