

# Basics of Sanatan–Dharma

Hinduism is not the correct name for the religion of India.  
This name was created by foreigners.

The correct name is 'Sanatan-Dharma' which means the  
'Eternal Religion'. In Sanskrit, 'Sanatan' or 'Sasvata' means  
eternal and 'Dharma' means religion or duty.

**“Sasvata-dharma-gopta — maintainer of the eternal religion”  
(Bhagavad-Gita 11.18)**

**Eternalreligion.org**

# The 6 Pillars of Sanatan-Dharma

- 1. Truthfulness – One must always speak and accept the truth**
- 2. Compassion – Love for all living beings, no violence or hatred towards anyone**
- 3. Austerity – Live a simple life and go on pilgrimage to holy places**
- 4. Cleanliness – Keep the body, home, work area, and public places clean**
- 5. Charity – Donate to worthy religious organizations and the poor**
- 6. Spiritual Education – Study the Bhagavad-Gita and other scriptures**

# The 6 Pillars of Sanatan-Dharma

**“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)**

**“Education, charity, penance and truth are said to be the four legs of religion...” (Shrimad-Bhagavatam 3.12.41)**

**“...These four legs of powerful religion are truthfulness, mercy, austerity and charity.” (Shrimad-Bhagavatam 12.3.18)**

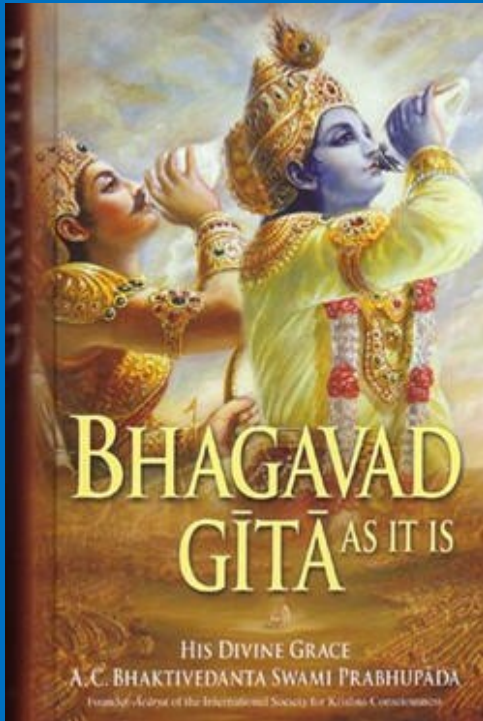
**“In the age of Satya [truthfulness] your four legs were established by the four principles of austerity, cleanliness, mercy and truthfulness...” (Shrimad-Bhagavatam 1.17.24)**

## What are the Scriptures of Sanatan-Dharma?

Scripture Name	Number of Verses
Rig Veda	10,589
Yajur Veda	Over 1,800
Sama Veda	Over 1,800
Atharva Veda	5,987
108 Upanishads	Over 4,000
Ramayan	Over 25,000
Mahabharat (This includes the Bhagavad-Gita with 700 verses)	Over 100,000
18 Puranas	400,000
Caitanya-caritamrta	11,555
Other scriptures	Over 500,000
<b>Total Number of Verses</b>	<b>Over 1,000,000</b>

# The Main Scripture of Sanatan-Dharma

The Bhagavad-Gita is the essence of all Sanatan-Dharma scriptural knowledge. 'Bhagavad' means 'of God' and 'Gita' means 'song'. The Bhagavad-Gita means the Song of God, which is the same as the word of God.



- The conversation between Arjuna and God
- 18 chapters, 700 verses
- Last spoken 5,000 years ago
- Already spoken more than 18,000 times in this universe (in the current cycle)
- Already spoken in millions of universes

# Some Teachings of the Bhagavad-Gita

- 1. The Bhagavad-Gita is USA Laws/Constitution compliant. There is no teaching which is not in compliance.**
- 2. It does not divide humanity into believers and unbelievers. Everyone is a believer to some degree.**
- 3. There is no eternal suffering for any soul. Eventually every soul goes back to the spiritual manifestation to live eternally in complete bliss.**
- 4. A system of infallible justice for all living beings. The Law of Karma. For every action we take, we will face a reaction. As we sow, so shall we reap. We are responsible for our own bills. We are not responsible for the actions of others. Thus, no hatred, hurting, or killing. The principal of non-violence is practiced by being vegetarian.**
- 5. The living entity is the eternal soul and not the temporary body. We (the soul) are eternal and unique individuals. We have always existed. Just as we exist now in this body, we existed in the past in other bodies, and we will continue to exist after this body in other bodies.**

# Some Teachings of the Bhagavad-Gita

- 6. There is no caste system. There is a social work order system which assigns people for roles in society based on their abilities/qualifications to ensure the proper functioning of society.**
- 7. No idol worship. We worship God who is present within the Deities (statues).**
- 8. God is omnipresent (present everywhere). Omnipotent (very powerful) and omniscient (knows the past, present, and the future).**
- 9. All living entities (souls) are sparks of God. We are all divine.**
- 10. God is One, but He has many Forms and Names.**
- 11. God is a person with the most beautiful spiritual form. Which is human like with 2 eyes, 2 hands, 2 legs etc.... (man is made in His image). He has already appeared millions of times in various forms.**

## God is One

**“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)**

**“This material nature, which is one of My energies, is working under My direction, O son of Kuntī, producing all moving and nonmoving beings. Under its rule this manifestation is created and annihilated again and again.” (Lord Krishna, Bhagavad-Gita 9.10)**

**“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)**

**“But what need is there, Arjuna, for all this detailed knowledge? With a single fragment of Myself I pervade and support this entire universe.” (Lord Krishna, Bhagavad-Gita 10.42)**

**“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)**

**“Even though over a period of time I might count all the atoms of the universe, I could not count all of My opulences which I manifest within innumerable universes.” (Lord Krishna, Shrimad-Bhagavatam 11.16.39)**



## **The Science of You (the soul)**

- . All human, animal, and plant bodies have a soul**
- . All souls are eternal and cannot be destroyed**
- . All souls are unique individuals**
- . The soul is neither male nor female**
- . The soul is neither black nor white**
- . 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**
- . One soul is neither old nor young**
- . The soul is situated in the heart of all living beings**
- . It's the soul which illuminates the whole body with consciousness**
- . All souls are equal, one soul is neither inferior nor superior to another**

# **Some scientific knowledge from the scriptures of Sanatan-Dharma**

- 1. There are millions of universes.**
- 2. The life span of our universe is 311.040 trillion years. The current age of the universe is 155.522 trillion years and the universe will end in 155.518 trillion years time.**
- 3. The life span of our earth planet is 4.32 billion years and the current age is 1.972 billion years.**
- 4. There are billions of planets with living beings.**
- 5. Human beings have existed for billions of years in this universe.**
- 6. We (the bodies) originate from thousands of couples.**
- 7. The universes and planets are egg shaped (round).**
- 8. God, living entities (souls), matter, and time are eternal.**
- 9. There are 8.4 million species of living beings.**
- 10. There are cycles of creation and annihilation.**
- 11. Creation is not by a big bang. God is the source of the creation.**

# What is the Ultimate Aim of Following Sanatan-Dharma?

To attain love of God

We don't want wealth

We don't want paradise

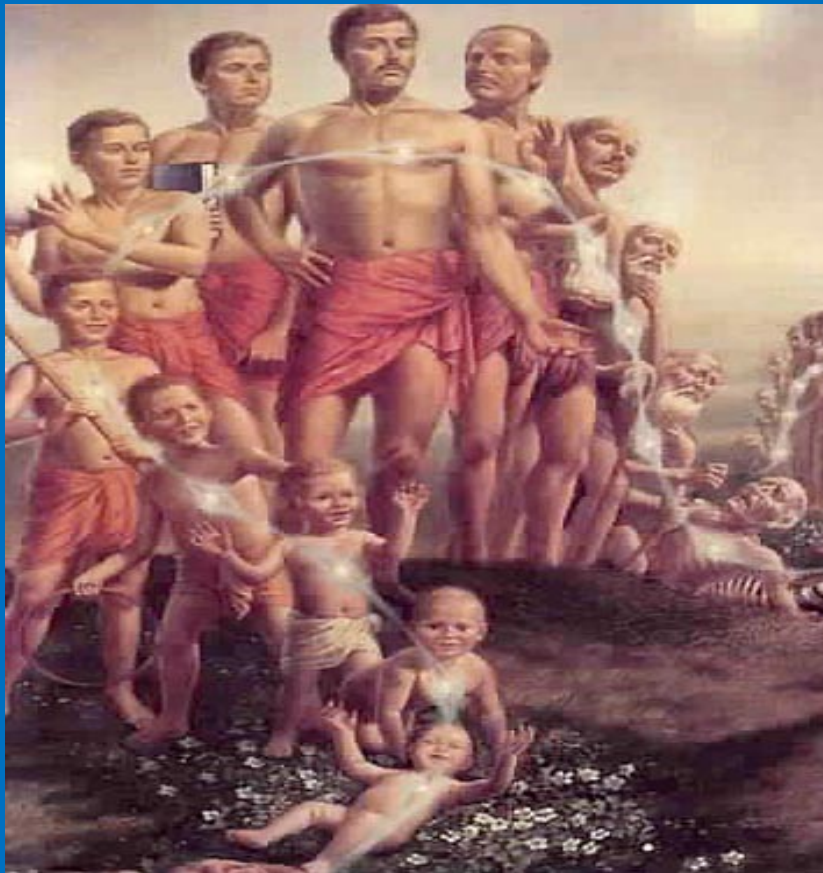
We don't want any material benefits

We just want to love God and all His creatures

**“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)**

## Q1 Who are you?

**You are an eternal spiritual being (the soul) within the body. Before this body, you resided in other bodies and after this life, you will continue to exist in other bodies.**



**"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)**

**"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)**

## Q2 Where do you come from?

You are an eternal family member of God. You originate from the spiritual manifestation, the kingdom of God. Due to your own desire, you came to the material manifestation.



**“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)**

### Q3 Where are you going?

You will wonder from one body to another, life after life among various species and planets. Once you become self-realized, you will go back to the spiritual manifestation and live eternally in complete bliss in the same spiritual body.



**“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)**

**“One who knows the transcendental nature of My appearance and activities does not, upon leaving the body, take his birth again in this material world, but attains My eternal abode, O Arjuna.” (Lord Krishna, Bhagavad-Gita 4.9)**