

Jai Siyaram! Many Hindus might ask “What is Sanatana Dharma?” not knowing that it is simply another word for our religion, Hinduism. The word Sanatana Dharma came from the world’s oldest language, Sanskrit. Translating “Sanatana Dharma” in English would mean the eternal law or code of conduct. It is known to be the oldest religion followed by people in India, Bangladesh, Sri Lanka, Indonesia, Malaysia, Nepal, and many more worldwide.

The earliest teachings of Santana Dharma were written in the Hindu scriptures, the Vedas. There are four parts to the Vedas: Rig Veda, Yajur Veda, Sama Veda and Atharva Veda. Each one has its own lesson about life and how to achieve Moksha, meaning the end of a life cycle to be with god. The scripture, Vedas are very unique in that they were not simply written down by one man at one time. Over the span of many years, different sages, gurus, and rishis have incorporated the lessons and beliefs that one should follow to achieve a desired soul which can reach mukti or moksha. The Vedas cannot be compared to other religious scriptures because it does not hold a historical context. Once again it is the lessons and laws of life.

Santana Dharma is not simply a religion but it is the way of life that many people use to reach their inner strength to achieve a prosperous and joyous life. The set of teachings includes religion, yoga, philosophy, science, and culture. These are just the broad prospects of Sanatana Dharma. It is much more complex than just these four teachings. One of the more important teachings would be Yoga because it is not simply an exercise but it assists people in keeping in touch with their inner spirituality.

One of the beliefs that Sanatana Dharma claims is that there is only one Ultimate and Supreme Being. It is in no way a polytheistic religion. It is a common misconception because of all the different images people see pertaining to Hinduism. Do people know exactly what all these Hindu images are? The different symbolic images only resemble different forms of the one god. Hindu Dharma does not object the worshiping of different forms or objects as long as it is perceived as God, the supreme being of all humanity.

To follow the teachings of Santana Dharma, one must believe in reincarnation, or the rebirth of souls in a new body. The Hindu Dharma teaches the philosophy of death and how when one dies, his or her soul is reborn in another body. The soul takes many births in many different forms, animals, humans, and even plants and nature. The rebirths occur to learn and experience more about how to ultimately reach Divinity. It is said that once a soul reaches Divinity, it gains a type of freedom called “Mukti” or “Moksha”. Religion or Sanatana Dharma is what helps us reach “moksha”.

Santana Dharma has such complex and so in depth spiritual lessons of life that it simply cannot all be written down in one paper. Lessons taught in Santana Dharma are verifiable truths which should be incorporated into our daily lives so that we can experience Divinity and Moksha.

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