


# हिन्दू धर्म की मान्यताएं

## Aspects of Hindü Religion

1. **Dharm** = Duty of a person, intrinsic nature of a thing. Hindüism is a way of life.
  - Original name: Sanātan Dharm is tens of thousand years old. Later changed to Hindü.
  - The words Hindü, Hind & Hindī originated within the last few thousand years.
  - Hindü is the religion. Hindī is the national language of India. Hind is the country India.
  - Āryan, Greek, Persian, Mughol & British invaders changed name of country through history from originally Bhāraṭ (or Bhāraṭ-varsh) to: Āryāvart, Hind, Hindustān, and finally India.
2. **God** = Brahm (or Brahman). Represented by Trinity = Brahmā + Vishnu + Mahésh (= Shiv).
  - God = G.O.D. = Generator (Brahmā), Operator (Vishnu), and Destroyer (Mahésh).
  - Other gods (Total 330 million !) are functionaries, similar to a government.
3. **Time Span**: Total 4 Yugs = eras: 1. Saṭ-Yug, 2. Tṛeṭā-Yug, 3. Dvāpar-Yug and 4. Kali-Yug. Repeat in a combination in the same sequence, called a Chatur-yug. A day of Brahmā is the entire time span between creation and total annihilation, it has 1000 Chatur-yugs. Age of Brahmā is 100 Brahm years. Total annihilation and re-creation occurs repeatedly.
4. Rishis, Munis, Yogis, Saints.
5. Boons & curses.
6. **Avṭārs** = Incarnations. Mostly of Lord Vishnu. Only a few of Lord Shiv.
7. **Reincarnation** = Rebirth = Life after death. Total 8,400,000 classes into which all beings are divided. **Heaven**. Many types of **hell**. Journey from death to heaven is pleasant, and to hell is painful. Limited duration in heaven.
8. **Karm**. Horoscope is based on time, date and place of birth. Forecasting. All events of life are predetermined before birth. Astronomy is very accurate & precise. Astrology.
9. **Yog** = Sum total. Synchnonization of body, mind and spirit (or soul). Total 3 Yogs for Moksh (= paths for liberation) are: 1. Karm Yog (= Action = Good deeds), 2. Gyān Yog (= Knowledge), and 3. Bhakṭi Yog (= Devotion). A 4<sup>th</sup> Yog is Haṭh Yog, for physical fitness through exercise, popularly known as "Yoga". Ashtāng Yog has a total of 8 Steps = 1. Yam, 2. Niyam, 3. Āsan, 4. Prānāyām, 5. Pratyāhār, 6. Dhāranā, 7. Dhyān, 8. Samādhi.
10. **Varn**. Total 4. Brāhmin, Kshatṛiy, Vaishya, and Shūdr. Classification of society based on their social functions. Born from the head, arms, thighs and legs of Lord Vishnu, respectively. Punishment for the same crime was maximum to a Brāhmin, and minimum to a Shūdr.
11. **Four purposes or goals of life**: Dharm, Arṭh, Kām, and Moksh (= Salvation). Moksh (called by Hindüs) = Nirvān (called by Buddhists) = No return, one way journey.
12. **Stages (= Āshrams)** in normal human life: Total 4. 1<sup>st</sup> Brahma-charya, 2<sup>nd</sup> Grihasṭha, 3<sup>rd</sup> Vān-prasṭha, and 4<sup>th</sup> Sanyās. **Quarter-life crisis** = not entering Grihasṭha Āshrams. **Mid-life crisis** = not leaving Grihasṭha Āshram.
13. **Status of women** in Hindüism: Highly respected. Protected as daughter, wife and mother.

14. **Scriptures:** Véds, Upnishads, Brāhmans, Purāns, Manu-Smṛiṭi, Rāmāyan, Mahā-bhāraṭ, etc. All originally written in Sanskrit. Later translated in other Indian & foreign languages.
  - Purāns: Total 18. 5 main Characteristics of each Purāns. Bhāgwaṭ Purān is most popular.
  - Rāmāyan. Originally written by Vālmiki in Sanskrit poetry. Then written by Ṭulsīdās in poetry of a local dialect of Hindī. Also written by others in other local Indian languages.
  - Mahā-bhāraṭ. It includes Bhagvad-Gītā (700 couplets = Shloks).
15. **Pilgrimages** = Holy places. River Gangā = Ganges anglicized.
16. **Kumbh**, every 3 years at 4 places in cities on the banks of river Gangā. Bath.
17. **Pūjā (=Idol worship):** In Shrines, and at home.
  - Ingredients: Fire, water, flowers, incense, fruits, food, prayers, meditation, etc.
  - Chanting hymns, reciting verses, reading books, playing music.
18. **Pūjā Food** can be plain water, or a large variety of food, all vegetarian only.
  - **Bhog** = Naivēdya: Food offered to the deities (gods in the form of idols).
  - **Prasād** (literally means generosity) = Food items consumed by humans, partaken from the deities.
19. **Greeting styles:** (a) Folded hands near your chest, (b) Touching feet with one or both hands, (c) Touching feet with forehead, and (d) Whole-body prostration = Sāstāng Pranām.
20. Regular **Hindū Calendar** is lunar. It has 12 months, equal to 355 or 356 days. An extra month is added every three years. It is placed next to and named as one of the regular 12 months. It synchronizes the calendar with the solar positions, and with the Gregorian calendar.
21. **Fasts and Festivals:** Āiwāli, Holī, Rākhi = Rakshā-bandhan, Krishna Janmāshtamī, etc.
22. **Sanskārs** = Samskārs = Sacraments: Total 16 mostly accepted. 1st one starting soon before conception. 13<sup>th</sup> is wedding. 14<sup>th</sup> when entering Vān-prasṭha. 15<sup>th</sup> while entering Sanyās. 16<sup>th</sup> the last soon after death. Some scriptures describe total 12, 13, 18, 25, or up to 40 Sanskārs.
23. **Similar words** with different meanings:
  - Brahm = Brahman. Brahmā. Brāhman. Brāhmin.
  - **Āshram** has two totally different meanings. One is the stages of life. Other is living place of a Rishi, Muni, Yogi or Saint, or a place for religious or spiritual teachings.
24. **Polytheistic**, not monotheistic = monolithic. Tolerant, not fanatic. Democratic, not autocratic. Basic beliefs. Personal conduct. Daily routine.
25. **Religious conversions** not solicited, unlike other religions. Moghul Empire: 1526-1707.
26. **Auspicious Symbols:** ॐ = Om, or Aum. Swāstik with or without the dots = 

Phonetic Aids:

Ā, ā: as in Fār.	d: as in Door	i: as in Bit	t: as in Time	ū: as in Root
é: as in René	Ḍ, ḍ: as in This	ī: as in Meet	Ṭ, ṭ: as in Tu	ch: as in chair

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