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# SANATAN DHARMA

*A Mini Pravachan*

*By*

*Dr. Ram*

*Sunday Satsangh*

*On*

*November 17, 2019*

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# WHAT IS SANATAN DHARMA?

- ❖ *“Sanatan” is a Sanskrit word, meaning “Endless” or “Eternal”.*
- ❖ *“Dharma” means a Code of Conduct that has Spiritual Freedom at its core. There is no equivalent term in any other language!*
- ❖ *Unlike other religions, Sanatana Dharma does not denote to any creed. Instead, it is based on principles of reality that are inherent in the very nature and design of the universe.*
- ❖ *Thus, the term Sanatana Dharma can be roughly translated to mean “the natural, ancient and eternal way.”*
- ❖ *Sanatana Dharma represents much more than just a religion; rather, it provides its followers with an entire worldview, way of life and with a coherent and rational view of reality.*

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# THE NATURE OF SANATAN DHARMA

- ❖ *God-centered rather than prophet-centered.*
- ❖ *Based On The Spiritual Experience (of Ancient Rishis) rather than belief based, like Christianity or Islam.*
- ❖ *Beyond any historical date of founding or founder.*
- ❖ *The process of growth, which comes from the seed.*
- ❖ *Inherent in, and inclusive of all.*
- ❖ *In the world, while above the world.*
- ❖ *Both immanent and transcendent.*
- ❖ *The whole and the parts.*
- ❖ *Loving of all and excluding of none.*

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# BASIC PRINCIPLES OF SANATAN DHARMA

- ❖ *The universal flow of Dharma has eternally existed. It is not better than, or alternative to, but is inclusive of all.*
- ❖ *Sanatana Dharma gives reverence to individual spiritual experience over any formal religious doctrine.*
- ❖ *Sanatana Dharma comprises of spiritual laws which govern the human existence. Sanatana Dharma is to human life what natural laws are to the physical phenomena.*
- ❖ *It is not open to alteration just as the laws of gravity, mathematics or logic are not open to sectarian debate or opinion.*

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# IS SANATAN DHARMA SAME AS HINDU DHARMA?

- ❖ *The answer is “Yes” and “No”!*
- ❖ *“Yes” because Hindus, by and large, have adopted “Sanatan Dharma” as their own way of life by tradition as well as by descent since Ancient Indian Rishis practiced it for thousands of years.*
- ❖ *“No” because “Sanatan Dharma” is not just for Hindus. It is for everyone who believes in a set of moral laws and spiritual principles that govern one’s duty to God and one’s conduct toward fellow humans and other living beings.*

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# WHY DO HINDUS NOT FAVOR INTER-RELIGIOUS CONVERSIONS?

- ❖ *Hindus believe that knowingly or unknowingly, willingly or unwillingly, everyone is part of God, as well as the eternal Duties toward Him, and therefore do not require to be converted.*
- ❖ *If you are living selflessly and performing your actions selflessly, you are a Hindu. If you are helping others, you are a Hindu. If you are living for God, in the service of God and offering your actions, you are a Hindu. If you participate in any manner in God's creation, you are a Hindu.*

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# WHAT QUALITIES WOULD MAKE YOU THE TRUE FOLLOWER OF SANATAN DHARMA?

- ❖ *Curb your material desires, and refuse to be guided your own instincts.*
- ❖ *Identify yourself with your inner self (Atman), knowing that you are neither your body nor your mind but the immortal self, who is caught in the whirlpool of life.*
- ❖ *Offer whatever you have and whatever you do to God Make your life and your activities an offering to God.*
- ❖ *Practice detachment so that emotionally you will be more stable and peaceful.*

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## (CONTD.)

- ❖ *Cultivate sattva or purity by practicing virtue and avoiding wrong doings.*
- ❖ *Practice non-violence and compassion towards other living beings.*
- ❖ *Free yourself from thinking and harboring evil and immoral thoughts.*
- ❖ *Practice yoga and meditation so that you can control your mind and experience peace and harmony within yourself.*
- ❖ *Worship your gods & divinities daily so that they will be active in your consciousness and express themselves through you.*
- ❖ *Do your duty without expectation of anything in return.*
- ❖ *Fill your mind with positive and spiritual thoughts.*
- ❖ *Speak right words, think right thoughts and do right deeds.*



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**A BRIEF DISCOURSE ON  
SANATAN DHARMA**

**BY**

**DR. SADHVI SARASWATI  
BHAGAWATI**

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