

# Basics of Sanatan-Dharma (The Eternal Religion)

By Kamlesh Patel

For further information:

Email: [kcp1982@yahoo.com](mailto:kcp1982@yahoo.com)

# The 6 Pillars of Sanatan-Dharma (The Eternal Religion)

1. Truthfulness
2. Mercy
3. Austerity
4. Cleanliness
5. Charity
6. Spiritual Education

**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)**

# **Fundamental Teachings of Sanatan-Dharma**

- 1. God is One, but He has many Forms and Names**
- 2. Universal brotherhood - All living beings are brothers and sisters, including the animals and plants**
- 3. A system of infallible justice for all living beings. The Law of Karma**
- 4. All living beings are souls covered in a particular body placed in a particular situation, exactly based on the desires and deserves of the soul**
- 5. We (the soul) are eternal. Just as we exist now, we existed in the past and we will continue to exist in the future after this body**
- 6. The material creation is cyclic. There are repeated cycles of creation and annihilation**

# God is One



**“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)**

**“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)**

**“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)**

# **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**

**“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)**

## **What Are The Regulated Principles that a Genuine Sanatan-Dharma Follower Follows?**

**To engage in Bhakti-Yoga (Devotional service unto Lord Krishna). One must try to stop engaging in sinful activities. There are 4 basic rules to follow.**

**1. NO KILLING OF ANIMALS – No meat, no fish, no eggs, no leather clothing/furniture. The animals are our brothers and sisters too**

**2. NO INTOXICATIONS – No alcohol, no drugs. The women and children suffer the most from alcoholics and druggies in families**

**3. NO GAMBLING – No casinos, no betting. The women and children suffer the most from gambling men who lose the livelihoods of families**

**4. NO ILLICIT RELATIONSHIPS – No sex outside marriage, no relationship outside marriage. The women and children suffer the most due to single parent families caused by relationships outside marriage.**

**All the above activities (Meat eating, intoxications, gambling, and illicit relationships) do harm to the most innocent of all living beings. The women, children, and the animals. Thus one must stop these sinful activities.**

## Universal Brotherhood - All Living Beings are Brothers and Sisters



Lord Krishna is the father of all living beings (humans, animals, plants) and thus we are all brothers and sisters. Hence we should not kill, hate, or eat any of our brothers and sisters.

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

**“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)**

**My Dear Humans,**

**You have feelings, we also have feelings**

**You feel pain, we also feel pain**

**You are fearful, we are also fearful**

**You have a family, we also have a family**

**You want to live, we also want to live**

**You are living beings, we are also living beings**

**You were created by God, we were also created by the same God**

**You have consciousness, we also have consciousness**

**You have a soul, we also have a soul**

**You wouldn't like to have your throat cut, we wouldn't either**

**You are not food for us, we are also not food for you**

**Yours faithfully,**

**Signed: Your most humble friends (Cows, chickens, goats, pigs,  
and others)**

**(Humans, please stop killing, go vegetarian)**

# The Science of the Soul

- The soul is eternal
- The soul cannot be destroyed
- 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
- The soul is neither old nor young
- All souls are equal, one soul is neither inferior nor superior to another
- The soul has no weight and cannot be seen with the eye
- 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

## **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.**

**"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**

**Just as we exist now, we existed in the past, and we will continue to exist after this body.**

**“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)**

## **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 is the form. When our current form (the body) is destroyed, we change into another form (another 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)**

## **How old is Sanatan-Dharma?**

**In Sanskrit, the oldest language in the world, 'Sanatan' means eternal and 'Dharma' means religion or duty. Sanatan-Dharma is eternal, it has always existed and 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 Sanatan-Dharma scriptures, also known as the Vedic scriptures.**

## **What are the 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 800,000 verses in the Vedic scriptures which were compiled by God Himself. The essence of all Vedic knowledge is the Bhagavad-Gita, which was 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**

**Ramayan – more than 25,000 verses**

**18 Puranas - 400,000 verses**

**Bhagavad-Gita – 700 verses**