

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

## **“For the benefit of all living beings”**

### **1. Truthfulness**

You must never lie, deceive, mislead, nor cheat anyone. If someone asks you a question and you do not know or are not sure, simply say 'I don't know'. Making things up is simply lying. Breaking vows and hiding information is also untruthfulness.

### **2. Compassion**

All living beings are brothers and sisters, and thus, one must be kind to all his brothers and sisters. This teaching comes from the most merciful Person, Lord Krishna (God). Kindness to animals is practiced by not killing them (vegetarianism and no leather). Treat people equally and nicely, consider the wellbeing of everyone. Never consume alcohol and drugs, gamble, nor have relationships outside of marriage, because these cause suffering to families and especially to the women and children. One should never engage in these sinful activities, nor associate with those who do.

### **3. Austerity**

Live a simple life, don't be materialistic, eat simply, fast, don't make demands on others, lower your ego, chant Vedic mantras, reduce your desires and lust, and go on pilgrimage to holy places with the will to change your nature for the better. You should sacrifice your time and money for the advancement of true religion.

### **4. Cleanliness**

Take bath at least once daily, brush teeth at least twice daily, keep the home, business/work area, public places, rivers, and streets clean by regular cleaning and not throwing trash. Don't chew or smoke tobacco or spit.

### **5. Charity**

Donations should be given on a regular basis to accountable and worthy Temples, to those engaged in the service of God, to those engaged in preaching the glories and instructions of God, and to the poor.

### **6. Spiritual Education**

Without spiritual knowledge there will be no advancement of consciousness. The Vedic knowledge is eternal and vast with more than 1,000,000 verses, compiled by God Himself in Person. They provide knowledge in all areas of life and the science of God. The Srimad Bhagavad-Gita is the essence of all Vedic knowledge, the word of God in Person. The Srimad Bhagavatam has the pastimes of God and His devotees; the science of material creation and other information. The Vedic scriptures contain information on God, including His description, appearances, and activities.

**“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)**