



Sanatan Dharm

Freedom of Choice, Evolution and Resilience

While it may appear chaotic to outsiders, Sanatan Dharm has, in fact, thrived by allowing a number of spiritual practices to flow side by side towards the same ocean of spiritual bliss—Moksh—just like rivers and streams flow to the same ocean. This flexibility and adaptability has allowed Sanatan Dharm to evolve over many yugs and survive many challenges to continue to enlighten its followers.

What is Sanatan Dharm?

Sanatan Dharm means 'eternal righteousness'. Sanatan Dharm declares that something cannot come out of nothing and, therefore, the universe itself is the manifestation of the Divine reality. This truth forms the invocation of the Isa Upanishad: *Poornam-adah, poornam-idam, poor-nath poornam-udachyate.*

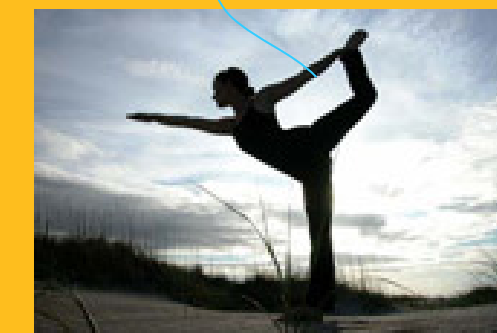
Poor-nasya poornam-adaya, poornam-eva-va-sishyate.

Meaning:

That is full; this is full. The full comes out of the full. Taking the full from the full, the full itself remains.

This universe (illusion) comes forth from the Divine (reality), yet the universe takes nothing from the Divine and adds nothing to it. Sanatan Dharm looks upon a person as a part and parcel of the mighty Whole, having the same vital essence as all other human and non-human creatures of the universe. This cosmic view of Sanatan Dharm transcends sectarian dogmas and paves a way for the coexistence of all creatures under the Vedic principle of Vasudev Kutumbhkam, meaning 'The Universe is One Family'.

Sanatan Dharm recognizes that the Ultimate Reality cannot be limited by any name, concept, time, place or space. The potential for oneness (Moksh) is present in every human being, when we are prepared to realize that we are all part of the same divine reality and can detach ourselves from our desires and ego. All beings are spiritually united like the drops of water in an ocean. Therefore, Sanatan Dharm does not try to enforce its beliefs on everyone, attempt to destroy different forms of worship, or claim that its way is the only right one. Such enforcement of uniformity would be un-natural and contrary to the Divine Law, because it would hinder the progress of individuals to that state of divinity.



Karmic uniqueness

Sanatan Dharm provides its followers with the freedom to create unique spiritual paths to enable their progress towards Moksh. At various stages in their spiritual progression, followers of Sanatan Dharm can therefore follow the combination of paths (within the broad streams of Bhakti, Gyan, Raj, and Karm Yog) that they find most effective.

Non-Violence (Ahinsa)

Ahinsa means avoidance of violence (in thought, word and deed). Sanatan Dharm teaches that all forms of life are different manifestations of Brahman (Ultimate Reality). We must therefore not cause suffering to, or be indifferent to other creatures. We should love each other and other life forms, and protect the environment

Key Concepts

- Moksh and Maya
- Karm
- Yog
- Sanskrit
- Jyotish
- Vastu
- Ayurved
- 4 stages and aims of life
- Cyclical nature of Time/Yugs



Om

The Om has always been a symbol of Sanatan Dharm. As a fundamental sound, it represents Moksh: the unity of one with all.



Swastika

The Swastika is an ancient auspicious symbol of Sanatan Dharm. It has been in use in Bharat for thousands of years

'Hinduism'

The main spiritual path that evolved in Bharat and has spread around the world is known as Sanatan Dharm: 'eternal righteousness'. 'Hinduism' is a word coined by foreigners, thought to have originated from the name of the river Sindhu.

