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HINDUISM 2 GO

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HINDU DHARMAS:

1) A world religion (Hinduism) and pluralistic family of ancient spiritual traditions aimed at managing repetitive cycles of happiness and sorrow (saṃsāra); 2) freedom from saṃsāra (mokṣa/ nirvāṇa) is possible through spirituality

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more definitions

BRAHMAN: 1) Ultimate Reality that is all of existence and transcends it; 2) understood in various ways to accommodate human diversity; 3) abstract (non-theistic) or embodied form (monotheistic) may be meditated upon

DHARMA: 1) Foundational ethics for every life stage that promote well-being (śreyas); 2) universal, pluralistic and inclusive in nature; 3) helpful and compassionate; moral yet pragmatic

KARMA: 1) Every thought, decision and action has consequences; 2) helps in conscious decision-making vs irrational reactions

POPULAR HINDU PRACTICES: Yoga, Āyurveda, meditation (dhyāna), kīrtana, Vedic astrology, Vedānta

SOURCES: Oral teachings, Vedas and Upaniṣads, Āgamas, Bhagavad Gītā, Rāmāyaṇa, Mahābhārata, Purāṇas, teachings of gurus, sciences, etc.