TEACHER’S GUIDE TO “THE PRACTICE OF HINDUISM”

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[www.HinduismResource.com](http://www.HinduismResource.com)

”The Practice of Hinduism” is an in-depth look at Hinduism’s beliefs and customs. It explores the reality and representations of God, karma and the afterlife, rituals and festivals.

This is a humble resource for learning and educating others about Hinduism

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SLIDE 1 Hinduism: One Truth

Hinduism is a religion but more so, a tradition – a way of righteous living. No matter what path to spirituality, Hinduism teaches that we are all trying to get there like with a GPS – the shortest route may not be the quickest and may not be the most scenic! So the tolerance and mutual respect of other traditions is a very important message of Hinduism.

SLIDE2 Namaste

“Namaste” means “I honor the Divinity within you” and is a traditional greeting in Hinduism.

In many ways, it is also the crux of Hinduism.

Namaste beautifully explained - <https://www.youtube.com/watch?v=YcgNJ7cgDVs>

SLIDE 3 Investigating the Divine

Hindus believe that there is one God (Brahman). Like a single fire, The Infinite sparks are in equal amount in all humans, without any exceptions. Therefore, we are all united with that single fire and with each other. God pervades and sustains the entire universe and Hindus see the elements of the Divine everywhere – in animate as well as in inanimate objects – we are all connected!

Hinduism reaches out to other faiths with respect, rather than expending enormous amount of energy condemning the sincere beliefs of others, not to mention spilling the rivers of blood in the name of religion.

Discussion question: Why do humans engage in war in the name of “God”?

**SLIDE 4 God is Infinite**

**Hindu Trinity: Brahma is the creator of the universe; Vishnu is the preserver of it. Shiva's role is to destroy the universe in order to re-create it.**

**SLIDE 5 God Through Various Images**

**the words of Swami Vivekananda, who spoke at the first World Parliament of Religion, September 11-27, 1893 in Chicago, “My brethren, we can no more think about anything without a mental image than we can live without breathing.”**

**Hinduism is not the only religion with rituals that utilize images. “Superstition is a great enemy of man, but bigotry is worse.” Swami Vivekananda**

**There are many gods, but their multiplicity does not diminish the significance or power of any of them. Each is seen, by those who are devotees, as a Supreme in every sense. Each is alone seen to be the creator, the sustainer, and the final resting place of all.**

**Discussion question: What are your favorite image(s) of the Infinite?**

**SLIDE 6 Representations of God**

**Even a simple village priest in his prayers may say “Forgive me Lord for my three mistakes: I see you in various Forms although you transcend all Forms; I sing your praises but no language, no words, are adequate enough to describe The Infinite; and by making this pilgrimage by coming to this temple, I am denying your omnipresence.” God is always more than what we can ever imagine!**

**"The images of the gods are not a 'likeness' of any earthly form. They are fantastic forms, with multiple heads and arms, with blue, green, or vermilion coloring, or with part-animal bodies. They are not intended to 'represent' earthly realities, but rather to present divine realities. They stretch the human imagination toward the divine by juxtaposing earthly realties in unearthly ways. Indeed, the God Shiva has three eyes. Vishnu has four arms. Skanda has six heads. The vivid variety of Hindu deities is visible everywhere in India. Rural India is filled with countless wayside shrines. In every town of some size there are many temples, and every major temple will contain its own panoply of shrines and images…. On the whole, it would be fair to say that the Western traditions, especially the religious traditions of the 'Book' – Judaism, Christianity, and Islam – have trusted the Word more than the Image as a mediator of the divine truth…. The ears were somehow more trustworthy than the eyes. Not so with Indian religion.” - Huston Smith**

**Worship and spiritual practice for those lovers of God with form and attributes often is devotional in nature, with prayer and meditation employed to deepen the aspirant’s pursuit of divine relationship.**

**SLIDE 7 Power of Personal God**

**All Hindus believe in one Supreme Being, the Brahman, One Supreme God – Brahman - Formless, ageless, genderless, Omniscient, Omnipotent and Omnipresent. But the difficulty is that how does one connect with someone Formless, Ageless, Genderless. Therefore, most Hindus, not all, see the Infinite in a personal form.**

**Hindus have a concept called Ishta Devata – one’s favorite personal form, for example, Krishna. There is a short Indian tale that a person tried to document all the forms of the Divine he saw along the countryside. He documented 330 million of them (it’s only a tale!) – he had turned 93 and exhausted. Then someone asked him that now you have chronicled so many, now you count them. It took him another 7 years but at the end, he wrote down – Grand Total = 1. It’s just a tale but illustrates the point that they are all forms representing the Infinite. This 330 million is just a number that someone came up with but there are 7 billion of us on this planet and there could be 7 billion forms, one for each of us. But if we subtract 7 billion from infinity, what do we get – infinity - so there is plenty to go around.**

**If a Hindu thinks of Sri Krishna as an Ishta Devata, then he/she may think of Krishna as the father, mother, a compatriot, perhaps as a lover – all of these, and of course as his/her God – as a charioteer who can help navigating through all the surrounding madness, of course much of one’s own making.**

**It is important to recognize that in addition to having a “personal God,” Hindus simultaneously have a concept of Brahman – the All Pervading, Ultimate, and Absolute. In this sense, one and many is not a paradox in Hinduism. Consider, for example a quote from Professor Diana Eck’s book called Darsan, a response from a seemingly “uneducated” Hindu – “Sister, there are many gods. There is Siva here, and there is Visnu, Ganesa, Hanuman, Ganga, Durga, and the others. But of course, there is really only one. These many are differences of name and form.”**

**In addition to having a Personal God, Hindus are simultaneously conscious of the Formless Brahman. As Huston Smith in his book The World’s Religions states: While giving the analogy of the Master Swimmer “It is equally important that there be a shore, solid and serene, that lies beyond the struggle as the terminus of all one’s splashings.”**

**SLIDE 8 God & femininity**

 **“Hinduism has evolved remarkable embodiments of the Divine Feminine, such as Durga and Kali. Durga is a warrior goddess with eight arms and multiple weapons. A mix of invincible power and limitless compassion, Durga’s divine mission is saving humanity by killing demons and destroying evil. Kali, whose name is linked to the Sanskrit root word for time, Kal, is perhaps the most provocative and challenging to Westerners raised on non-threatening images of the nurturing Mother Mary. Kali is a destroyer, both of the world, of time, and of ignorance, too, depending on which side of her countenance one encounters. Pictured as black in color, with a ring of skulls around her neck, she hovers over the world, dancing in the cremation ground (or burning ground), and liberating souls from the bondage of mortality.” Quoting a Professor of Social Studies with permission**

**Research Question: Research four of the Goddesses of Hinduism.**

**SLIDE 9 Gods & Goddesses**

**Sri Saraswati is the Godess of knowledge and Wisdom. We all need knowledge, and we all need wisdom so Sri Saraswati is popular with all Hindus. The instrument in her hand is called Veena –the original instrument of India with a very deep sound.**

**Sri Lakshmi the Goddess of wealth and prosperity. Who doesn’t like wealth and who doesn’t like prosperity - so Hindus celebrate her birthday in a grand style!**

**Sri Durga is the Goddess of power and Strength – Hindus call it Shakti. Hindus see power and strength – Shakti – in a female form. As you can see, she is riding a lion. – it takes a little bit of strength to jump on the back of a lion! Here we see mother Goddess in a most benign form. Sometime Hindus see her as Kali – her tongue hanging out, her foot on the chest of a man and she has a skull of a man in one hand and then she has a thousand arms. Perhaps 20-30 percent, a good portion, of Hindus see the Divinity through mother Goddess; such followers are called Shaktas.**

**SLIDE 10 How Many Gods?**

**There is only One – with various names and forms of the Infinite One**

**SLIDE 11 Embracing Other Faiths**

**Source: Linda Johnsen, “The Complete Idiot’s Guide to Hinduism”**

**Source: Huston Smith, “The World’s Religions”**

**SLIDE 12 Recipe for Bliss**

**The sparks of the Divinity are within us; therefore Hindus have the concept of Anand (bliss). We are completely whole – nothing is missing – and this is how we are born. In fact, there is nothing we can do to make us more whole! The challenge is to discover that we are at total Bliss. All our problems are external. Our true nature, our internal nature, is totally at Bliss.**

**SLIDE 13 Darshan**

**SLIDE 14 What do Hindus Believe?**

**In the Hindu belief system, each individual has a dharma that is their sacred duty, our “Calling”, unique to each individual, that we need to discover on our own and live by it.**

**Then, there is the law of Karma – as according to the Biblical phrase “As you sow, so shall ye reap.” You and I may do the same thing, but the results may be very different. We attribute this to past actions in this life or in previous lives. But karma is not at all fatalistic – we humans have choices.**

**If our past actions can determine our present, then by our present actions, we ought to be able to determine our future.**

**This connects to the belief in reincarnation come is. A compassionate God gives us ample opportunities to correct our wrongs, to nurture our assets. This might take more than one life time. Hindus believe in reincarnation - we are on a circle/wheel of life which Hindus call Samsara, where the soul transmigrates after death, eventually reaching the human form, which alone is the gateway to the spiritual world.**

**Discussion question: Which of these do you find easier to accept? Which harder to accept?**

**SLIDE 15 Dharma**

**In simple terms, Dharma is one’s sacred duty without which a person doesn’t realize the whole potential within oneself.**

**SLIDE 16 Karma**

**The law of karma is an extension of the relationship of cause and effect into the moral sphere.**

**Karma is not fatalistic – many Hindus themselves incorrectly cite karma to justify the attitude of fatalistic resignation and indifference to the circumstances of their lives and societies.**

**Properly understood, the law of karma emphasizes free will and insists upon moral responsibility.**

**SLIDE 17 Reincarnation**

**According to Hindu Belief, life is a like a pilgrimage, a journey of experience, learning through many different births towards the freedom of spiritual liberation (moksha).**

**Birth is not an absolutely new beginning, and death is not extinction. Birth can be thought of as the point of entry to the stage of the world and death as the point of exit. This process or cycle of birth, death and rebirth is referred to as samsara.**

**This entire process of birth, death and rebirth is neither haphazard nor chaotic, but governed by the moral law of karma. Only as humans we can make choices. A cow doesn’t make decisions; animals act on instincts. Therefore, the human form is the highest form and we are all very lucky to be human and it would be a shame to waste this opportunity.**

**Hindu scriptures refer to 8.4 million species that one can be born into in this process, leading to the highest form, the human form, where we have the free will to attain liberation. Surprisingly, the modern science estimates the count to be somewhat similar: 8.7 million (**<http://www.bbc.com/news/science-environment-14616161>**).**

**Discussion question: What are the advantages and disadvantages to the concept of reincarnation?**

**SLIDE 18 Moksha**

**What is the implication of understanding the concept of moksha in our daily life in the world? We appreciate the fullness in ourselves and now we can live and act out of joy, rather than for joy.**

**For a Hindu, the goal is not to go to Heaven (certainly not to Hell!) which is a temporary place and may even be here on earth. Going to heaven to a Hindu is like going to Hawaii in winter time and one has to come back to the cold when the credit card runs out! To a Hindu, the ultimate goal is to attain Moksha – Nirvana to the Buddhists, a much better known term in the west; there is even a music band called Nirvana – to escape the circle of life and be with The Infinite. After all, every time we are born, every time we die, and in between, there is pain involved. For example, who hasn’t suffered from anxiety? So, Moksha is Liberation; it’s Salvation; it’s going Home – after all we are all spiritual beings going through a human experience.**

**Good news is that according to Hinduism we will all attain moksha although there is no way of knowing how many lifetimes it may take. But it can happen in this lifetime when our good actions balance out our bad actions and we realize who we are, and all our actions are in a total selfless service, without any ego. We see people like this around us, doing what they should, with no expectations, and again no labels necessary.**

**Research question: Compare and contrast Moksha to the Christian view of heaven.**

**SLIDE 19 Achieving Moksha**

**SLIDE 20 Selfless Service**

**In one of the Hindu scriptures, Krishna (God incarnate) declares, “I am the atman (soul) seated in the heart of all living being.” This emphasizes the teaching that God is self in us and also beyond us.**

**SLIDE 21 Principles of Right Living**

**Yoga’s Ethical Guide to Living: The Yamas and Niyamas**

<http://kripalu.org/blog/thrive/2013/07/01/yogas-ethical-guide-to-living-the-yamas-and-niyamas/>

**SLIDE 22 Scriptures**

**Hindus have many scriptures – after all, it is a 7,500 years old tradition. ‘**

**They can be divided into two parts: The Srutis and The Smiritis**

**Out of these, Bhagavad-Gita is an important part of an Epic where Sri Krishna is urging his disciple Arjun to fight on. Arjun was in a fratricidal war where he had to fight his cousins, his uncles, his preachers and teachers that he had revered all his life. But they were on the wrong side. So he asks Krishna, his charioteer, what good would come out of such a ghastly warfare whose spoils, if he wins, would be tainted by blood. In the course of convincing his disciple to do his duty and fight on, Krishna explains metaphysical concepts such as the distinction between body and soul – matter and spirit – the principle of renounced action, the virtues of yoga (linking with God), meditation and moderation. Krishna teaches that perfection lies not in renunciation of world, rather in disciplined action, performed without attachment to results.**

**SLIDE 23 Gita**

**Influential American thinkers have been influenced by the Bhagavad-Gita.**

 **“I owed a magnificent day to the Bhagavad-Gita. It was the first of books: it was as if an empire spoke to us, nothing small or unworthy, but large, serene, consistent, the voice of an old intelligence which in another age and climate had pondered and thus disposed of the same questions that exercise us.” Ralph Waldo Emerson**

 **“In the morning, I bathe my intellect in the stupendous and cosmogonal philosophy of the Bhagavad-Gita, in comparison with which our modern world and its literature seem puny and trivial.”**

 **Henry David Thoreau**

**SLIDE 24 About Gita**

**Bhagavad-Gita is a very practical guide to day-to-day living in a very non-sectarian way.**

**“When doubts haunt me, when disappointments stare me in the face, and I see not one ray of hope on the horizon, I turn to the Bhagavad-Gita and find a verse to comfort me; and I immediately begin to smile in the midst of overwhelming sorrow. Those who meditate on the Gita will derive fresh joy and new meaning from it every day.” Mahatma Gandhi**

**SLIDE 25 Sankrit**

**Sanskrit (/ˈsænskrɪt/; संस्कृतम् saṃskṛtam [səmskr̩t̪əm], or संस्कृत saṃskṛta, originally संस्कृता वाक् saṃskṛtā vāk, "refined speech") is the primary liturgical language of Hinduism.**

**It is a philosophical language in Buddhism, Hinduism and Jainism, and a literary language that was in use as a lingua franca in the Indian cultural zone.**

**It is a standardized dialect of the Old Indo-Aryan language, originating as Vedic Sanskrit and tracing its linguistic ancestry back to Proto-Indo-Iranian and Proto-Indo-European. Today it is listed as one of the 22 scheduled languages of India and is an official language of the state of Uttarakhand. Sanskrit holds a prominent position in Indo-European studies.** <https://en.wikipedia.org/wiki/Sanskrit>

**SLIDE 26 Sanskrit**

**Research question: Research the original languages of Judaism, Christianity, Islam, Buddhism.**

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**SLIE 27 Meditation**

**Yoga and Meditation are important practices for many Hindus.**

**Some of the earliest written records of meditation (Dhyana), come from the Hindu traditions of Vedantism around 1500 BCE. The Vedas discuss the meditative traditions of ancient India.**

<https://en.wikipedia.org/wiki/History_of_meditation>

**Benefits of Meditation include:**

**Stress reduction Greater flexibility and balance**

**Expanded self-knowledge Body awareness**

**Anger self-management Greater focus and productivity**

**Clarity of purpose Peacefulness**

**Joyfulness Greater Energy**

**Spiritual growth An increased capacity for love**

**SLIDE 28 Yoga**

**Developed in India thousands of years ago, yoga has become an increasingly popular form of exercise in the United States.**

**Physical Aspect of Yoga**

 **“The relaxation techniques incorporated in yoga can lessen chronic pain, such as lower back pain, arthritis, headaches and carpal tunnel syndrome,” explains Dr. Nevins. “Yoga can also lower blood pressure and reduce insomnia.”**

<http://www.osteopathic.org/osteopathic-health/about-your-health/health-conditions-library/general-health/Pages/yoga.aspx>

**Spiritual Aspect of Yoga: Linking with God**

**There is more to Yoga than keeping the body fit. Yoga means linking with God. There are many yoga systems: Karma-yoga is the yoga of action. Jnana-yoga is the yoga of knowledge. Raja-yoga is the yoga of meditation and physical fitness. And, Bhakti-yoga is the yoga of devotion to the Lord. In practice, it’s all very simple - they are all to be incorporated simultaneously in the life of a seeker.**

**The innate nature of our soul is to serve God. Given that God is in the Center of every ones’ heart, by serving the needy in a total selfless service, with knowledge and while keeping our mind balanced and body fit, and by offering all our actions to the Lord – acting as an agent of the Lord. If so, we are practicing the topmost and a complete yoga system.**

**SLIDE 29 Vegetarianism**

**Hindus and Jains often play a prominent role in global vegetarian movements.**

**Hindu vegetarians do not avoid milk and milk products. Some eat eggs also. Some orthodox Jains and a few Hindus however avoid even vegetables whose harvesting causes the plant to die, such as root vegetables (onion, potatoes).**

**SLIDE 30 Concept of Worship**

**In Hinduism, the concept of worship is a bit different. In most religions, we are in reverence of God and also in God’s AWE. In Hinduism, reverence is important but also making an interpersonal relationship: intimacy. Hindus see God as a father figure, a mother, a friend or compatriot, perhaps a lover. Many Hindu mothers think of God as their Child. They will have a statue of their favorite deity at home who they bathe, dry, make a little offering before eating, as mothers feed their own children before eating themselves.**

**Many Hindus don’t believe in any rituals. That is perfectly acceptable also.**

**Research question: Compare and contrast Hindu rituals with other world religions.**

**SLIDE 31 Temples**

**Hindu temples are built on the principle of Vaastu-shastra. Many of you must have heard of Feng Shui – the Chinese art and science of making houses. Vaastu-shastra goes back 7,000 to 10,000 years – it’s the science of making dwelling, particularly temples. The main entrance of a temple faces east – if you open the doors, the morning sunlight fills the hallways – bringing energy in. A temple should be built at a higher ground and it should be close to a body of water if possible.**

**SLIDE 32 Festivals**

**Hindus have many-many holidays. For a list of major religious festivals, go to:** <https://en.wikipedia.org/wiki/List_of_Hindu_festivals>**.**

**One of them is called Raksha Bhandan where a sister ties a string, a band, around her brother’s hand, as a loving bond.**

**SLIDE 33 Maha Kumbh Mela**

**Kumbh Mela or Kumbha Mela (/ˌkʊm ˈmeɪlə/ or /ˌkʊm məˈlɑː/) is a mass Hindu pilgrimage of faith in which Hindus gather to bathe in a sacred river. It is considered to be the largest peaceful gathering in the world where around 100 million (10 crore) people visited during the Maha Kumbh Mela in 2013 in Allahabad.** <https://en.wikipedia.org/wiki/Kumbh_Mela>

**The Kumbh Festival – 2001 at Tirthraj Prayag began on the full moon night (Purnima) of the month of Paush. The Kumbh Festival is held at Haridwar, Ujjain and Nasik every four years, but the Kumbh at Prayag has a special significance. The Kumbh Festival is marked by the fact that it is held at the banks of holy rivers every 12 years. In Prayag it is held on the banks of the rivers Ganga-Yamuna and the mythical Saraswati, in Haridwar at Ganga and in Nasik at the Godavari. A great fair is held on these occasions on the banks of these rivers with a huge congregation of devoted pilgrims.** <http://kumbhmelaallahabad.gov.in/english/index.html>

**Kumbh Mela: At A Glance**

**Every twelve years, tens of millions of men, women and children gather on the flood plain of the Ganges and Yamuna Rivers in Allahabad, India, for the Kumbh Mela, the largest gathering of humanity for religious purposes on the planet. Pilgrims come from across India and around the world to bathe in the water where the two sacred rivers meet. Such mass bathing in the Ganges has been recorded for more than 2,500 years.**

<http://www.pbs.org/wgbh/sacredjourneys/content/kumbh-mela/>

**SLIDE 34 Holi**

**Holi (Sanskrit: होली) is a spring festival, also known as the festival of colors or the festival of love. The holiday signifies the victory of good over evil. It is an ancient Hindu religious festival which has become popular with non-Hindus in many parts of South Asia, as well as people of other communities outside Asia. (**<https://en.wikipedia.org/wiki/Holi>**)**

**SLIDE 35 Devotional Singing**

**In Hindu worship, music is gift to gods:** <http://articles.chicagotribune.com/2006-05-12/news/0605120279_1_hindu-temple-rama-temple-songs>

**Krishna Das (born Jeffrey Kagel; May 31, 1947) is an American vocalist known for his performances of Hindu devotional music known as kirtan (chanting the names of God):** <https://en.wikipedia.org/wiki/Krishna_Das_%28singer%29>

**Hugging Saint Amma who has given 35 million hugs, sings Mata Rani:**

<https://en.wikipedia.org/wiki/Mata_Amritanandamayi>

 **SLIDE 36 Dances**

**Indian dances are often rooted in Hinduism and honor God**

**SLIDE 37 Bharatnatyam**

<https://www.youtube.com/watch?v=SgiLOzFQh14>

**SLIDE 38 Bhangra**

<http://en.wikipedia.org/wiki/Bhangra_%28dance%29>

**SLIDE 39 Mehndi**

**Mehndi** or [*henna*](https://en.wikipedia.org/wiki/Henna) is a paste that is bought in a cone-shaped tube and is made into designs for men and women. *Mehndi* is derived from the [Sanskrit](https://en.wikipedia.org/wiki/Sanskrit) word *mendhikā*.[[1]](https://en.wikipedia.org/wiki/Mehndi#cite_note-1) The use of mehndi and [turmeric](https://en.wikipedia.org/wiki/Turmeric) is described in the earliest [Hindu](https://en.wikipedia.org/wiki/Hindu) [Vedic](https://en.wikipedia.org/wiki/Vedic) ritual books. It was originally used for only women's palms and sometimes for men, but as time progressed, it was more common for women to wear it. Haldi (staining oneself with turmeric paste) as well as mehndi are Vedic customs, intended to be a symbolic representation of the outer and the inner sun. Vedic customs are centered on the idea of "awakening the inner light". Traditional Indian designs are representations of the sun on the palm, which, in this context, is intended to represent the hands and feet.

**SLIDE 40 Wedding Rites**

A **Hindu wedding** is *vivaha* (Sanskrit: विवाह[[1]](https://en.wikipedia.org/wiki/Hindu_wedding#cite_note-1)) and the wedding ceremony is called *vivaah sanskar*.[[2]](https://en.wikipedia.org/wiki/Hindu_wedding#cite_note-bbc2009-2)[[3]](https://en.wikipedia.org/wiki/Hindu_wedding#cite_note-rjb1969-3) Hindus attach a great deal of importance to [marriages](https://en.wikipedia.org/wiki/Marriage). The ceremonies are very colorful, and celebrations may extend for several days. The bride's and groom's home - entrance, doors, wall, floor, roof - are sometimes decorated with colors, balloons and other decorations.

**SLID 41 Freedom of Expression for Women**

<http://www.thehindubusinessline.com/news/breaking-trends-indian-women-now-prefer-western-wear/article5966666.ece>

**SLIDE 42 Hindu Symbols**

**You must have seen many Indian people with a mark on their forehead. It’s called Tilak.**

**In the Hindu tradition, our body consists of 7 chakras where several nadis or channels come together. There is one on the top of the head called the Crown Chakra. Then there is another one between the eyebrows that is the seat of our consciousness. By applying this scared symbol, l Hindus ignite our conscientiousness. It’s red or yellow turmeric and ash. It is as a circular mark applied with the ring finger in the right hand or, horizontal or vertical lines indicating ones devotion.**

**Research Question: Compare and contrast Hindu symbols with another world religion’s symbols.**

**SLIDE 43 Hinduism & Conversion**

**If the sparks of the Divine are already in all of us, then what is the point of conversion?**

**If you feel like a Hindu then you are a Hindu and that’s all there is to it! Of course there are some basic tenets but they are no different than in many other religions.**

**Incidentally, in spite of no conversion, there are a billion-plus Hindus living on the earth despite the fact Hinduism is not a missionary religion.**

**SLIDE 44 Being a Hindu without Converting**

**Hinduism is more than a religion; rather it’s a tradition - a way of life. Therefore living by its beliefs is what counts - not just the believing beliefs. Whoever follows this tradition and lives accordingly is a Hindu and thus being born in a Hindu family or conversion from some other religion is absolutely not necessary.**

**Discussion question: What are the advantages and disadvantages of not requiring conversion?**

**SLIDE 45 The Humanity of Hinduism - Steven J. Rosen, “Essential Hinduism”**

**Hinduism is like a big tent, where all true spiritual seekers with diverse viewpoints are welcome without any judgement.**