



RELIGIONS OF THE WORLD

and the

Golden Rule

taught by Dr. Albert Celozza

Executive Director, Arizona Interfaith Movement

Study Guide

HINDUISM (Sanatana Dharma)

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franparkcenter.org/golden-rule-2024

Golden Rule in Hinduism

- This is the sum of duty: do not do to others what would cause pain if done to you.
- Mahabharata 5:1517

Scriptures: Vedas, Upanishad, Mahabharata (Bhagavad Gita), Ramayana

Video: Puja - Expressions of Hindu Devotion

- <https://asia-archive.si.edu/learn/india-shiva-nataraja-lord-of-the-dance/hindu-belief/video/>

India/Bharat

dharma

Indus River

Sanskrit

Guru, karma, ashram, mantra, ahimsa

puja

Trimurti: Brahma, Vishnu, Shiva

Rama, Krishna

Devi, Durga, Kali, Lakshmi, Parvati

lila, samsara, moksha, maya

Atman

Brahman

Om or Aum

Yoga



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Four paths to God (Four Yogas)

Yoga – to be yoked to God

- jnana yoga – yoga of knowledge
- karma yoga – yoga of action
- bhakti yoga – yoga of love or devotion
- raja yoga – meditation and yoga exercises

Stages of life – student, householder, retiree, renunciant

- student
- householder
- retirement
- sanyasin – renunciant

Four stations in life (caste system)

- priestly caste or scholars – Brahmin
- khsatriya – warrior or administrator
- vaisyas – merchants, businessmen
- sudras – unskilled laborer

Untouchables - dalit

To view recordings of the classes, please visit: franparkcenter.org/golden-rule-2024



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