

Hinduism

The Basics III

To do list:

- Recap
- Bhagavad Gita
- 4 Stages of Hindu Life
- Caste System
- God: Characterless or Shepherd and her Sheep?
- Souls, Samsara, Karma
- Many paths to God

Hinduism II Recap

- Vedas: 4 Classic Texts
- Also Include:
 - Brahmanas (Commentary)
 - Upanishads*
 - Formed approx. 700-300BC
 - Teachings of the Hindu sages

Hinduism II Recap

- Our task is to remove the finite distractions and connect to the Ultimate Reality.
- This gives us liberation from the cycle of reincarnation.
- So how do we reach moksha from samsara?

Hinduism II Recap

- 4 types of people:
 - Reflective
 - Emotional
 - Active
 - Experimentally Inclined

Hinduism II Recap

- 4 Types of Yoga
 - Jnana
 - Bhakta
 - Karma
 - Raj

Hinduism II Recap

- 4 Types of Yoga
 - Jnana
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Yoga

- Not just poses
- Yoga is training of the body, mind and soul

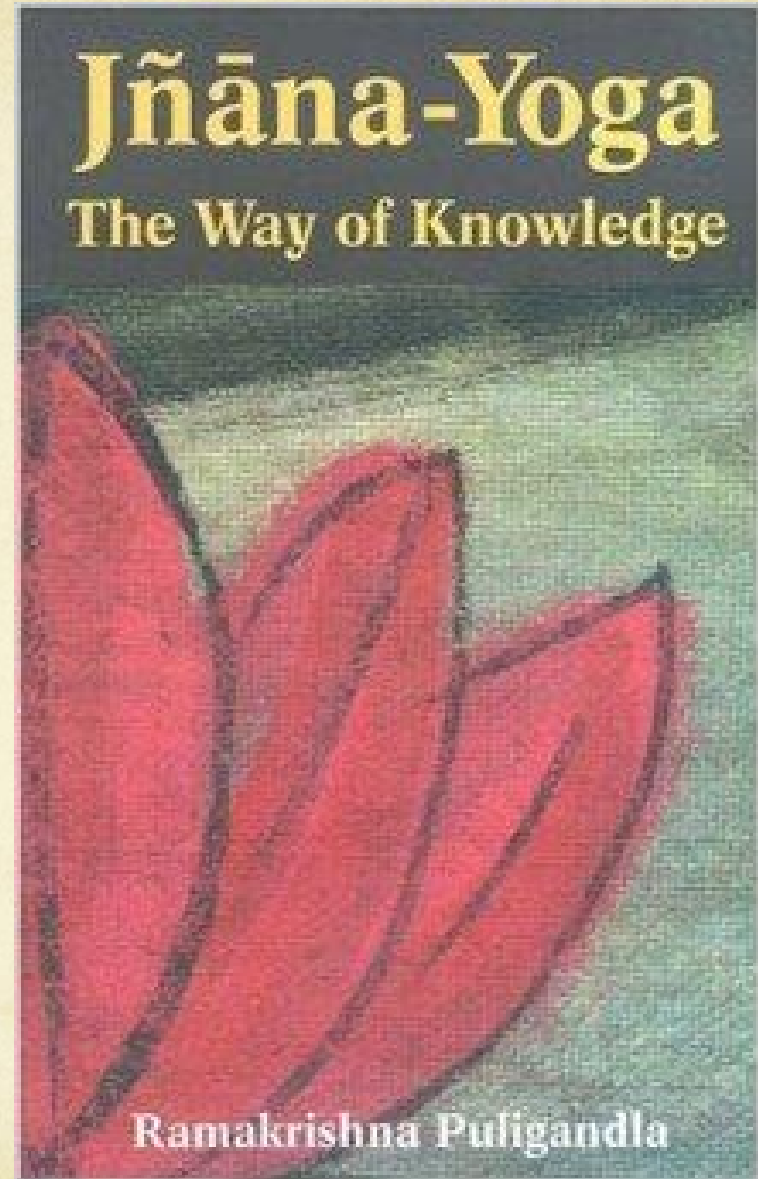


Reflective People

The philosophers among us

Jnana Yoga

For reflective people





Emotional People

- Emotional people need to connect their inner love to the Ultimate Love

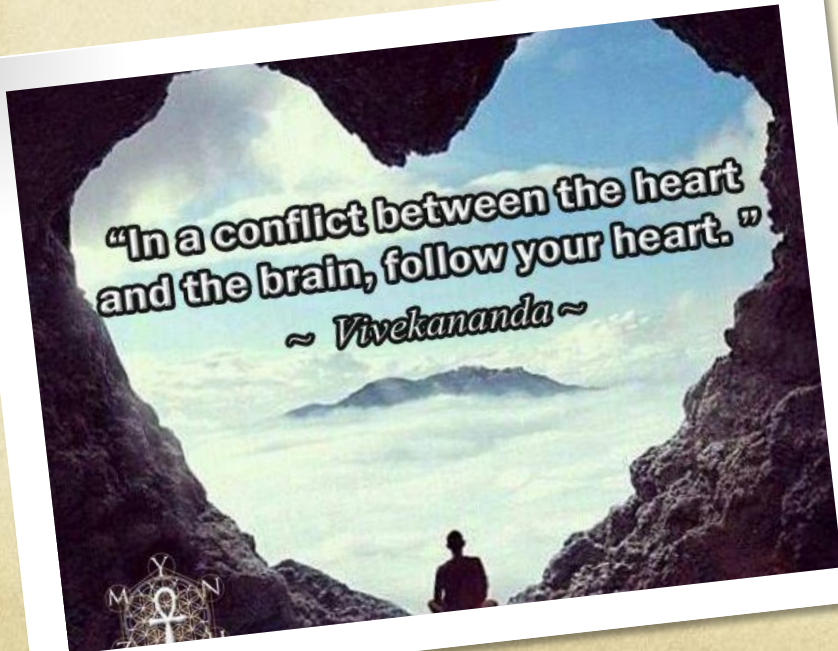
FOLLOW YOUR HEART AND
YOUR INNER COMPASS IN LIFE.



Bhakti Yoga

- Purpose: To love God, not just identify God.

**"In a conflict between the heart
and the brain, follow your heart."**
~ Vivekananda ~





Active People

- The body is meant to be in motion

7 Habits Of Highly Active People

It will grow the habits of putting ideas into actions!!!



Karma Yoga

- This yoga can be reflective or emotional





Experimentally Inclined People

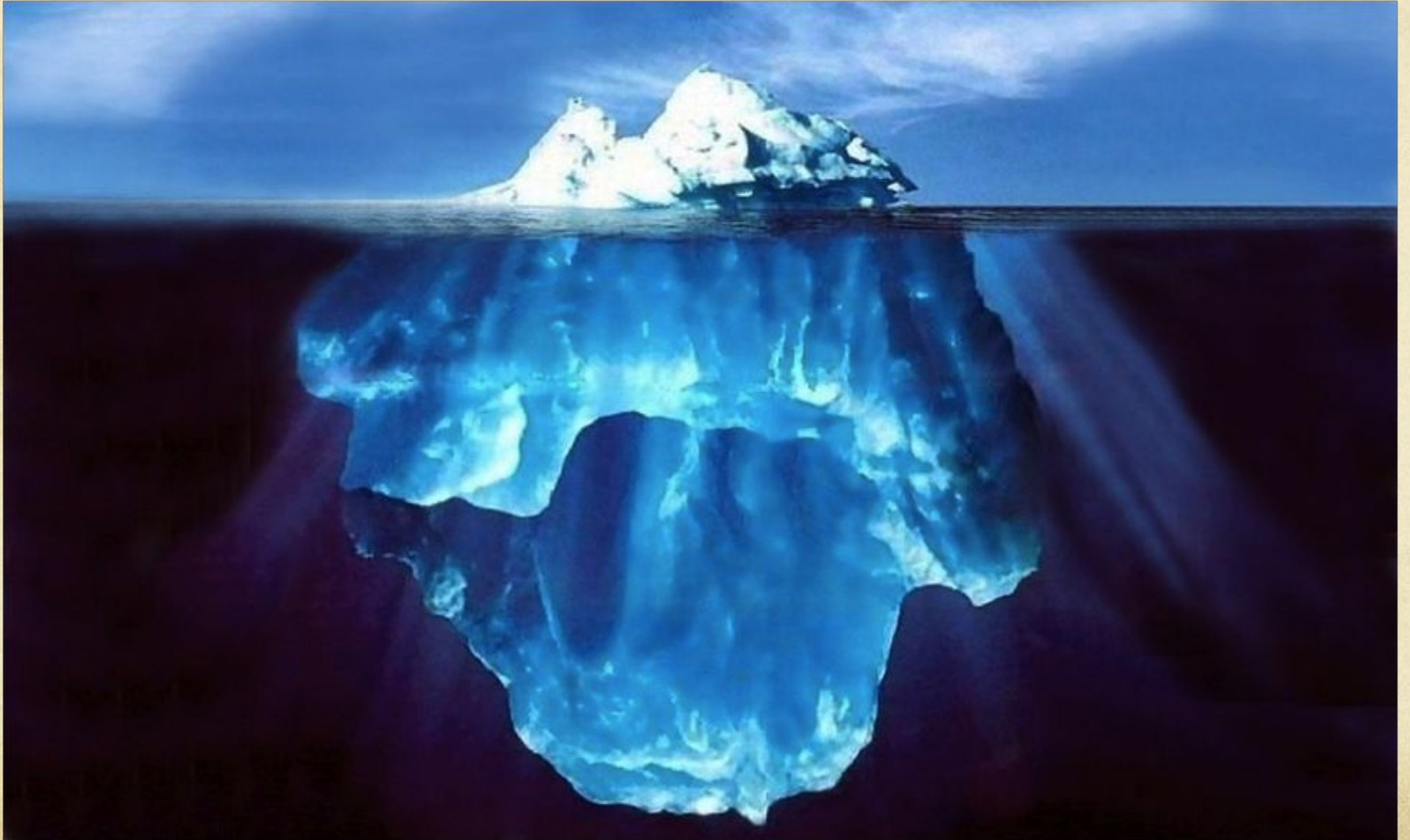
- Some need proof that they are more than their finite bodies.
- They verify their hypotheses through ordered experiments

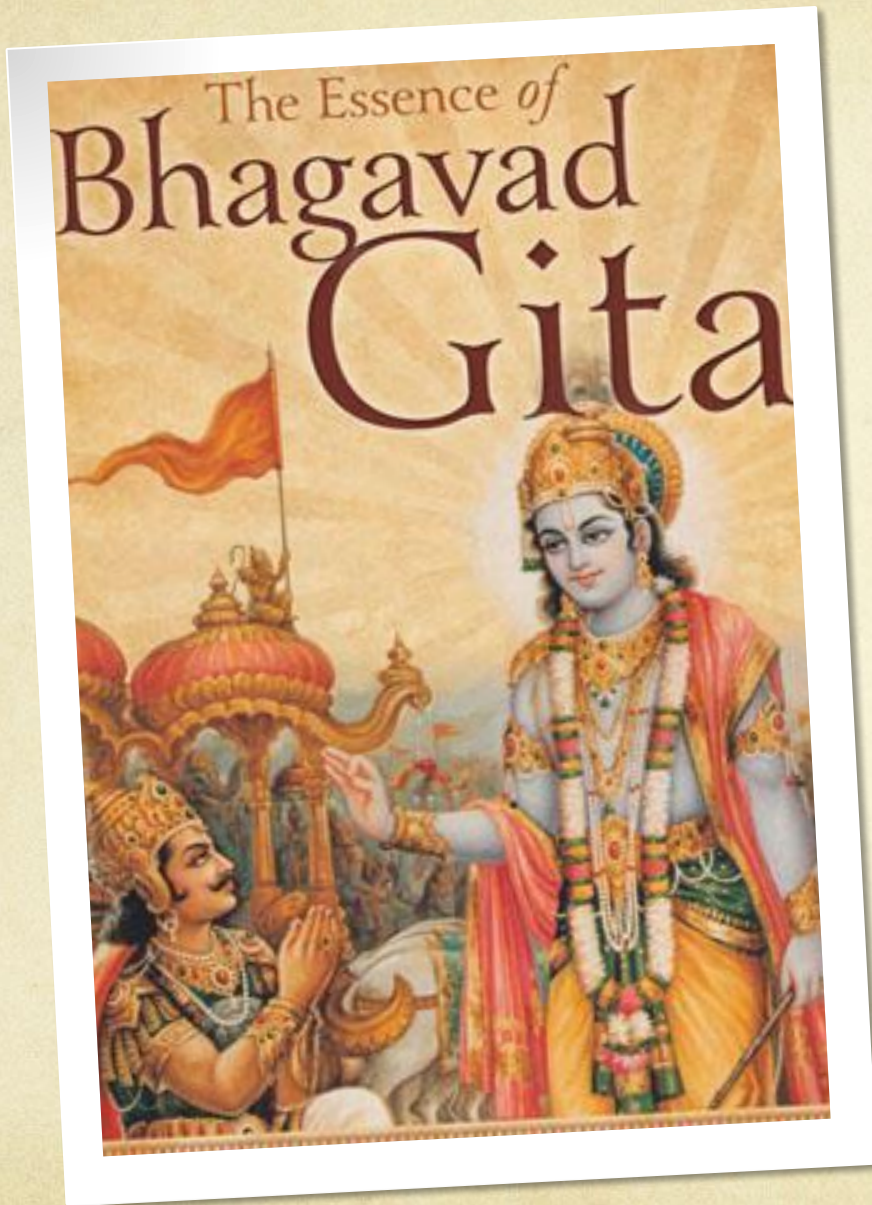


Raj Yoga

- The experiment is on the mind, not the body.
- Assumption: There is Atman
- Hypothesis: Atman is Brahman
- 8 Step Experiment

There is Atman. I am Atman. Atman is
Brahman.





Bhagavad Gita

- 400-200 BC
- Most well-known Hindu text
- Conversation between Krishna and Arjuna
- Some claim it is the only religious text that contains the actual words of God
- Many memorize the 711 lines as a show of faith

4 Stages of Hindu Life

- Student
- Householder
- Retirement
- Sannyasin (Sage)



Student

- Not just knowledge of the empirical world.
- We learn the habits and skills we will apply to it.

Householder (heck...)

- We use our physical energy to take on life and acquire goods
- Many grow unsatisfied and are ready to move on
- Others stay here for a lifetime

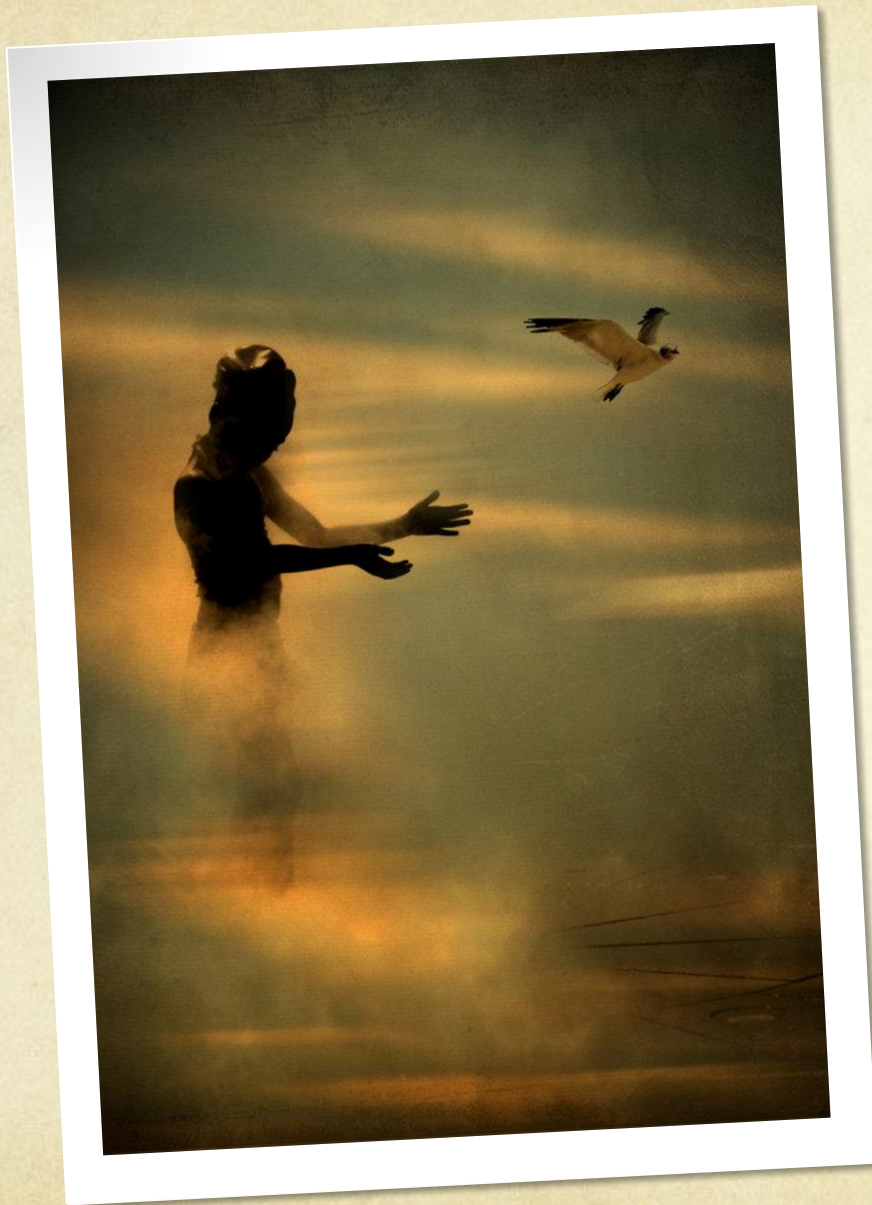




Retirement (heck yes...)

- Less worldly responsibilities
- More time to explore the world and our minds



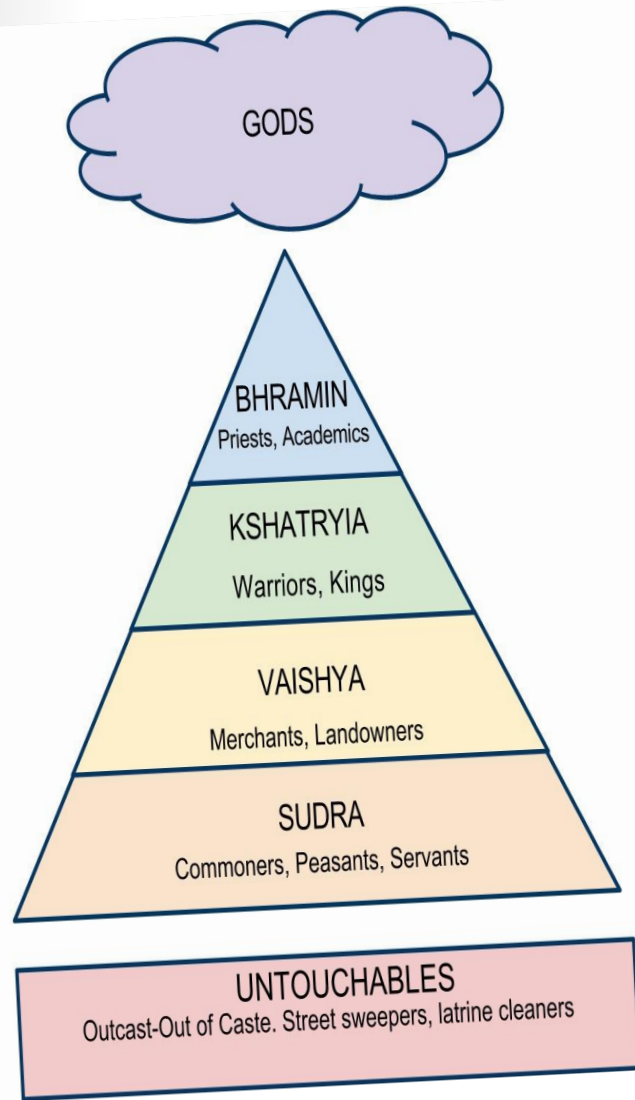


Sannyasin (Sage)

- Letting go of the material world
- We let go of the physical body to connect more to our spiritual roots.
- You will recognize these people: Natural peacemakers, sages.

Sannyasin





Caste System

- (1) Seers
- (2) Administrators
- (3) Producers
- (4) Followers
- (5) Untouchables

- We are born into a caste.
- Women can marry up
- Men cannot



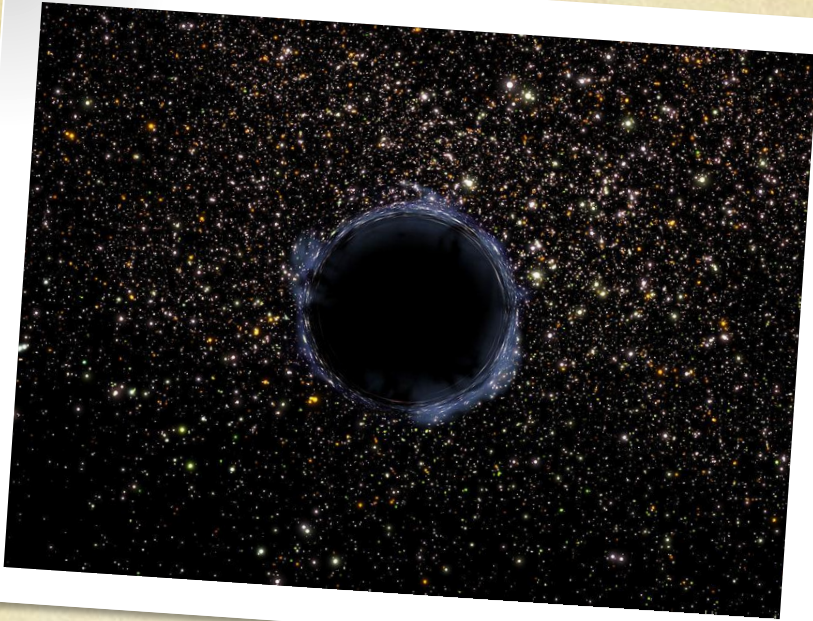
Caste System

Q: How can a religion preaching harmony with all living things produce a system so rigid and harmful to its members?

2 Views of God (Brahman)

Nirguna Brahman

Saguna Brahman





Nirguna Brahman

- Impersonal God
- No words, symbols, ideas can capture God
- Most people (except my reflective crew) needs something more concrete to

Does the ocean have a
personality?





Saguna Brahman

- God with attributes we recognize and love
- Personable God:
 - Creator (Brahman)
 - Preserver (Vishnu)
 - Destroyer (Shiva)
- Much like the God of Abraham



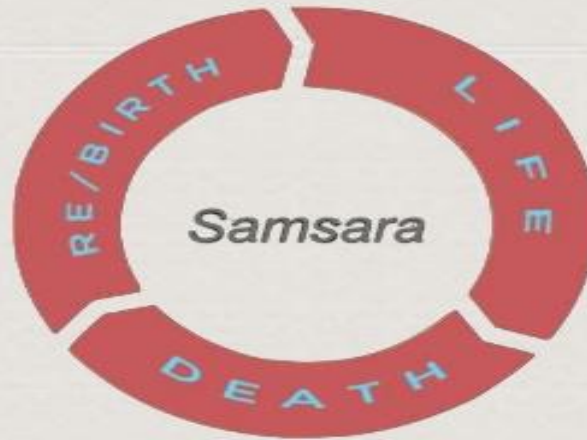
Process of Reincarnation

What are souls?


- Souls enter the world through God
- When a soul is full, it is ready for a new form

Samsara

What is the Ultimate Goal?



Moksha



**KARMA
HAS NO
DEADLINE**

What can be said of Karma?

- “Action” or
“Work”
- Moral Law of
Cause & Effect
- Examples?



**DEAR KARMA
I HAVE A LIST OF PEOPLE
YOU MISSED!**



**KARMA
HAS NO
DEADLINE**

What can be said of Karma?

- Personal
Responsibility
- Not fate or
“Fatalism”



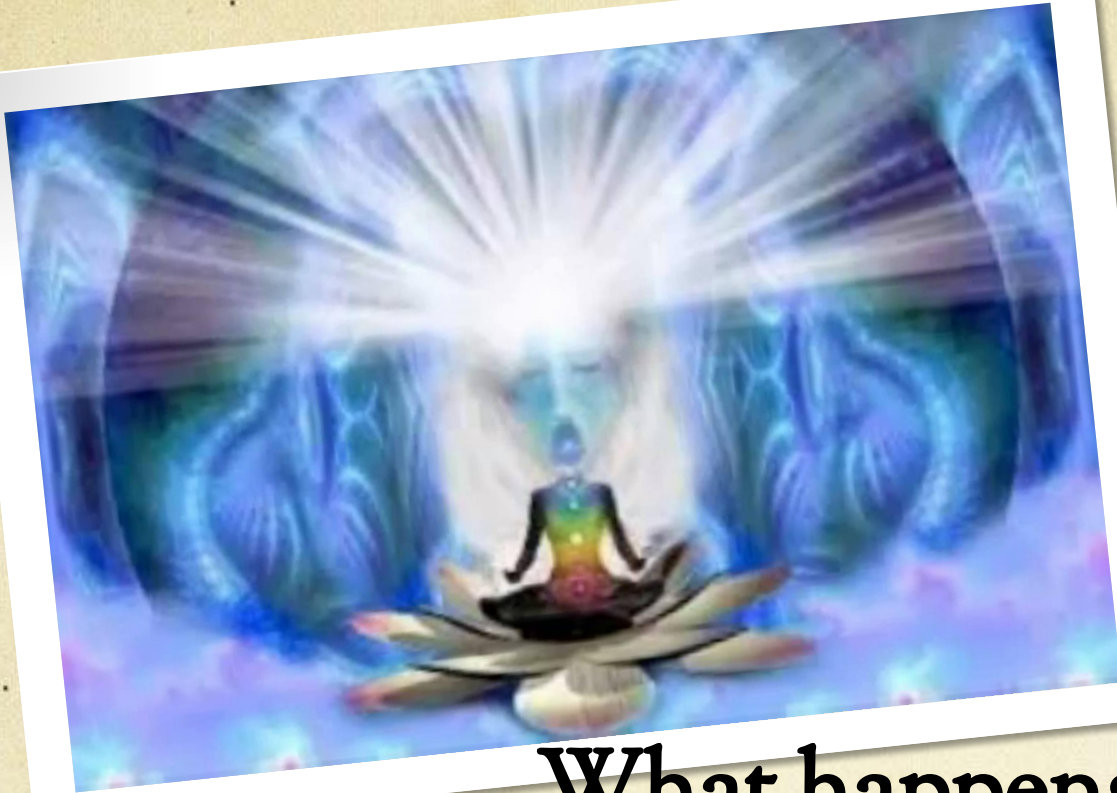
**DEAR KARMA
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What can be said of Karma?

- World is a training ground for the human spirit.
- Which of these Karma quotes is correct?

**DEAR KARMA
I HAVE A LIST OF PEOPLE
YOU MISSED!**



What happens if we achieve Moksha?

- Total identification and connection with God
- No more “self”



What happens if we achieve Moksha?

- Remain distinct from God
- Enjoy God's goods as enlightened entities

What can be said of the world?

Dualist

Non-Dualist





Dualist View of the World

- Grounded in God (God is creator)
- But God, souls, world are distinct from each other





Non-Dualist View of the World

- “Maya” (illusion)
- We must deal with its drama

Many Paths to God (JW's Argument)

- Smith Pg. 73-74
- Assuming God exists:
 - (1) Humans are imperfect beings. Our greatest achievements are still imperfect.
 - (2) Organized religion is one of humanity's lasting and great achievements (though some disagree).
 - (3) To say that "X is the only way to God" is to claim a perfect understanding of God and God's ways.
 - (4) Since (1), we cannot make such a claim.
 - (5) It is false to claim only one path to God.
- This doesn't prove that every path is correct. This just shows us how we can accept the idea of more than one path to God.

Breaking Away from Hinduism

- Jainism
 - 600 BC
 - Non-Violence, Strict Vegetarianism
 - All living things possess souls
 - No belief in traditional view of God as creator, sustainer and destroyer of the world.
- Sikhism
 - 1400 AD
 - Rejects divine incarnations (multiple forms of God)
 - Rejects caste system

End of Hinduism III

- 4 Stages of Life
- Caste System
- View of God
- Karma, Moksha, Samsara
- Dualist/Non-Dualist World
- Many Paths to God