



Eternal Human Religion

HINDUISM

Clarified & Simplified



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HINDUISM

Clarified
and
Simplified



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Clarified
and
Simplified

*An Authentic Intellectual Analysis of the most
Emotional, Spiritual and Religious Topic*

Prof. Shrikant Prasoon



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DEDICATION

Dedicated to all
Human Beings,
Particularly, to those that
Wish to absorb cosmic energy and
Imbibe humane, sublime and divine qualities
And
To my elder brothers
Late Āchārya Vishnukant Pandey
And
Sri Ramākant Pandey 'Vijay.'

Prof. Shrikant Prasoon

Preface

Hinduism is the most complex, varied and mysterious religion. So, I was dumb for a few moments, when Shri Ram Avatar Gupta, the Managing Director of Pustak Mahal, asked me to write a book '**Hinduism: Clarified and Simplified**'.

Of course, I had/ have read many Scriptures. I had/ have many books on Hinduism. I knew Hinduism. I know it. I have been fostered by and in it. But I had never thought of writing such a book. 'Knowing' is one thing and 'writing a book' is quite another thing.

I thought of some spiritual power that had inspired the MD to ask me to write such a book. That spiritual power will naturally and definitely help me to complete it. I bowed to Lord Shiva, Goddess Saraswati and Shri Ganesh and happily accepted the assignment.

I did the groundwork for a few months, re-read many books, collected a few more and went through them. After four months I completed my planning. I had written only the points.

Then, I bowed again to Lord Shiva, Goddess Saraswati and Shri Ganesh and started the rough work. I was satisfied both with my work and the spiritual power that was incessantly working in me. Now, I know that apart from purity we need only the faith to get the blessings and to get charged with the cosmic energy that is always flowing around us. We can absorb as much as we can or as much as we need to get rejuvenated. After another four months the rough work was almost ready. But I needed some more books. I requested the MD and he readily sent me all the books of my list.

While writing the book my own raw concept of Hinduism hammered at my mind. People call it Hinduism, so I'm also calling it 'Hinduism' but throughout my childhood I heard only *Sanātana Dharma*. For brief intermissions I used to get confused; 'Are Hinduism and *Sanātana Dharma* two different religions?' It was a foolish question to ask to the elders. Hence, during my youth, I got it confirmed in different ways, from different persons and books.

Now, I'm the last man to accept it as Hinduism. I accept it to be *Manava Dharma* and *Sanātana Dharma*: Eternal Religion for Human Beings. I thought that it was the first thing to be clarified and simplified. I have done it. These three words are the same; the three religions are different names of the same religion. Fortunately and happily enough, this very clarification simplifies Hinduism. Now, it's easier to understand it.

I'm a follower of that 'Eternal Religion for Human Beings' and am proud of it, proud of my tradition, culture, civilisation, the forefathers and the Scriptures. I'm proud of this land and the people, and everything that is Natural and Indian.

Then, I bowed again to Lord Shiva, Goddess Saraswati and Shri Ganesh and started writing the book. It took another six months to write the book and get it typed and corrected. When the book was ready I read and re-read it and then finished it after two months.

While writing a book it's not important to write all that we know on the selected topic but to hold the important points on different aspects and save them. Writing is easier but holding back is difficult. By checking the speed, flow and material of writing one can write a good and balanced book but if such a check or control is not applied, if all the matters are hurriedly written, then, the book will become an assembly of repeated ideas.

'Don't write all the ideas as they flow. Keep them by making notes: mostly points and a few elucidations and explanations too; and write them at their proper places to avoid repetitions'. Of course, it's tough, to control important and worth writing matter. But it has to be done for writing a great or a good book. The temptation was always there to write similar matters at one place but the danger of repetitions was looming large, so, I resisted the temptation.

There was another difficulty. Indian life is a mixed life, its culture a mixed culture and its religion is a mixed religion. It's so integrated and amalgamated that the separation of each part is not possible. It was neither needed nor attempted.

I have used short tales and incidence to elucidate this universal religion. The Indians take inspiration from such short directly didactic tales; from the symbolic meaning and significance attached to them and from the short, compact, condensed meaningful and suggestive *shlokas* and *dohas* (couplets). It would have been better to quote the couplets but it did not allow space for them. I must add here that whatever truth has been revealed in and through the *shlokas*, was also expressed through couplets but at a later age. These are the greatest possessions of the Hindus. They try to keep them on the tip of their tongue.

'Hinduism: Clarified and Simplified' presents each and every aspect of the greatest, most complex and complicated religion. The book is complete and comprehensive despite its thinness. At least, there has been an honest and conscious effort to see and present the illusive 'Whole.'

I used many techniques while writing, **'Hinduism: Clarified and Simplified'**; and I feel it's the strength of this book; but I had to repeat the Brahman; He pervades the complete book. It may or may not be treated as repetition. The inner brightness increased and guided me all through these months.

The outcome, **'Hinduism: Clarified and Simplified'** is in your hands now. While reading it you will feel the grace and blessings of gods, goddesses, Rishis and saints, throughout the book. Read it, follow it and get bliss, beatitude, peace and salvation.

Only ā has been taken from scriptural transliteration for long 'a' sound, which is otherwise impossible to write in the Roman script. Rest everything is as written in government papers, magazines, newspapers and general books. It will help the readers to read the few Mantras and Shlokas quoted in it and also the names of many persons and books.

Hari Aum Tatsat!

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Foreword

In this book there is an honest attempt to clarify and simplify Hinduism and hence, it bears the title: '**Hinduism: Clarified and Simplified**'. But one should never think that it has been done in one chapter or one paragraph. For getting a clarified and simplified view of Hinduism one will have to consciously and slowly read the whole book. Only after finishing the book one can get a glimpse of complete Hinduism; can understand it and can take its help for benediction, bliss, beatitude, prosperity and salvation: mukti; and much more than what is claimed separately by different Rishis and different books. Hinduism gives more but claims less.

All the obvious things, prevalent misconceptions, often-raised doubts, common prejudices against and known aspects of Hinduism have been discussed, analyzed and answered in a subtle way. **Hinduism Simplified and Clarified** is the central theme and the only aim behind the book. Hinduism is a complex and the most primitive religion. It's not easy to clarify and simplify it.

The author, Prof Shrikant Prasoon has done justice to the theme and has concentrated his knowledge, mind and resources to that declared theme and has succeeded in clarifying and simplifying Hinduism.

Living and illuminating Hinduism is present throughout the book; the clarifications are apt, appropriate and straightforward. The common and lucid language has adequately simplified the intricacies and complexity of the *Original, Eternal, Human, Hindu Dharma*.

Because of the spirituality, subtlety and divinity of *Dharma* I'm sure the book will be appreciated and accepted by all.

Prof. (Dr.) Birendra Nath Pandey

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Section-I

Prayers



Prayers

*Abhayam mitrādabhayamamitradabhayam
gyātādabhayam puro yeh,
abhayam naktamabhayam diwā nah
sarvā āshā mama mitram bhawantu.*

Atharva Veda 19:15:6

अभयं मित्रादभयममित्रदभयं ज्ञातादभयं पुरो यः ।
अभयं नक्तमभयं दिवा नः सर्वा आशा मम मित्रं भवन्तु ।

O God! We should not be afraid of friends or enemies; make us free from fear of known persons and all other things; we should be fearless during day and night; there should not be any cause of any fear in a country; and everywhere we get friends, and only friends.

Bhadram no api wātaya mano dakshamuta kratum.

(Rigveda 10:25:1)

भद्रं नो अपि वातय मनो दक्षमुत क्रतुम् ।

O God! Give us liberal heart, generous work and bountiful strength.

Vaishwānarjyotirbhuyāsam.

Yajurveda 20:23

वैश्वानरज्योतिर्भूयासम् ।

O God! Make me absorb your bountiful light.

*Aum purnamadah purnamidam
purnāt purnamuchayate;
purnasya purnamadāya purnamewavashishyate .
Aum shāntih shāntih shāntih.*

Aum, the Sachidānandghan, Divine Brahman, the Perfect is always perfect from all the points of view. The universe is also complete and perfect because of Him as this perfect has come out of that perfect. Therefore, the universe is perfect because of His perfection; that is why He too is perfect. Even when we take out perfect from that perfect Divinity yet the Brahman remains perfect.

Vedas, the eternal source of knowledge, are perfect. Perfect knowledge of 'one' 'some' or 'many' can be taken out of it, yet it'll remain perfect. Thus both will remain perfect.

It's really wonderful that one perfect tree comes out of one perfect seed and again that tree yields many such perfect seeds for many more perfect trees; and thus the continuity is maintained. That is perfect and this is also perfect; and after getting one perfect from another perfect; both remain perfect. It's the system behind the creation and on this system the creation has sustained so far. And if man refrains from interfering into that eternal system it may continue and grow for billions of more years to come.

*Aum viswānideva savitarduritāni parāsuva
yed bhadram tanna āsuva.*

O God, keep everything bad and impure away from me; and send everything good and pure to me.





Hinduism in Spiritual Quadruplets

One ॐ

*Hinduism contains all the known Religious Trends;
It absorbs freely whatever novelties Future sends;
It grows from inside and sustains under duress as:
On right tracks it turns and righteously itself mends.*

Two ॐ

*Hinduism is not only a Religion but also a culture;
Human, Divine and Sublime that chisels as sculpture;
Keeps as idol, loves as self, fosters with tender care:
It's Cosmic, Personal and Social and follows Scripture.*

Three ॐ

*Religion in Hinduism has a wider connotation;
It includes 'All' and the 'Whole' with ovation;
Individuals see others as projection of the 'self':
It aims at and prays for the general redemption.*

Four ॐ

*It's not possessed; instead it possesses 'All':
Human, living, non-living beings big or small;
Diversities and changes are easily accepted:
Obeys dictates of Gods and Rishis to evade fall.*

Five ॐ

*In four divisions it divides the society as active parts;
In four stages it divides life as clear, balanced charts;
It gives four pursuits to be attained in the long life:
Every sort of knowledge practical, eternal it imparts.*

Six ॐ

*Hinduism protects Religion that in turn protects life;
Gives energy, hope, tolerance, and sustenance in strife;
Religiosity releases from painful cycle of birth-rebirth:
For salvation it encourages the devotees to strive.*

Seven ॐ

*It is devotion, surrender, Oneness, spiritual wealth;
It's willpower, confidence, humility and lasting faith;
It's inner growth, peace and belief in non-violence:
And finally it's freedom from cyclical birth and death.*

Eight ॐ

*Only they feel ceaseless pain, live in constant strain;
That deviate from righteous path to turn to material gain;
Only they're suffering that fail to follow 'words of God':
By performing deeds with attachments, waste life in vain.*

Nine ॐ

*They are the blessed ones that possess purged self;
He is the enlightened one that knows his inner self;
Union or Oneness with the self is our cherished aim:
As self is godly, self is god and god lives in the self.*



Section-II

**Introduction
to
Hinduism**



The Origin of 'Hindu' and 'Hinduism' Words

Khaiber Pass was the thoroughfare and the bank of Indus River, known as Sindhu Nadi was the first major stoppage, for the persons coming to India (mostly invaders and traders). Either they were unable to pronounce Sindh or they got the wrong pronunciation and started calling it (either by mistake or deliberately) Hind. From Hind Aryāvarta became Hindustān, its people became Hindu and its religion Hinduism or Hindu Dharma, and from Indus it became India. They may be said to be of Indian origin but these are the words created by foreigners and imposed upon India. It happened in such a remote past that (a) nothing could be said with assurance; (b) it is known only to the elite mass and (c) it has been accepted and become a part and parcel of our thinking and expression.

We, the Indians, follow Mānava Dharma (Human Religion) that is also called Sanātana Dharma (Eternal Religion). Emperor Manu, one of our original forefathers, declared and established it through his *Manusmriti*, although, it was thought over and created by the Brahman and on His instance by the first Rishis and expanded, explained and enriched by other Rishis, Munies, Saints, Seers and Āchāryas. It's the only Religion that has been growing incessantly and enriched by the wise, sublime and saintly souls. It has never remained dormant. It has been flowing and refreshing itself over the myriads of centuries. *Manu or our other seers and saints never preached Hinduism. Hinduism is in fact and in essence, that Eternal, Human Religion.* The Manusmriti 2:20 mentions that the rules so framed are for all the men on the earth: *prithivyām sarvāmānawāh.*

Hinduism is originally the religion for all human beings so it's Human Religion (Mānava Dharma) and it is eternal so it's

Sanātana Dharma. **Some of the other Religions, were there in remote past, they are not now. Some of the other Religions were not in the remote past but they are at present. Hinduism is the only religion that was in the remote past and it still exists. That is why Hinduism is Eternal.**

The invaders and the traders had their own religion and weaknesses of different kinds. Had they called us 'Humanists' then it would have looked 'black and sinful' to attack on humans and humanists. So, they carefully thought over and planned, and deliberately rather by force called us Hindus to be morally and ethically free from falling down because their attacks would have been on 'humans' and 'Humanists'. Just by calling us Hindus they saved themselves from falling down in their own eyes. Now, they were morally and ethically right in attacking Hindus, abusing Hindus, robbing Hindus, killing Hindus and destroying Hindus.

All Are Related

There was yet another reason. Had they accepted Humanism as our religion, then, they would have become a part of us: as our forefathers claimed *vasundhawai kutumbakam*, universal brotherhood, or the world is a family or all the human beings are related. It would have been an acceptance that their religion had too come out of 'Humanism' or 'Eternal Religion'; that they too belonged to our family. They were not and are not ready for that. The whole world is a divided lot: in sects, castes, religions, sub-religions, colour and creed, etc. Even in the wake of internationalism and globalization, amalgamation and humanism are distant dreams. Like the moderns they too wanted to distinguish themselves and maintain the distinguishing features. They had to justify the killings in the eyes of their own people; otherwise, there was a chance of revolt from the soldiers. It was easier to keep the soldiers as butchers in the name of religion and nationality. As usual, the soldiers were made brutally prejudiced. They had no way out but to make and keep the Hindus different that we are not. *Scientists may sing different tunes and the philosophers may come with stunning logic but the eternal fact is that all human beings are evidently, obviously, genetically, scientifically, socially and psychologically related.*

This fact was known to and accepted by only the most ancient Indian 'civilized, cultured, humane, sublime, divine and wise men'

that all of us belong to one family, that we have been created by the Almighty, by one Absolute Power, by the Brahman. Even today, all the religions of the world, somehow and someday, believe in One Absolute God. Whether they call Him Brahman or not is a different matter. Only an ancient wise man was in a better position to know who had migrated to which place and when. For them most of the things must have happened in recent past that is for us very remote past. If all the continents were one continent then it was easily possible for men of the same root to have drifted to distant continents along with the continental plates. It is hypothetical for us but it would have been an incident of 'recent past' during that 'remote past'.

At their heart they all accept India as the most ancient civilisation; the birthplace of human beings, knowledge, culture and religion but on their lips and in their writing they are bent upon proving that Indian civilisation developed and flourished at a later stage. The writings of Indus Valley Civilisation, the most developed among the ancient civilisations, have not as yet been deciphered yet it's not accepted as the oldest one. It's sad that even Indian historians are following them and quote them as authentic proof. They are not giving enough time and mind to search out the missing links and prove beyond doubt "why only ancient Indians claimed the world to be a family; why they wished health and happiness for 'All'; and why only Indians say the earth to be mother. The acceptance that the earth is the mother and the sky is the father, carries some obvious and some hidden meaning. The truth that India was and to a certain extent still is the Viswa Guru has some essence in it. The truth will not alter even if one denies at the peak of one's voice or writes in books or advertise in different media. There is yet another truth that when there was no language in the world Samskrit was the most developed and sublime language. There is still no language in the world closer to its perfection. Vedic Samskrit is still the best though the latter epics were composed in worldly (laukika) Samskrit.

In different parts of the world this or that force of Nature was worshipped. Only in India all the forces of Nature were and are worshipped. It is obvious that the other countries knew the creative and destructive powers of few forces, while Indian knew a lot about all the forces that give energy and help life to sustain.

We are the Aryans. We had visited distant lands. Some might have returned back to their original motherland. That does not prove that they belonged to or had origin in another country. Only in India Aryans had and have settled life. Geographically speaking only India was most suitable for life and arrival of man. It was the 'Garden of Eden' and life first appeared here. That is also a reason that India has everything "really very ancient".

Creation, Arrival or Birth or Evolution of Man

Creation, Arrival or Birth or Evolution of Man is a different topic for discussion or debate, as it needs balanced scientific views and deep religious faith. But if man evolved from Apes, as the modern scientists are claiming, then man was evolved only in India because apes are found only in Asia. Geographically and scientifically speaking the place for the evolution of man is India. It could not have been China for it's in leeward side of the great Himalayas and sunrays and rain are not evenly distributed. It's only India that gets correct and balanced light and rain throughout the year in this or that part. It could not have been Japan because Japan is a cluster of islands full of volcanoes and the earthquakes are very common there. India is least affected by such dangerous and deadly natural phenomenon. It could not have been Arabian nations because of the deserts and hot climate. Till a few decades back it was difficult to live there for lack of water resources. Oases are not enough for life to evolve.

Only India had and has balanced climate, all the known six seasons, rivers with clean and healthy water and slow current, water plants (particularly, lotus leaves) and great fertile plains. It has the most soothing and convenient latitude and longitude (in the north and south of the Tropic of Cancer) with protective triangular shape. Other places with similar latitude and longitude are not lands and have no rivers. It includes the continents of America. At this point North and South America join together. It could not have been Africa for the whole Africa is a table shape stair-like plateau, equator passes through its middle and it has a very hot and wet climate with too much sunrays and too much rain that results in huge and dense forests. One can hardly pass through the middle of Australia or Africa. It must have been India