**FACTS OF HINDUISM**

### DHARMA

*May noble wisdom come to us from all sides, undeceived, unhindered, overflowing, so that the Devas may always help us onward, unceasing in their care, our Guardians day by day.*

_Rig Veda_

Dharma is God’s Divine Law, the law of being. Dharma is the individual what its normal development is to a seed—the orderly fulfillment of an inherent nature and destiny. When you follow dharma you are in harmony with the cosmic order; you abide close to God. The moral dimension of Hindu dharma is embodied in the eight _yamas_ (restraints) and eight _niyamas_ (observances). The _yamas_ are: non-violence; not stealing; disciplining desire; abjuring lust and greed; curbing arrogance and anger; not lying; avoiding injustice; shunning wrongdoing and evil company. The _niyamas_ are: be pure in body, mind and speech; love mankind; seek contentment; cultivate devotion; develop forbearance give charitably; study the scriptures; perform penance and sacrifice. Every person has his path; worship God, and your dharma will become clear.

### WORSHIP

*Offering of perfumed substances, flowers, incense, lamps and fresh fruit – these are the five elements of the traditional pooja which culminates with offering the lamps.*

_Kamika Agama_

Worship expresses our profound love of God. Puja, bhajan, prayer and meditation are worshipful means of direct, personal communion with God and Gods. God, Gods and devas are real beings dwelling in the inner aspect of your life. This they do in accord with your own patterns of karma and dharma. Daily, personal pooja at home keeps you God-conscious and your home holy. God has established many temples to allow us to intimately communicate with Him. Temple pooja opens a channel to God. Through His personal presence and shakti, prayers are answered, karma softened, spiritual unfoldment guided. Surrender, worship with intense love, and God hears. These four facts – karma, reincarnation, dharma, worship – are essence of the Vedas and Agamas and the fabric of every Hindu’s life. Speak of them to all who will listen. They are the heritage of all souls on this planet.

### KARMA

*Karma is what the soul undergoes in one of two ways, according to whether its actions are virtuous or not; but both kinds subsist until the end of enjoyment in this world.*

_Svayambu Agama_

God’s cosmic law of karma governs our life experiences through cause and effect. As God’s force of gravity shapes cosmic order, karma shapes experiential order. Through karma, your thoughts, emotions and deeds – whether good, bad or mixed – return to you. Thus, karma is your teacher. It imparts the lessons you need and able to meet. For it is a divine law that no karmic situation will arise that exceeds your ability to resolve it. Karma is not fate. You have free will. No God or external force is controlling your life. It is all your karmic creation. To be responsible for you karma is your strength. To blame another is weakness. Therefore, remember God’s great law of karma and act wisely.

### REINCARNATION

_Through his past works he shall once more to birth, entering whatever form his heart is set on. This mighty soul unborn grows not old, nor dies, for the soul is immortal and fearless._

_Brihadaranyaka Upanishad_

Your soul is an immortal body of light. Its Absolute and super-conscious essence is identical with God. Yet, this identity needs to be realised and unfolded within the soul. Toward this goal your soul undertakes many, many lifetimes in a physical body. You are now the sum of total of all your past lives. You undergo every conceivable human experience as the forces of body, ego and desire manifest. In the latter lives these forces are transmuted towards spirituality. Finally your soul realises God. After resolving all residual karmas, your soul no longer incarnates into a human form. As the Agamas and Vedas teach, the soul continues its evolution in the inner worlds. Therefore, live joyously, strive for spiritual unfoldment and do not fear death.