

# **Fundamentals of Sanatan-Dharma (The Eternal Religion)**

**The Science of the Soul**

**The Science of Species**

**The Law of Conservation of Energy**

**The Law of Action and Reaction**

**The Laws of Material Science**

**The Symptoms of Life**

**Description of God**

**Free Will**

**The Ultimate Aim of Following Sanatan-Dharma**

**Description of the People in the Kingdom of God**

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## 1. The age of Sanatan-Dharma

In Sanskrit, the oldest language in the world, ‘Sanatan’ means eternal and ‘Dharma’ means religion or duty. Sanatan-Dharma is eternal, it has always existed and it will always exist. The religion is re-established at the beginning of each cycle of creation and annihilation. In the current cycle it was established 155.522 trillion years ago at creation. This is the current age of the universe based on the scriptures of Sanatan-Dharma, also known as the Vedic scriptures.

**“You are the supreme primal objective. You are the ultimate resting place of all this universe. You are inexhaustible, and You are the oldest. You are the maintainer of the eternal religion, the Personality of Godhead. This is my opinion.”**  
(Arjuna to Lord Krishna, Bhagavad-Gita 11.18)

## 2. The 6 Pillars of Sanatan-Dharma

### a. Truthfulness

One must always speak the truth, stand up for the truth, and side with the truth.

### b. Compassion

All living beings are brothers and sisters, and thus, one must be kind to all his brothers and sisters. This teaching is unique to Sanatan-Dharma, and it comes from the most merciful Person, Lord Krishna (God). Kindness to animals is practiced by not killing them (vegetarianism and no leather). Treat people equally and nicely, consider the wellbeing of everyone. Don’t consume alcohol and drugs, gamble, nor have relationships outside of marriage, because these cause suffering to families and especially to the women and children. Thus one should refrain from these sinful activities.

### c. Austerity

Live a simple life, don’t be materialistic, eat simply, fast, don’t make demands on others, lower your ego, chant Vedic mantras, reduce your desires and lust, and go on pilgrimage to holy places.

### d. Cleanliness

Take bath at least once daily, brush teeth at least twice daily, keep the home, business/work area, public places, rivers, and streets clean by regular cleaning and not throwing trash.

### e. Charity

Donations should be given on a regular basis to accountable and worthy Temples, to those engaged in the service of God, to those engaged in preaching the glories and instructions of God, and to the poor.

## f. Spiritual Education

The Vedic knowledge is eternal and vast with more than 800,000 verses, compiled by God Himself in Person. They provide knowledge in all areas of life and the science of God. The Srimad Bhagavad-Gita is the essence of all Vedic knowledge, the Word of God in Person. The Srimad Bhagavatam, has the pastimes of God and history of humans dating back to creation, 155.522 trillion years ago. Only the Vedic scriptures contain the pastimes of God and His description. One should study these two scriptures on a regular basis and especially the children.

**“The Supreme Personality of Godhead said: Fearlessness; purification of one’s existence; cultivation of spiritual knowledge; charity; self-control; performance of sacrifice; study of the Vedas; austerity; simplicity; nonviolence; truthfulness; freedom from anger; renunciation; tranquility; aversion to faultfinding; compassion for all living entities; freedom from covetousness; gentleness; modesty; steady determination; vigor; forgiveness; fortitude; cleanliness; and freedom from envy and from the passion for honor – these transcendental qualities, O son of Bharata, belong to godly men endowed with divine nature.” (Lord Krishna, Bhagavad-Gita 16.1-3)**

### 3. Teachings Unique to Sanatan-Dharma

- Eventually every soul goes back to the kingdom of God, because God is all merciful
- We are eternal, we have always existed (reincarnation). We exist now, we existed before this body, and we will continue to exist after this body
- One, real, seen, and proven God who has appeared millions of times in various Forms and Names
- Vast eternal knowledge (800,000+ verses), compiled by God Himself in Person
- Justice for all living beings via the infallible Law of Karma
- Universal brotherhood, all living beings are brothers and sisters
- Personal service to God with Deity worship
- God appears in this and other universes to perform His transcendental pastimes
- God has scheduled appearances because He is OMniscient (knows the past, present and the future). All His scheduled appearances and His complete description is only given in the Vedic scriptures
- The material creation is cyclic. There are repeated cycles of creation and annihilation

**“Being purified by his intelligence and controlling the mind with determination, giving up the objects of sense gratification, being freed from attachment and hatred, one who lives in a secluded place, who eats little, who controls his body, mind and power of speech, who is always in trance and who is detached, free from false ego, false strength, false pride, lust, anger, and acceptance of material things, free from false proprietorship, and peaceful – such a person is certainly elevated to the position of self-realization.” (Lord Krishna, Bhagavad-Gita 18.51-53)**

**“One who is not envious but is a kind friend to all living entities, who does not think himself a proprietor and is free from false ego, who is equal in both happiness and distress, who is tolerant, always satisfied, self-controlled, and engaged in devotional service with determination, his mind and intelligence fixed on Me – such a devotee of Mine is very dear to Me.” (Lord Krishna, Bhagavad-Gita 12.13-14)**

#### **4. The Science of the Soul**

- The soul is eternal
- The soul cannot be destroyed by any weapon, burned, blown, or moistened
- The soul is neither male nor female
- The soul is neither black nor white
- The soul is not Indian, nor American, nor African
- The soul is not Hindu, nor Christian, nor Muslim
- The soul is neither diseased nor healthy
- One soul is neither richer nor poorer than another
- The soul is neither old nor young
- The soul has no weight and cannot be seen with the naked eye
- The soul is situated in the heart of all living beings
- The size of the soul is 1/10,000th of the tip of the hair
- All souls are equal, one soul is neither inferior nor superior to another
- Every soul is part of the Supreme

#### **The Fundamental Law of Physics (Conservation of Energy)**

Energy cannot be destroyed but it can change forms. We (the soul) are the energy and the body is the form. When our current form (the body) is destroyed, we change into another form (another body). This is the fundamental teaching of the Bhagavad-Gita.

**"As a person puts on new garments, giving up old ones, the soul similarly accepts new material bodies, giving up the old and useless ones." (Lord Krishna, Bhagavad-Gita 2.22)**

#### **We Are The Eternal Soul And Not The Temporary Body**

When a person dies, we say ‘he passed away’, but the body is right in front of us. This implies there are 2 entities, the ‘body’ and the ‘he’. The ‘he’ is the soul, the real person. This is the first teaching from the Bhagavad-Gita, the real ‘he’ is the soul and not the body. The body is temporary but the ‘he’ is eternal. Where has he (the soul) passed away to? Another body.

**“As the embodied soul continuously passes, in this body, from boyhood to youth to old age, the soul similarly passes into another body at death. A sober person is not bewildered by such a change.” (Lord Krishna, Bhagavad-Gita 2.13)**

**"That which pervades the entire body you should know to be indestructible. No one is able to destroy that imperishable soul." (Lord Krishna, Bhagavad-Gita 2.17)**

**"The soul can never be cut to pieces by any weapon, nor burned by fire, nor moistened by water, nor withered by the wind." (Lord Krishna, Bhagavad-Gita 2.23)**

## **We Have Always Existed**

**“Never was there a time when I did not exist, nor you, nor all these kings; nor in the future shall any of us cease to be.” (Lord Krishna, Bhagavad-Gita 2.12)**

## **5. The Science of Species**

Number of Species (bodies) that the soul can occupy. The below and all other verses in the Vedic scriptures were written more than 5000 years ago.

**"jalaja nava lakshani, sthavara laksha-vimshati, krimayo rudra-sankhyakah, pakshinam dasha-lakshanam, trinshal-lakshani pashavah, chatur lakshani manavah" (Padma Purana)**

Jalaja (Water based life forms) - 0.9 million

Sthavara (Immobile implying plants and trees) - 2.0 million

Krimayo (Reptiles) - 1.1 million

Pakshinam (Birds) - 1.0 million

Pashavah (animals) - 3.0 million

Manavah (human-like) - 0.4 million

Total 8.4 million species of living beings.

A soul occupies a particular body, exactly based on its desires and deserves.

**“The living entity in material nature thus follows the ways of life, enjoying the three modes of nature. This is due to his association with that material nature. Thus he meets with good and evil among various species.” (Lord Krishna, Bhagavad-Gita 13.22)**

## **Have The Human Species Originated From One Couple?**

No. The scientists have proven with genetic science that it's impossible for the human population of the world to originate from one couple. The Vedic scriptures give details that the human species have originated from thousands of couples.

## **Have The Human Species Existed For Only 6000 Years?**

No. The scientists have proven that human beings have existed for millions of years. Human bones dating back to millions of years can be found in museums around the world. The Vedic scriptures give details that the humans and other species have existed for 155.522 trillion years.

## **Who Is The Origin Of All Living Beings?**

**"Furthermore, O Arjuna, I am the generating seed of all existences. There is no being - moving or nonmoving - that can exist without Me." (Lord Krishna, Bhagavad-Gita 10.39)**

**"It should be understood that all species of life, O son of Kuntī, are made possible by birth in this material nature, and that I am the seed-giving father." (Lord Krishna, Bhagavad-Gita 14.4)**

## **6. The Laws of Material Science (Physics)**

Time is Eternal  
Matter is Eternal

### **What is Time and Matter?**

**These are the energies of God.**

### **Why is Time and Matter Eternal?**

**Time and matter are eternal, because they are the energies of the eternal God, Lord Krishna. Since Lord Krishna is eternal, His energies are also eternal.**

**"Material nature and the living entities should be understood to be beginningless. Their transformations and the modes of matter are products of material nature." (Lord Krishna, Bhagavad-Gita 13.20)**

**"The Supreme Personality of Godhead said: Time I am." (Lord Krishna, Bhagavad-Gita 11.32)**

### **Why are Living Entities (Souls) Eternal?**

The living entities (souls) are eternal, because they are parts of the eternal God, Lord Krishna. Since Lord Krishna is eternal, His parts must also be eternal.

**"The living entities in this conditioned world are My eternal fragmental parts." (Lord Krishna, Bhagavad-Gita 15.7)**

## 7. The Symptoms of Life

**Have Consciousness**

**Have Form**

**There is no living being that has no form or no consciousness.**

**Does God have a Form?**

Yes. If God is a living being, then He must have consciousness and a form. Although His consciousness and form, will not be like ours, because He is great and we are not. Our consciousness is lower and our form is temporary. Lord Krishna has the highest consciousness and He has the most beautiful form, which is eternal.

**“Although I am unborn and My transcendental body never deteriorates, and although I am the Lord of all living entities, I still appear in every millennium in My original transcendental form.” (Lord Krishna, Bhagavad-Gita 4.6)**

Lord Krishna appears in His original form, once every 8.64 billion years. He also appears in His other forms, millions of times.

The most foolish and the spiritually less intelligent, cannot understand God having a form and appearing.

**“Fools deride Me when I descend in the human form. They do not know My transcendental nature as the Supreme Lord of all that be.” (Lord Krishna, Bhagavad-Gita 9.11)**

**One can only understand God and eventually see Him, face to Face, only by serving Him.**

**“My dear Arjuna, only by undivided devotional service can I be understood as I am, standing before you, and can thus be seen directly. Only in this way can you enter into the mysteries of My understanding.” (Lord Krishna, Bhagavad-Gita 11.54)**

## 8. The Law of Action and Reaction

Life is an intelligent design, nothing happens by chance.

For every action taken, there will be a reaction. This is Newton's Law to the scientists. This Law has been eternally known to the Vedic followers and is a fundamental teaching in the Vedic scriptures. This Law applies to matter based on the scientists, and based on the Vedic knowledge applies also to spirit souls (humans) too. This is the Law of Karma, infallible justice for all living beings. For every action we take, we will face a reaction.



**“Material nature consists of three modes – goodness, passion and ignorance. When the eternal living entity comes in contact with nature, O mighty-armed Arjuna, he becomes conditioned by these modes.” (Lord Krishna, Bhagavad-Gita 14.5)**

**“When one dies in the mode of goodness, he attains to the pure higher planets of the great sages. When one dies in the mode of passion, he takes birth among those engaged in fruitive activities; and when one dies in the mode of ignorance, he takes birth in the animal kingdom. The result of pious action is pure and is said to be in the mode of goodness. But action done in the mode of passion results in misery, and action performed in the mode of ignorance results in foolishness. From the mode of goodness, real knowledge develops; from the mode of passion, greed develops; and from the mode of ignorance develop foolishness, madness and illusion. Those situated in the mode of goodness gradually go upward to the higher planets; those in the mode of passion live on the earthly planets; and those in the abominable mode of ignorance go down to the hellish worlds.” (Lord Krishna, Bhagavad-Gita 14.14-18)**

We can take good actions (mode of goodness), bad actions (mode of passion) or ugly actions (mode of ignorance). The result of these actions will be that we suffer or enjoy.

## **9. God Is One**

Only one Person has appeared many times, declared, and proved Himself as the Supreme Person. This is because, God is One.

### **God is Omnipresent, meaning He is present everywhere**

**“Although I am the maintainer of all living entities and although I am everywhere, I am not a part of this cosmic manifestation, for My Self is the very source of creation.” (Lord Krishna, Bhagavad-Gita 9.5)**

**“I am the super soul, situated within the heart of all living beings. I am the origin, the middle, and the end of all living beings.” (Lord Krishna, Bhagavad-Gita 10.20)**

Lord Krishna is present in the heart of all living beings, including the plants and animals as the super soul, next to the individual soul.

**“I exist within everything, and I am therefore the essence of the atomic constituents of material elements. (Lord Krishna, Srimad-Bhagavatam 11.15.12)**

Lord Krishna is present in every atom.

### **God is Omnipotent, meaning He is the greatest**

**“With a single fragment of Myself I pervade and support this entire universe.” (Lord Krishna, Bhagavad-Gita 10.42)**

**God is Omniscient, meaning He knows the past, present, and the future**

**“O Arjuna, as the Supreme Personality of Godhead, I know everything that has happened in the past, all that is happening in the present, and all things that are yet to come.” (Lord Krishna, Bhagavad-Gita 7.26)**

**God is the Supreme Father**

**“It should be understood that all species of life, o son of Kunti, are made possible by birth in this material nature, and that I am the seed giving father.” (Lord Krishna, Bhagavad-Gita 14.4)**

**God is the Supreme Creator**

**“The whole cosmic order is under Me. Under My will it is automatically manifested again and again, and under My will it is annihilated at the end.” (Lord Krishna, Bhagavad-Gita 9.8)**

**“I am the source of all spiritual and material worlds. Everything emanates from Me. The wise who perfectly know this engage in My devotional service and worship Me with all their hearts.” (Lord Krishna, Bhagavad-Gita 10.8)**

**“Furthermore, O Arjuna, I am the generating seed of all existences. There is no being – moving or nonmoving – that can exist without Me.” (Lord Krishna, Bhagavad-Gita 10.39)**

**God is the Supreme Controller**

**“I give heat, and I withhold and send forth the rain.” (Lord Krishna, Bhagavad-Gita 9.19)**

**God is the Supreme Maintainer**

**“I enter into each planet, and by My energy they stay in orbit.” (Lord Krishna, Bhagavad-Gita 15.13)**

**10. God Is Equal to All**

Lord Krishna is the creator of all living beings (humans, animals, plants) and He is equal to all. The souls are in different bodies in various situations due to their own desires and deserves.

**“I envy no one, nor am I partial to anyone. I am equal to all. But whoever renders service unto Me in devotion is a friend, is in Me, and I am also a friend to him.” (Lord Krishna, Bhagavad-Gita 9.29)**

## **11. The qualities of a Prophet of God**

**“The symptoms of a sadhu are that he is tolerant, merciful and friendly to all living entities. He has no enemies, he is peaceful, he abides by the scriptures, and all his characteristics are sublime.” (Srimad-Bhagavatam 3.25)**

**“A sober person who can tolerate the urge to speak, the mind’s demands, the actions of anger and the urges of the tongue, belly and genitals is qualified to make disciples all over the world.” (Nectar of Instruction 1)**

By Vedic standards, someone who engages in any form of violence towards any living being, theft, lust, looting, incites hatred, or is materialistic, can never be called a saintly person. Only those who possess the above saintly qualities can be accepted as a genuine Swami/Guru or Prophet of God. One should only hear and learn religious values from saintly persons.

## **12. The main scriptures of Sanatan-Dharma**

There are more scriptures in Sanatan-Dharma than the scriptures of all other religions in the world put together. There are more than 800,000 verses in the Vedic scriptures which were compiled by God Himself. The essence of all the Vedic knowledge is the Bhagavad-Gita, the word of God in Person, which was spoken by God Himself in Person, from His own Mouth, and compiled into a book by Himself.

Some of the main scriptures of Sanatan-Dharma

The 4 Vedas - more than 20,000 verses  
108 Upanishads – more than 4000 verses  
Ramayan – more than 25,000 verses  
18 Puranas - 400,000 verses  
Bhagavad-Gita – 700 verses

**“I am the father of this universe, the mother, the support and the grandsire. I am the object of knowledge, the purifier and the syllable om. I am also the R̥g, the Sama and the Yajur Vedas.” (Lord Krishna, Bhagavad-Gita 9.17)**

The Vedic scriptures are proven to be the oldest documents on the planet, and they originate from God, Lord Krishna.

**“This knowledge is the king of education, the most secret of all secrets. It is the purest knowledge, and because it gives direct perception of the self by realization, it is the perfection of religion. It is everlasting, and it is joyfully performed.” (Lord Krishna, Bhagavad-Gita 9.2)**

**The Bhagavad-Gita is the best book on spirituality, period. One can realize this if one truly understands it, and all other scriptures on the planet.**

### 13. A letter from our friends

My Dear Humans,

You have feelings, we also have feelings  
You feel pain, we also feel pain  
You are fearful, we are also fearful  
You have a family, we also have a family  
You want to live, we also want to live  
You are living beings, we are also living beings  
You were created by God, we were also created by the same God  
You have consciousness, we also have consciousness  
You have a soul, we also have a soul  
You wouldn't like to have your throat cut, we wouldn't either  
You are not food for us, we are also not food for you

Yours faithfully,

Signed: Your most humble friends (Cows, chickens, goats, pigs, and others)

**(Humans, please stop killing, go vegetarian)**

### 14. Description of God

God can only be known by those who engage in His service.

**“My dear Arjuna, only by undivided devotional service can I be understood as I am, standing before you, and can thus be seen directly. Only in this way can you enter into the mysteries of My understanding.” (Lord Krishna, Bhagavad-Gita 11.54)**

Only the Vedic scriptures describe God, and in complete.

Lord Krishna's original form is just like a human being. Even the Christian Bible states that man is made in the image of God. This means that God is a person with two hands, 2 legs and so on. That person is Lord Krishna.

- His complexion is dark-blue, like that of a rain filled cloud
- His eyes are like lotus petals
- He is ever youthful
- He is full of bliss and His beauty excels that of thousands of cupids
- He likes to play the flute
- He wears a peacock feather in his crown
- He wears the Kaustubha jewel around his neck
- He wears yellow garments

Here is the description of God from the Vedic scriptures.

**“His mouth expresses His happiness. His eyes spread like the petals of a lotus, and His garments, yellowish like the saffron of a kadamba flower, are bedecked with valuable jewels. His ornaments are all made of gold, set with jewels, and He wears a glowing head dress and earrings. His lotus feet are placed over the whorls of the lotus like hearts of great mystics. On His chest is the Kaustubha jewel, engraved with a beautiful calf, and there are other jewels on His shoulders. His complete torso is garlanded with fresh flowers. He is well decorated with an ornamental wreath about His waist and rings studded with valuable jewels on His fingers. His leglets, His bangles, His oiled hair, curling with a bluish tint, and His beautiful smiling face are all very pleasing.” (Srimad Bhagavatam 2.2.9-11)**

The above is the description of God, anyone who believes that God is eternal, all beautiful, all merciful, and loving, would accept Lord Krishna as the Supreme Person and immediately engage in His service.

### **15. Description of People in the Kingdom of God**

**“The inhabitants of the Vaikuntha planets are described as having a glowing sky-bluish complexion. Their eyes resemble lotus flowers, their dress is of yellowish color, and their bodily features very attractive. They are just the age of growing youths, they all have four hands, they are all nicely decorated with pearl necklaces with ornamental medallions, and they all appear to be effulgent. Some of them are effulgent like coral and diamonds in complexion and have garlands on their heads, blooming like lotus flowers, and some wear earrings. The Vaikuntha planets are also surrounded by various airplanes, all glowing and brilliantly situated. These airplanes belong to the great mahatmas or devotees of the Lord. The ladies are as beautiful as lightning because of their celestial complexions, and all these combined together appear just like the sky decorated with both clouds and lightning.” (Srimad Bhagavatam 2.9.11-13)**

By engaging in Bhakti unto Lord Krishna, anyone can go back to the Kingdom of God, Vaikuntha, at the end of this short life, and live eternally in the same body that is completely beautiful, full of bliss, full of knowledge, with no trace of misery, no old age, no disease, no death, no taxes, and no layoffs.

### **16. The Ultimate aim of following Sanatan-Dharma**

To attain love of God

We don't want wealth  
We don't want paradise  
We don't want any material benefits

We just want to serve and love God

**“Being freed from attachment, fear and anger, being fully absorbed in Me and taking refuge in Me, many, many persons in the past became purified by knowledge of Me – and thus they all attained transcendental love for Me.” (Lord Krishna, Bhagavad-Gita 4.10)**

### **17. Free Will**

**“Thus I have explained to you knowledge still more confidential. Deliberate on this fully, and then do what you wish to do.” (Lord Krishna, Bhagavad-Gita 18.63)**

After speaking the Bhagavad-Gita, Lord Krishna gives Arjuna free will to follow Him or not. He does not curse anyone. Human beings are given free will by God Himself. This can be proven by the fact that people are born into different religions by the will of God. God does not test anyone with regards to beliefs, because we are not animals in a laboratory. One can practice any religion or no religion. The real God does not force or curse anyone who decides to follow a particular path or no path. Those who don't allow freedom of religion, or force their beliefs unto others are against free will, against the will of God. They are the real unbelievers of God.

**"Those who are envious and mischievous, who are the lowest among men, I perpetually cast into the ocean of material existence, into various demoniac species of life.” (Lord Krishna, Bhagavad-Gita 16.19)**

### **18. The final destination for everyone**

We should all strive to attain the abode of God. Where everyone lives eternally in the same body in complete bliss, with no old age, no disease, no death, no taxes, zero violence, no anxiety, no misery of any kind.

**“That which the Vedantists describe as unmanifest and infallible, that which is known as the supreme destination, that place from which, having attained it, one never returns – that is My supreme abode.” (Lord Krishna, Bhagavad-Gita 8.21)**

**“That supreme abode of Mine is not illumined by the sun or moon, nor by fire or electricity. Those who reach it never return to this material world.” (Lord Krishna, Bhagavad-Gita 15.6)**

### **19. Everyone can be saved from the miseries of material existence**

Lord Krishna is most merciful, the real God, He will save everyone.

**“Always think of Me, become My devotee, worship Me and offer your homage unto Me. Thus you will come to Me without fail. I promise you this because you are My very dear friend. Abandon all varieties of religion and just surrender unto Me. I shall deliver you from all sinful reactions. Do not fear.” (Lord Krishna, Bhagavad-Gita 19.65-66)**



## Summary of World Religions – God Is One

Above is the God of the Bhagavad-Gita, Lord Krishna. Completely described, seen, and proven millions of times. Based on the Holy Bible and the Holy Koran, God is not described.

As you can see above, God is only described once, in the scriptures of only one religion, this is because, God is One.

“Because I am transcendental, beyond both the fallible and the infallible, and because I am the greatest, I am celebrated both in the world and in the Vedas as that Supreme Person.” (Lord Krishna, Bhagavad-Gita 15.18)

**QUESTION EVERYTHING**  
**And you will find the truth**

**God is Eternal**  
**Time is Eternal**  
**Matter is Eternal**  
**We (souls) are Eternal**  
**His Teachings are Eternal**  
**His Religion is Sanatan-Dharma**

**The Truth is that which is Eternal**