



SANATANA DHARMA (SD)

Day2, 8th Nov2022

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Summary: This is record of Madam's disclosure on Sanatana Dharma on 2nd day, 8th Nov,2022. Sanatana Dharma explained in 28 points. On this day point-3 to point6 are covered.

These covered 3 points on Sanatana Dharma (SD) are: What is essence of Dharma, Description of Santana Dharma and last point is what is Dharma.

3) What is essence of Sanatana Dharma

Sanatana Dharma(If we have to say in one sentence) is:

1. **SARVAM KHAL VIDAM BRAHMA** (Chaandogya Upanishad)

Entire universe is Brahman, it is manifested by Brahman.

This is essence of all Upanishads. It is also essence of our Sanatana Dharma,

2. **OMISHAVASYAA MIDAM SARVAM YAT KINCH JAGATYAM JAGAT** (Eesha Upanishad)

Whole Universe is pervaded by God. Whole world is God.

Hence we worship **Panchaboothalu**, Rain, cloud, Sun, Moon, all Human being (as divinity exists in all human beings) everything is Brahman. As all these are manifestation of Brahman.

SD is for welfare of all Human beings/Nature/All animals and all types of 84 lakhs living beings. Our SD suggests welfare of whole universe. Harmony between Gods and Human beings, Human beings and Animals, et..., welfare of all.

3. SD is for achieving **Chaturvidha Purusharthalu**, they are Dharma, Artha, Kama and Moksha.

4. Sanatana Dharma follows Vedas, and Vedas guide through:

- **Satyam Vadha**
- **Dharmam Chara**

Always follow Dharmam

Follow Vedic directives:

- **Matru Devo Bhava**(worship mother as a God)
- **Pitru Devo Bhava**(Worship father as God)
- **Acharya Devo Bhava**(Worship Guru as God)
- **Athidi Devo Bhava**(Worship Athidi as God)

Our SD tells us:

- **Asathoma Sargamaya** - Non Existance to Existance

Thamasoma Jyothirgamaya - Darkness to Light

Mruthyoma Sargamaya- Death to Immortality

Shanti hi Shanti hi Shanti hi - Peace PeacePeace

Tree times Peace 1) **Adhyatamika**Peace

2) **Adi Bouthika**Peace

3) **Adi Daivika**Peace

The essence of Sanatana Dharma is all about and is to get Happiness and not to have troubles.

Follow what Vedas and rishis suggested in SD and enjoy the life.

We have to Pray the Gods to achieve from mortal to Immortal and how we can imbibe all these Dharmas within us

Also how we can imbibe and improve Good Qualities(**Satvika Gunalu – Daivika Gunalu**) and reduce or eliminate **Asura Gunalu** (Chapter 17 of **Bhagavad Gita** explains on **Daiva Asura Gunalu**).

Bhagavan Vyasa writes:

Paropakaraya Punyaya

Papaya Para Peedanaya

Also indicating help the surrounding human beings and nature and do not trouble.

The above is essence of Sanatana Dharma.

4 Description of SD

Our SD is existing from beginning of creation, crores of years back.

First Manu and his sons ruled the whole world and Raja Ambarisha and many other Chakravarthies ruled the world with Sanatana Dharma Principles. (as per literature Ambarisha Ruled land had 4 oceans like hip belt, indicating whole world).

World is having 7 land parts ruled by 7 sons of Swayambhu Manu.

- 1) JambuDweepa - Ruled by Agneendhra
- 2) LakshyaDweepam -Medhathithi
- 3) SharwariDweepa – Vakushman
- 4) KushiDweepa – Jyothishman
- 5) KrounchDweepa -Dhuthiman
- 6) ShakhaDweepa – Havya
- 7) PushkaraDweepa – Sevan

These were divided further and ruled by their sons.

All these were ruled by Dynasty of Manu.

Out of these a mighty and powerful king performsRajasuyaYagam and becomes Chakravarthy, and others accept as Samantha rajas, and offer gifts and pay tax.

We are all Manu santhanas, hence called Manavas.

JambuDweepa isBharatha Varsha and Bharathakanda ruled by Agneendrawas further divided to 9 Khandas: They are :

- 1) Tibet (Ilavrutha Khanda)
- 2) Bhadra Varma(Eastern Parts of Himalaya)
- 3) Hari Varma (Arabia)
- 4) Kethumala(Iran and Turkey)
- 5) RamyakaVarma(Manchurya)
- 6)
- 7) Kuru Varsha (Mangolia)
- 8) Kimpura
- 9) Kinnera Varsha...

8 and9th are of South of Himalayas.

Earth is having 7 continents, Manu ruled all 7 Continents. Saptadweepa Vasundhara,

All people spoke Sanskrit.

Sanskrit Basha was only language all over the world, for speaking, writing and reading. All subjects were in Samskritam.

Sanskrit language used in Vedas(except slight variation in few Vedic words)

All books all sciences were in Sanskrit.

Our Dharma existed inHimavatPranthawas spread all over the world, and is Sanatana Dharma prevailed for crores of years.

Other Languages/cultureswere propped up different parts of the world, were extended versions of Sanatana Dharma. Even Cristians and Islam started in last 2000 years.

As we know:

Zorastrians worship Fire God, they worship by keeping fire in their hand.

Many other religions pray the nature

The above indicates the extension of Sanatana Dharma.

If Humanity Prevails in all, there will not be any differences.

We Sanatana Dharma followers believe every one is part of our family and one family.

VasudhivaKutumbhakam

We love all family members and it is not come from any one person and we do not have any Pravakhtha

Many Maharishis given Veda knowledge to us.

Hinduism word is tossed by Britishers and brought Hindu concept(for Indus valley), and Hindu is not historic name.

Vedas studied by Maharishis, with meditation understood and gave lot of Vedic knowledge to Human beings for living Dharmika way of life.

SmrithiGandhas, Dharmashastras speak on Jeevatma/Nature and God interactions.

SD teaches the Dharmik way of life.Ramayanam, Mahabharatham and Bhagavatham speak on how to live Sanatana Dharmika way of life.

Vyasa Maharishi said, whatever is there in the world can be seen in Mahabharatham, and also if it is not there in Mahabharatham, it does not exist in the world. That is the way of coverage in Mahabharatham reflecting the world living. This is what Mahabharatha teaches us how to live Dharmika way of life.

SD contains many Shastras written by great Maharishis by their learning of Vedas, and realization during meditation, and learning from their Gurus. Some are Knowledge on Yoga, Agama Vigyana, Veda Ganitha, Vedantha, Ayurveda, Dhanurveda, Shabda Shastra, Dharma Shastras, Khagola Shastra, 64 Arts etc..etc...

There are Siddashramas, Great Rivers, Kshetras, Avatara Purushas, Puranas are developed by multi system, all this helped for Sanatana Dharma.

All these made our SD great, and extended.

But unfortunately invaders like Khilji burned leaf manuscripts in Takshasila over 1.1 Crore granthas over 3 months. People visiting that place can see even today the traces of black markings of this rakshasa kriya. Temples damaged. Many Granthas are taken out of our place by foreigners, Britishers and Europeans.

British rulers damaged the minds of Sanatana Dharmikas. British also carried lot of our Granthas.

In view of deep roots of SD, even after that brutal incidents SD still survived in many houses, and in many hearts and in Society. This shows greatness of SD and we feel proud of it.

We need to come out of "BavaDasya" imbibed from Britishers.

Get confidence within ourselves, and start wearing SD symbolics of "Bottu", "Jandyam", "Sandyavandanam" etc.....etc.... and work towards bringing old great glory.

We were supposing to have 1132 (Shakhas) sections of sciences, only 11 sections available, balance destroyed/stolen. 7 of 11 sections survived due to Guru Shishya Parampara teaching.

Some of Scientific inventions falsely claimed by Britishers/Europeans, whereas the origin is way back in our Sanatana Dharma: few are as below:

- 1) Wright Brothers Aeroplane Inventors: Bhardwaja Mahamuni is inventor of Aeroplane
- 2) Pythagoras Phi invention: Phi is from Sulabha Sutras of KalpaShadangas
- 3) ----- Astronomer: Arya Bhatta
- 4) ----- Decimal System Arya Bhatta
- 5) ----- Zero invention: Bhaskaracharya
- 6) ----- Bhodayana Ganitha Shastra
- 7) ----- Sphuta Siddhanta - Brahma vartha
- 8) ----- Algebra -- Bhaskaracharya.

- 9) ----- Distance between Planets: Jain Guru Mahaveera
- 10)----- Atomic theory Kanadha Maharishi in Vaisheshica Darshana
- 11)----- Research in Ecology, AstrologyVarahamihira- Grihat Samhita
- 12) ----- Change of any metal to Gold: Tried by Nagarjuna and succeeded by Vemana(inParushuveda Vidya)
- 13)----- First Medical Science: Ayurveda by Charka, Shushruta,Aatreya
- 14)----- Ayurveda from Herbal and natural medicines
- 15)----- First Operation on Human- by Shushruta, Shushruta Samhita
- 16)----- Yoga Darshana by Pathanjali
- 17)----- Ashtanga YogaPranayama Pathanjali.

All above are few examples of Veda shastra knowledge, and Rishis meditation (Tapas) power for realizing the knowledge and transfer to next generations and also by SDGuru Parampara.

Strengths of Sanatan Dharma are listed below:

- 1) Vedas
- 2) Rishis 108 listed and their work for entire Mankind
- 3) Divya Kshetras
- 4) DwadashaJyothirlingas
- 5) Ashtadasha Shakti Peetas
- 6) Avatars for DushtaShikshana, Shishta Rakshana, Dharma Rakshana
- 7) Dharmika teachings of Ramayana
- 8) Krishna is Shiksha Guru :(Krishnam VandeJagadGurum)
- 9) Acharyas
- 10) Holi Rivers
- 11) Guru Shishya Parampara
- 12) Saints like Adi Shankara, Ramana Mahrishi, Chandrasekhara, Vivekananda etc, etc....

All and many more not listed above caused to survive SD by contributing and also passing to their disciples, even after blows in last 1000 years, indicates the strength of Sanatana Dharma.

5 WHAT IS DHARMA

What is Dharma?

Satyam Vadha

Dharmam Chara

Above two lines are two sides of a coin.

Satyam: to explain Satyam, we can see how the COW demonstrated in the story of COW and TIGER. Where cow promised to return as a pray for Tiger after feeding the just born new baby, and demonstrated by returning, without fear of life. Tiger appreciates and leave the cow without eating on seeing Satya Parivartana of COW.

Vedas teach Pravrutimarga(what is needed to live peaceful life for all human beings) andNivruthimarga (Actions to do to attain moksha after death).

DharmoRakshatiRakshitaha

One who follow Dharma, Dharma protects.

Follow rules given by god is following Dharma. (A good example is we have to follow manufacturers instruction for good performance, it is same God created us, it is necessary to follow what God suggested to do and donots.)

God is also called Dharma.

By following Dharma, our papam gets reduced.

Those who know Dharma is Dharmikas.

It is derived from DHARU means to bear, to uphold, to sustain.

10 Essential rules of Dharma:

- 1) Dhriti – Patiance
- 2) Kshama – Forgiveness.
- 3) Dama- Self Control
- 4) Asteya – Honesty
- 5) Saucha - Cleanliness
- 6) IndriyaNigraha – Sense Control
- 7) Dhee- Sense of Reasoning
- 8) Vidya- Knowledge
- 9) Satya – Truthfulness
- 10) Akrodha – Ability to control your Anger.

If we follow above 10 essential rules, it means we are practicing Dharma.

6 HOW MANY DHARMAS are THERE

There are many Dharmas.

Shashvitha Dharmas: Which do not change with time and place.

Dharma followed by Dharmaraja and Raja SatyHarischandra.

Prakruthi Dharma, Vastu Dharma, Jeeva Dharma.

Atma Dharma is very important Dharma. That Dharma , by following we elevate ourselves.

Dharma of materials is properties of materials, which do not change. Like fire burns etc...

When you respect Dharma, helpful for Human beings.

By following Dharma Human beings get Artha, Kama and Moksha.

Dharma of fire, Dharma of water, Dharma of Surya, Moon do their duties as per God.

There are 6 types of Dharmas.

- 1) Varna Dharmam (4 Varnas created by God- Brahmana, Kshatriya, Vysya Shudra- Bhagavad Gita)
- 2) Ashrama Dharmam (Brahmacharya, Gruhastarama, Vanaprastashrama and Sanyasashrama)
- 3) Varnashrama Dharmam
- 4) Guna Dharmam
- 5) NimithaDharmam
- 6) SadharanaDharmam.

Also explained Yuga Dharmam:

- 1) KruthaYugam- Practiced: Thapa,Shaucha, Daya and Satyam
- 2) ThrethaYugam: Practiced :Shaucha, Daya and Satyam
- 3) DwaparaYugam: - Practiced: Daya Satyam
- 4) Kaliyugam – Practiced : Only Satyam.

Smrithies followed in these Yugas are:

- 1) KruthaYugam: ManavamDharmam – Manu Dharmam
- 2) TrethaYugam: GowthamamSmrutham–GowthamaSmruthi.
- 3) DwaparaYugam: ShankhaLikhithaha :ShankhaLikhitaSmruthi
- 4) Kali Yugam: ParasharaSmruthi and also ApasthambhaSutralu.

Hari OM

