

# Eastern Religions

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# Hinduism

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**Brahma**  
also Brahman  
Creator

**Vishnu** Destroyer / Transformer

**Shiva**  
Maintainer /  
Preserver



not to be  
confused with the  
Brahman caste



# Hinduism

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- ✿ People think it started in the Indus Valley approximately 3000b.c.
- ✿ It was called Hinduism by Greeks and Persians travelling through the area.
- ✿ Believers originally called themselves Veda (Vedic religion).





투르크메니스탄  
Ashgabat ★ 아슈하바트

Dushanbe ★ 두산베

Tehran ★ 테헤란

카불 ★ Kabul  
아프가니스탄 Islamabad ★ 이슬라마바드

Xizang (Tibet)

360 이란

★ Al Kuwait

에르시 아만

아라비아만

★ Ad Dawhah

★ Ad Dawhah

아부다비

오만만

Masqat ★ 무스카트

오만

아라비아해

pakistan

파키스탄

New Delhi ★ 뉴델리

Butwal

카트만두

★ Thimphu

Biratnagar

방글라데시

Nasik ★ 나시크

인도

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27°19'41.94" N 69°40'06.29" E 고도 245 ft

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Google



# Hinduism

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- ✿ There are many forms of Hinduism and there are many gods.
- ✿ There are many local forms of Hinduism.
- ✿ The basic principle is that Brahma is the central god.
- ✿ Ignorance of our true self as one with Brahman (infinite being) is what keeps us in the cycle of birth, death and rebirth.



# Yoga

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- ✿ Yoga is a philosophical school that grew out of Hinduism.
- ✿ There are many kinds of yoga which developed in different periods.
- ✿ There are four pillars of Hinduism
  - \* Bhakti yoga – concentrates on fostering loving devotion to God.
  - \* Karma yoga – focuses on adherence to duty.
  - \* Jnana yoga – emphasizes knowledge of the absolute, or of the body and the soul
  - \* Raja yoga – cultivation of the mind through meditation.



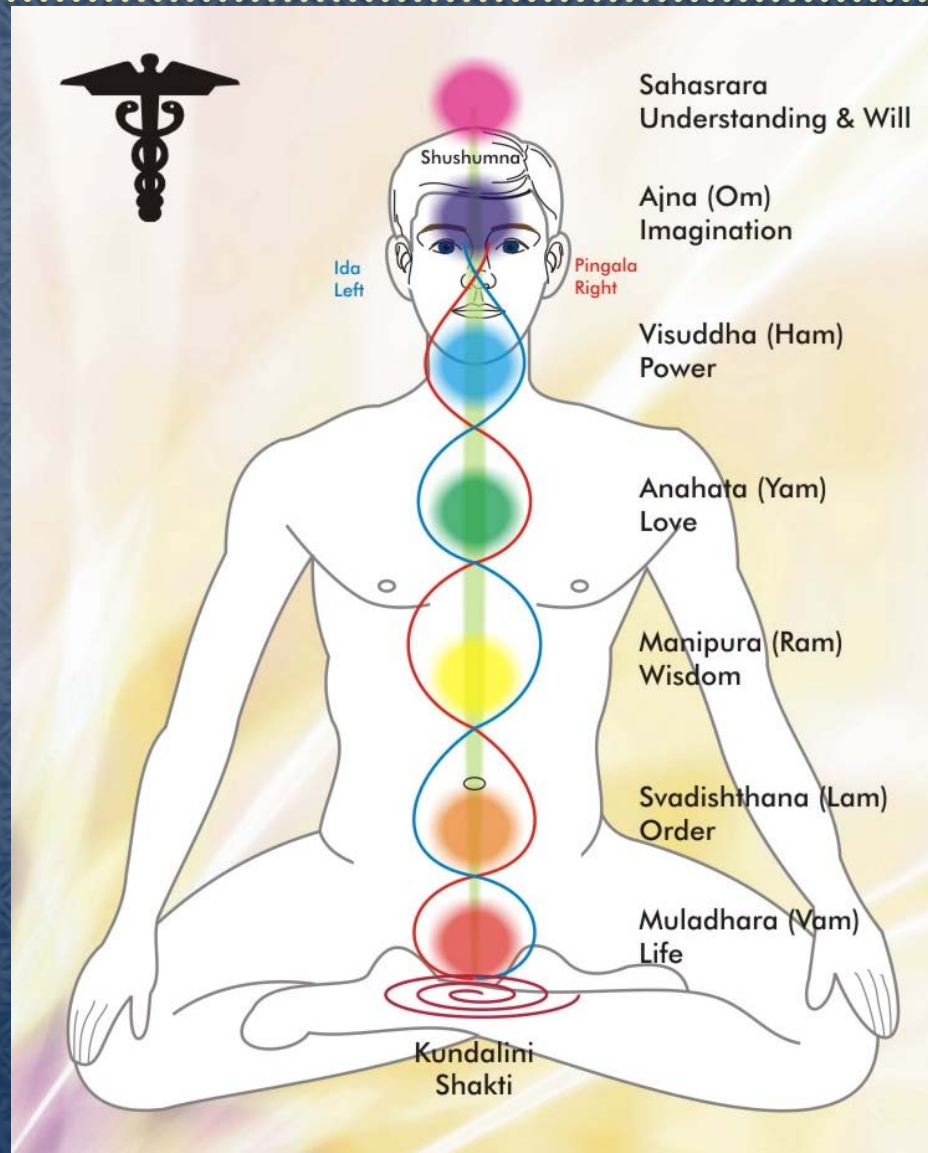
# Yoga

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- \*Hatha yoga – is a form of physical purity developed in 15<sup>th</sup> century India.
- \*Tantra yoga – uses divine power or energy (*prana*) to attain goals.
  - \*There is an emphasis on mystical experiences and linking the microcosm with the macrocosm.
  - \*The practitioner focuses on directing energy through channels in the body.
  - \*This is where we get the concept of chakras.



# Chakras





# Yoga

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✿ There are other more modern forms of yoga.

## \* Kriya Yoga

- \* Considered to be an ancient yoga practice revived in modern times (around 1861 A.D.)
- \* It was brought to the United States in 1920.
- \* It is based on a desire for self-realization.
- \* It also teaches meditation to foster an awareness of the divine and peace and well-being.
- \* Meditation generally focuses on breath.

## \* Integral yoga

- \* Developed by Sri Aurobindo and Mirra Alfassa, a French Jew, in the early 1900's
- \* It is called a synthesis of yoga and it strives to develop unity among all humans and a connection to a Divine Source.



# Yoga

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## \*Transcendental Meditation

- \*More of a technique than a belief system
- \*It was developed by Swami Brahmananda.
- \*It is a technique to allow the mind to settle to a very deep level of rest. The level is called "pure consciousness".
- \*The purpose is to allow the body to deeply and fully adjust and repair itself. Thus, the individual can improve his or her functioning in all aspects of his or her life.



# Changes with meditation

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✿ What changes have you felt since you have been meditating?



# Meditation spaces

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# My Meditation Space

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# Mantras

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❁ Om



- ❁ 남묘호렌게쿄 – (devotion to the mystic law of the Lotus Sutra)
- ❁ Maranatha – “Come Lord”
- ❁ Lord Jesus Christ, have mercy on me.
- ❁ Short line of a poem or a word.



