

## Hinduism

- (1) Brahman : ultimate reality, sole spiritual reality, the monistic essence of the universe. The highest what we can conceive and beyond. (God roughly)
- (2) Atman : The god within every individual. Spiritual self, soul presence of ~~the~~ Brahman in thyself. Underneath thyself, I am united with everything or Brahman. The distinction is we are atman on earth and the Brahman transcends self on earth.
- (3) Saccidana brahman : refer to ultimate reality of truth, awareness and bliss! Three most salient characteristic of Brahman.  
Sat → Act of being, true  
Chit → awareness, consciousness  
Ananda → Bliss or Joy
- (4) Nirguna → One of the two prongs on Brahman. The word literally means without quality, a conceptualization of God, no human feature, unmanifested Brahman. [Understanding Brahman as beyond our logic, reason and possibly to grasp] without attributes. For example like the non-sculptured side of Mount Rushmore. Brahman as abstract concept / impersonal.
- (5) Saguna → A personal being. Brahman has quality the one we can describe, has human characteristics, resembles creation or manifested Brahman that we can sound in universe.

(6) Ishwara : Saguna is male form or the masculine name for God. The word ~~the~~ basically means lord.

(7) Devi → Saguna is female form or the personalized female divinity, the goddess. The literal meaning is the skinning one.

(8) Trimurti → Referring to the three re-creation of Ishwara,

(i) Brahma : the creator

(ii) Vishnu : the preserver, maintainer or sustainer. Vishnu also reconverts into human world via avatar. Prevents any premature disaster of universe.

(a) Rama → One of the too famous incarnation of Vishnu. He ~~has been accepted~~ There is a scripture named 'Ramayana'.

(b) Krishna → Another incarnation of ~~the~~ Vishnu.

(iii) Shiva : The destroyer/complete.

(9) Jiva → Individual being or souls in the realm of samsara. It is different than atman because atman refers to Brahman where as Jiva is more biological being. Jiva can't be used interchangeably with atman and Brahman.

(10) Samsara → The endless circle of rebirth in material world. ~~Birth and the~~ Continuous flow of birth and re-birth. The enactment of Jiva in the universe.

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Maya → Illusion. Accounts for the difference in all of us while all being one. Perceptual distortion. Because of this force we see things as we and not as we individuals and the self. It is a boundary to moksha.

Punarjanna → Literally means re-born. It is related to Samsara. Rebirth can be predicted by action of previous life.

Moksha → Freedom or liberation from Samsara. The highest state one can achieve in hinduism. The one who achieved moksha will reach above the line (ultimate happiness) and don't need to be born in Samsara. Liberation from the cycle of existence.

Karma → Literally refers to action. In classic hindu interpretation, karma is the moral law of cause and effect which states that every cause has ~~the~~ corresponding moral effects.

Yoga → Relate to English word Yoke. It has two meanings. To join and discipline. It is discipline / technique to join below the line to above the line. Discipline for attaining salvation. A discipline for union with the divine.

(i) Hatha Yoga : Refers to the physical yoga. The body use an on treatment for transcendence. Hold position for long time to reach higher level of meditation. Lot of overlap with raja yoga.

(ii) Raja Yoga : Refers to ~~the~~ psychological exercise. Start with mental states exclusively (knowing, feeling, willing) and uses all 3 for purification of the body includes postures, mantras of the breath, concentration & meditation.

(iii) Jnana yoga: Way of knowledge, liberation via realization. It is the quietest hence hardest way to the realization.

(iv) Bhakti yoga: Path of devotion, love without desire. complete faith towards the personal god in exchange for the grace of that god.

(v) Karma yoga: Path of action or work. Performing good deeds without expectation of reward. Detach desire from action.

Marga → literally means path, interchangeably use with yoga.

Varna → caste system. literal meaning is color. Dividing in 4 certain categories. (500-1000 BC) Society is diverse.

What may seem appropriate in one caste might not be appropriate in another. Ex: Brahmana can't eat meat, Kshatriya can.

(i) Brahmana → Or guru / brahmins. Reflective with a passion to understand and a keen intuitive grasp of the values that matters most in life. They are highest in position, intellectual and spiritual leaders, teachers, priests, scholars. The top most caste of 4.

(ii) Kshatriya → 2nd class, are born administrators with a genius for orchestrating people & projects in ways that makes the most of available human talent. Royal class can read Vedas. Warrior, bureaucrat, political operatives

(iii) Vaishya → merchant class, business person. They are artisans, farmers, skillful in creating the material things on which life depends.

(iv) Sudra → Followers / servants, lower class workers, unskilled. The lowest caste of the 4. less honored.

(18) Ashramas → Hindu caste system based on age. Actually ~~not~~ a concept regarding stages of life. (4)

(i) Brahmacharya → life of a student. The 1st quarter of life where one studies scriptures, until age of 25.

(ii) Grihastha → Household life, living domestic life, getting married, having offspring, carrying out duties towards family, society and labor

(iii) Vanaprastha → Stage of hermit, involves retirement and grand children, preparing for full renunciation.

(iv) Samnyasa → The last stage, pray for God, occurs in the twilight years of life / at the end of life. A life dedicated to attaining liberation.

(19) Shrutis →

(i) Vedas → Hindu scriptures describing the origin of the world and how to worship God. Written in Sanskrit.

(ii) Upanishads → A collection of vedic texts containing revealed truths concerning the nature of ultimate reality and describing the character from & source of human moksha.  
↳ protocol of ritual sacrifice and ways to offer self to God.