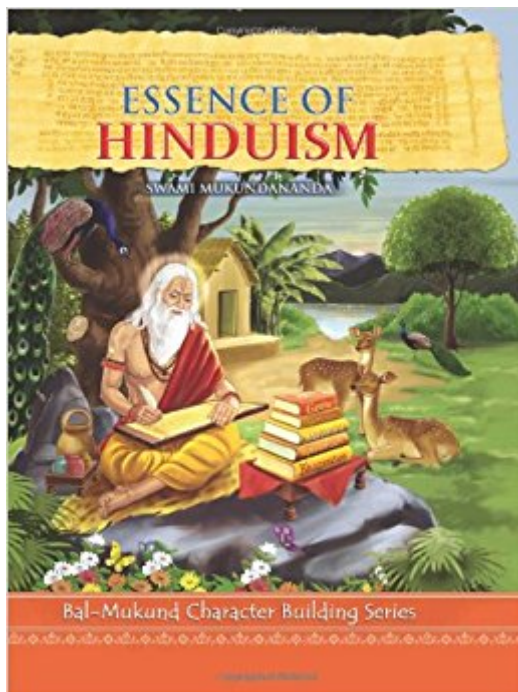


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# Essence Of Hinduism



## Synopsis

People from time immemorial have yearned to understand the rarest of rare secrets of divine knowledge housed in the spiritual land of India. People have travelled to this holy land in search of resplendent knowledge which contains the key for bringing divine transformation in our lives and so there is an inherent curiosity for understanding the concepts of Hinduism through scriptures. However without proper guidance, such endeavours to fathom secrets of Hinduism, even with best intentions, do not meet with success. People get stumped with how to access the knowledge, comprehend its wide-spectrum of concepts and utilize them meaningfully in their lives. That is why Hinduism is an enigma for most westerners. Their clichéd understandings of Hinduism as a way of life, etc. cannot fathom the precious treasure of gems in its repository. Interestingly, Hinduism is not mentioned by that name anywhere in the Vedic scriptures. The word "Hindu" was first coined by the Arabs to refer to the people who lived on the other side of the river Indus. The Vedas which are the eternal knowledge of God, in contrast, have a very different and majestic perspective on the nomenclature of the religion that they teach. The name of the religion described in them is called Sanātana Dharm, or "Eternal Religion." It is the path to God-realization, based on scientific, non-sectarian, and eternal principles. Swami Mukundananda has explained this ancient esoteric knowledge with rigorous scientific logic, in the modern context. He uses a simple-yet-scientific approach to make this enormous knowledge comprehensible to both youth and westerners, at the same time each subject is treated with philosophical depth for the satisfaction of the more learned and erudite readers.

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## Customer Reviews

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knowledge housed in the spiritual land of India. People have travelled to this holy land in search of resplendent knowledge which contains the key for bringing divine transformation in our lives and so there is an inherent curiosity for understanding the concepts of Hinduism through scriptures. However without proper guidance, such endeavours to fathom secrets of Hinduism, even with best intentions, do not meet with success. People get stumped with how to access the knowledge, comprehend its wide-spectrum of concepts and utilize them meaningfully in their lives. That is why Hinduism is an enigma for most westerners. Their clichéd understandings of Hinduism as a way of life, etc. cannot fathom the precious treasure of gems in its repository. Interestingly, Hinduism is not mentioned by that name anywhere in the Vedic scriptures. The word "Hindu" was first coined by the Arabs to refer to the people who lived on the other side of the river Indus. The Vedas which are the eternal knowledge of God, in contrast, have a very different and majestic perspective on the nomenclature of the religion that they teach. The name of the religion described in them is called Sanātana Dharm, or "Eternal Religion." It is the path to God-realization, based on scientific, non-sectarian, and eternal principles. Swami Mukundananda has explained this ancient esoteric knowledge with rigorous scientific logic, in the modern context. He uses a simple-yet-scientific approach to make this enormous knowledge comprehensible to both youth and westerners, at the same time each subject is treated with philosophical depth for the satisfaction of the more learned and erudite readers.

This is very interesting book about Hinduism. This book reconciles philosophy of different sects of Hinduism with evidence from Vedic and western scriptures. After reading this book I got clear understanding of ancient Hindu philosophy and also learn how to implement this knowledge practically in our day-to-day life. This book is equally benefited to all kind of persons and does not require any prerequisite knowledge of Hinduism. This book is written in a simple language with full of color pictures, and so all the chapters are easy to understand. Because of its simplicity the readers while reading neither loose their temper nor get lost from the main stream. Once, who starts reading does not like to leave in the midway. Discussion on the Karma, Gyana and Bhakti Yoga is so interesting that it intensely motivate the readers. The Art of meditation is presented in such a manner that all ages and also beginners enjoy reading. I believe that this book provides complete messages about Hinduism. The related contents are carefully selected to make the book more interesting and useful. I highly appreciate for endeavor of the writers in bringing out such a valuable book.

I love how the author of this book explains some of the deepest concepts in life in such a simple

way that even a layman would have no trouble understanding! The author talks about the goal of life, our relationship with God, and the importance of the mind among many others. Not sure if people think about the reason behind all our actions - it is because we are seeking happiness! So simple but yet not so simple. Why are we seeking happiness? It is a much deeper concept and the author has explained it so wonderfully that you cannot help but agree what he says is true! I would say the book is truly an interesting and educational read and definitely one that would leave the reader reflecting on the message of the author. It is definitely a charming read for children as well as the book is written in simple terms with many beautiful colorful illustrations. Though it seems to be aimed at hinduism, the fundamental message relates to all human beings regardless of their religion so would encourage it for all readers - young and old (loved it so much, got one for my 12 year old niece - she needs to know these things!).

In this book, the author has revealed the oldest religion (Hinduism) of all living religions originating in India. It is also known as Sanatan Dharm (Eternal religion) and Vedic Dharm (religion of Vedas). This book has been written in a simple language and in concise manner which can be understood by all ages. The author has beautifully portrayed all the complex core aspects of Hinduism: Tattvas, Srutis, Smrities, Darshanas, and Bhakti. This book on Hinduism is not meant only for Hindus but for humanity as a whole. This is an excellent source to know all about Hinduism for all generations. This is a MUST KEEP book for every family in the universe.

This is one of the most incredible books I've ever read! It thoroughly and clearly explains all I wanted to know about Hinduism, the confusions prevailing and meaning of life, the world, Saints and Divinity, and how to find God in this lifetime. In fact, it contains so much more than I could have ever imagined - I'm amazed that such extensive knowledge has been clearly given in one book. Above all, I really value the simple, sincere devotional knowledge that the author has shared by writing this book.

Excellent introduction to the bhakti approach to Hinduism. It may have been written for children, but, as an adult, I found it very rewarding. It is inspiring as well as informative. Very clearly and concisely written.

Must read book.

A must read book for every human being. It touched the soul by beautifully summarizing the goal of human life. In today's world we see everyone struggling to be happy and searching for happiness in this material world which looks oh so real and attractive... But that's not true ... In searching for happiness we end up getting sad. So what's true happiness all about? What's the real aim of being humans ? Why are we chosen to be humans by the supreme Lord?? What do we need to do in order to fulfill the motive of human birth?Well, to know the answers of above questions and many more like these, this is the best book I have ever read. It teaches us to offer our selfless love to our God and in return seek his divine love forever. The author has beautifully described the source of this eternal knowledge of God in the book and how can we get to understand this knowledge. The book gives a marvelous description from the Vedas on how all religions are worshipping the same God.It explains the differences among the three paths to God realizations and helps us to choose the best. It emphasizes on how Bhakti is essential for God realization or for attaining the divine love of God and hence becoming happy forever. It teaches us how we can do Bhakti and work towards accomplishing the goal of human birth.Overall it is a great read for all ages. A must recommended for all the children out there for whom it is very important to know the real meaning and goal of the life which they have just started.Great thanks to Swami Mukundanandaji for inspiring souls like us to get motivated towards the divine abode of our God.I loved the book a lot!!!

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