



# **The Essence of the Hindu Religion : With an Introduction to the Vedas and Yoga**

*Sudhir Anand*

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## **The Essence of the Hindu Religion : With an Introduction to the Vedas and Yoga** Sudhir Anand

The focus of this book is on the essential beliefs of the Hindu religion and not the various rituals. The book is written in plain English to explain the basic precepts of the religion so that one does not get lost in the trivia. You will learn that despite a wide variety of religious practices among Hindus, at the core they believe in One God called OM. The book introduces the reader to the Vedas, the four root scriptures of all Hindu belief. Sanskrit-to-English translation of mantras from one of the most important chapters in the Vedas is included to substantiate the essential beliefs. Correct definition of the words such as mantra, karma, guru, and dharma are provided, which you will find are quite different from their popular usage. The book discusses the likely reasons why Christianity and Islam had limited impact on the Hindu religion in India despite Muslim followed by British rule for almost 1,000 years. Spiritual aspects of the Raj yoga (the eight step yoga) are described to remind that yoga is about union of soul with God and not a collection of physical and/or breathing exercises to promote good health or reduce stress. The aim of this book is to promote truth and help one progress spiritually in his or her personal life journey.

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