

## Further Reading

### KEY TEACHINGS OF ENLIGHTENED BEINGS IN SANATAN/VEDIC FAITH

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The Hindu Belief System | Dharma, Karma & Moksha - Lesson | Study.com

Enlightened beings in the Sanatan/Vedic faith, such as sages, rishis, and avatars, have shared profound teachings that continue to guide spiritual seekers. Here are some of the key teachings:

#### 1. Dharma (Righteous Duty)

Dharma is the moral and ethical duty that everyone has. It encompasses duties towards oneself, family, society, and the universe. Adhering to one's dharma leads to harmony and order.

#### 2. Karma (Action and Consequence)

Karma teaches that every action has consequences, either in this life or future lives. Good actions lead to positive outcomes, while harmful actions lead to suffering. The law of karma encourages individuals to act with intention and compassion.

#### 3. Moksha (Liberation)

Moksha is the ultimate goal of human life in the Vedic tradition. It represents liberation from the cycle of birth and rebirth (samsara) and union with the divine. Achieving moksha involves spiritual realization and self-discovery.

#### 4. Atman and Brahman

Enlightened beings teach that the Atman (individual soul) is a part of Brahman (universal soul or supreme consciousness). Realizing the unity of Atman and Brahman is a key aspect of spiritual enlightenment.

#### 5. Yoga (Union)

Yoga is a spiritual practice that aims to unite the individual soul with universal consciousness. There are various forms of yoga, including Bhakti (devotion), Karma (selfless action), Jnana (knowledge), and Raja (meditative discipline).

#### 6. Ahimsa (Non-violence)

Ahimsa is the principle of non-violence towards all living beings. It is a fundamental ethical teaching that promotes peace, compassion, and respect for life.

#### 7. Satya (Truth)

Truthfulness is a core virtue in the Sanatan faith. Living in accordance with the truth is seen as essential for spiritual growth and integrity.

#### 8. Vairagya (Detachment)

Detachment from material possessions and desires is encouraged. This does not mean renouncing life but rather developing a balanced and detached perspective towards worldly matters.

### **9. Bhakti (Devotion)**

Devotion to the divine is a path to spiritual fulfillment. Bhakti involves love, worship, and surrender to a higher power, often expressed through rituals, prayers, and chanting.

### **10. Svadhyaya (Self-study)**

Self-study and contemplation of sacred texts (like the Vedas, Upanishads, and Bhagavad Gita) are important for personal spiritual development.

### **Respect for Nature**

Enlightened beings teach that nature is a manifestation of the divine and should be treated with reverence. This respect extends to all forms of life and the environment.

These teachings form the foundation of the Sanatan/Vedic faith and continue to inspire individuals in their spiritual journeys.