



Eastern Religions

Hinduism 4: Vedantic Hinduism



1. Trimurti and Brahma
2. Vishnu
3. The Avatars
4. More Vedantic Philosophy
5. Shiva



Note: Gold and White

1

trimurti and brahma



Varuna



Indra



Agni



Rudra

The 3 Faces of God Trimurti

V
E
D
I
C
G
O
D
S
→
V
E
D
A
N
T
I
C
G
O
D
S



Brahma
creator



creator

Vishnu
preserver



preserver of order

Shiva
destroyer



destroyer

→
The 'Trimurti' was a theological concept used to help integrate Hinduism beliefs.

Brahma



Consort: Sarasvati

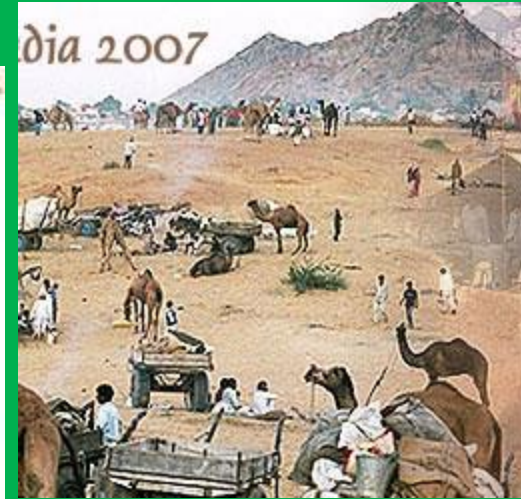
Brahma is the manifest form of Brahman.
Brahma is associated with knowledge and creativity.



Brahma has few Devotees



Pushkar, Rajasthan



Very Few Brahma Temples

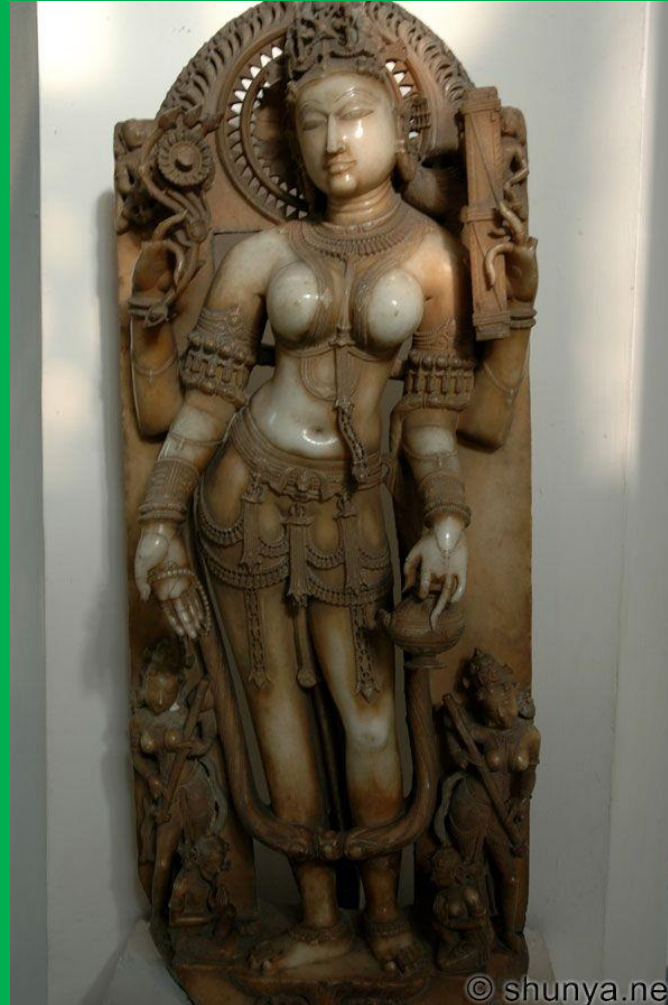


The gateway to Creativity is

Sarasvati

Goddess of Education and the Arts

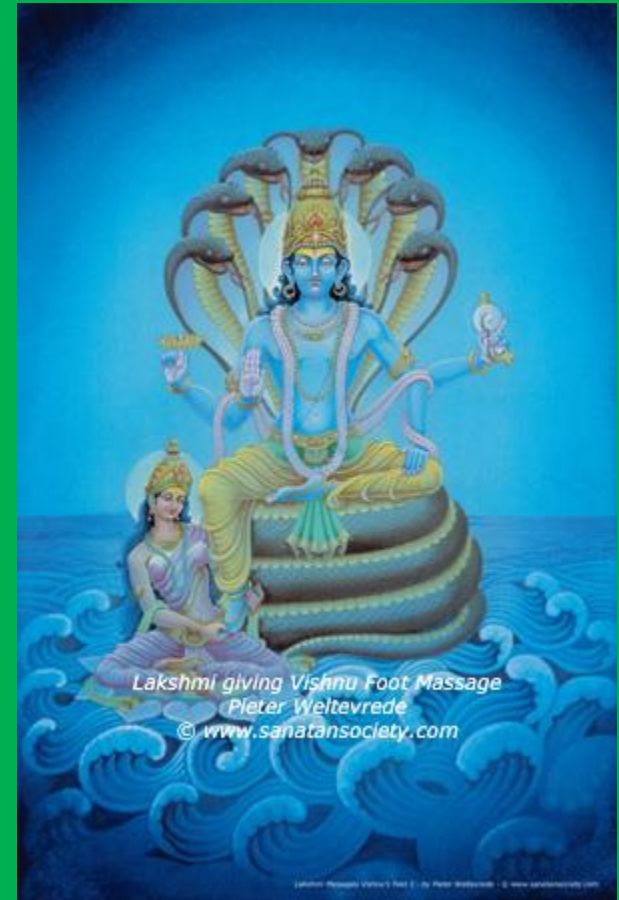
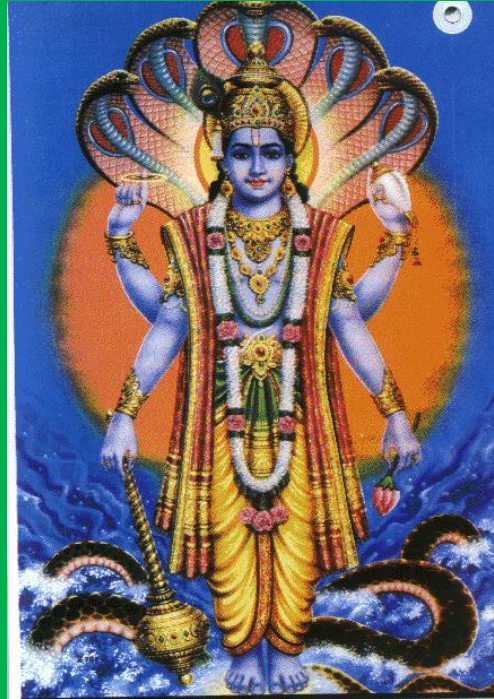
And she is very popular.



2

vishnu

Vishnu



Vishnu, like Varuna, is associated with preserving moral order.



consort:
LAKSHMI



Ancient Vishnu Temples



Badrinath Temple



Guruvayur Temple

They are mainly in South India, because the Muslims are said to have destroyed 60,000 Hindu temples in the north.

Some New Temples in the North



Birla-Mandir Laxminarayan Temple in Delhi

Worship in the Home





Lakshmi

Lakshmi is the Goddess of Prosperity and Good Luck

She is **sometimes called Padma (Lotus)**, a symbol for beauty and non-attachment



Lakshmi



Don't worry, it will be ok,
a light shines on you each and every day.
Release your fears and reach new heights,
your darkness is over, the future is bright.



Padma (Lotus) is
Padme in Tibet



¾ of Hindus are

Primary God
of
Northern India

Devotees to Vishnu: Vaishnavites

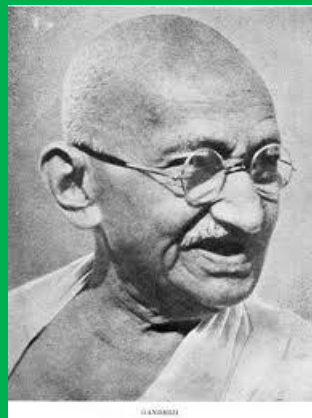
Worship of Vishnu is called Vaishnavism



V's
on their
foreheads



3 Vaishnava priests



Tilakam:

marks on forehead that indicate sect

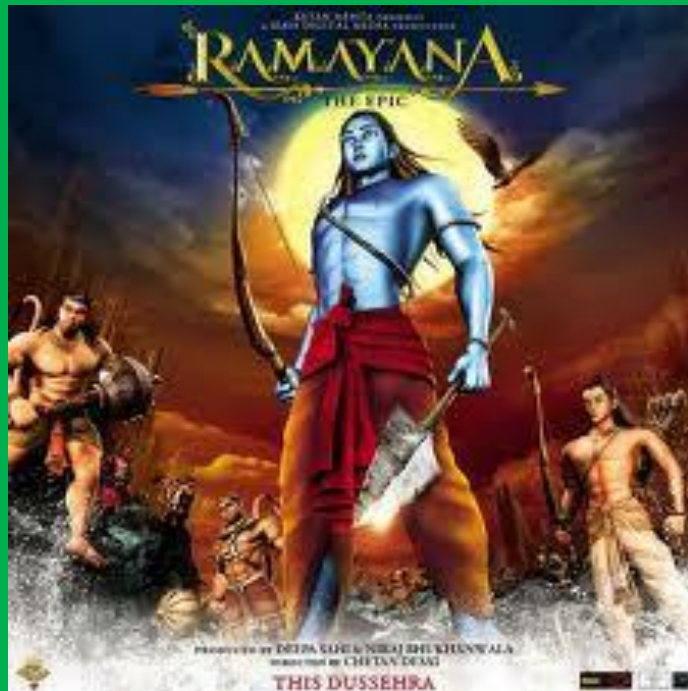
3

the avatars

2 Avatars

2 Epic Poems

RAMAYANA



Rama

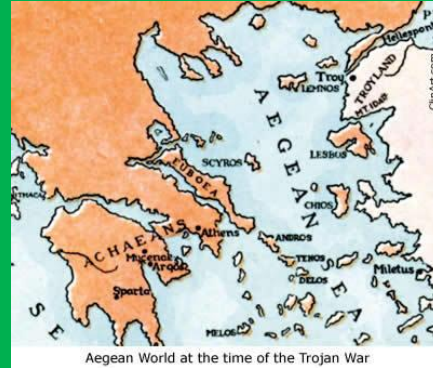
MAHABHARATA



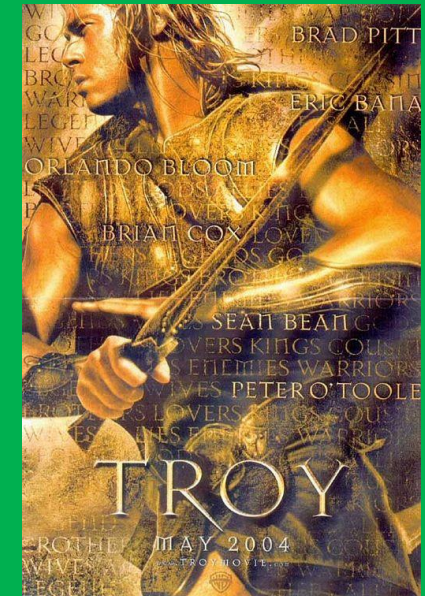
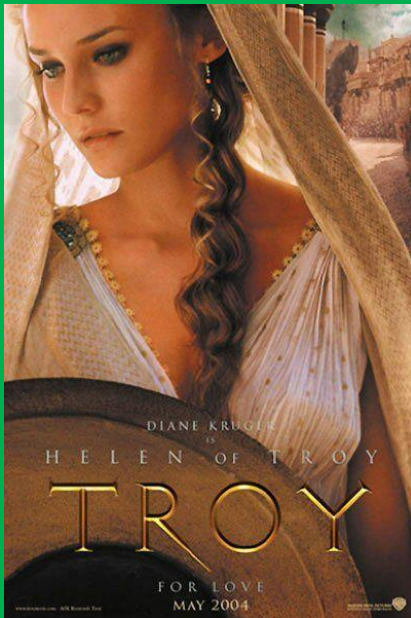
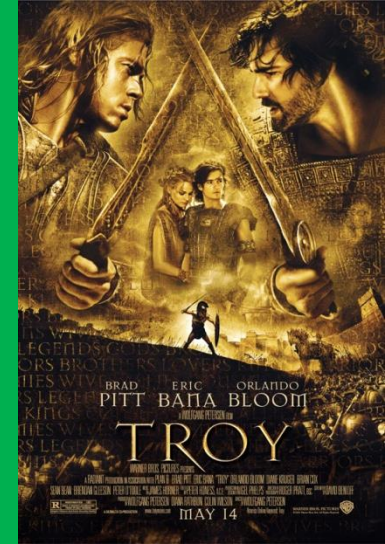
Krishna

Rama and Krishna are the most important avatars.
An avatar is an incarnation of Vishnu.

The Illiad of Homer



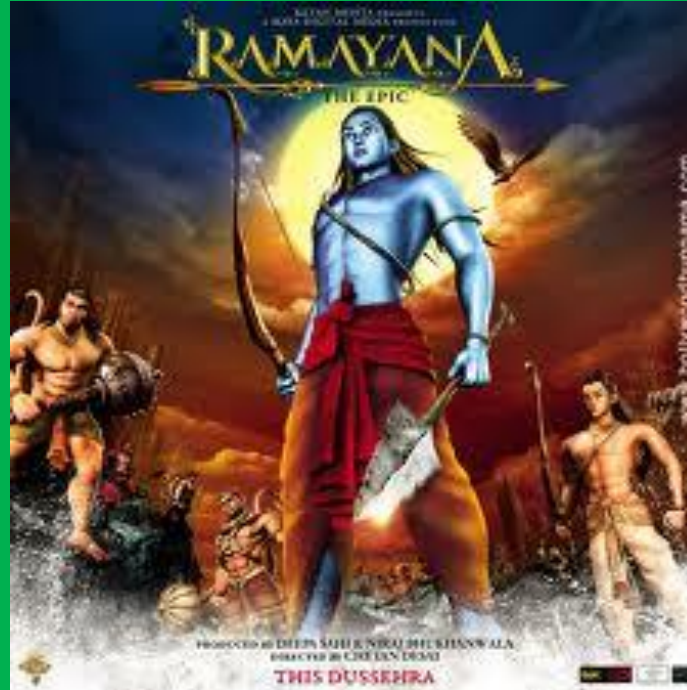
Aegean World at the time of the Trojan War



In some ways, The Illiad is similar to the Ramayana.



Ramayana



Ravana
Evil (Rakshasa) King of Lanka

Monkey Warrior Hanuman

Ramayana



Warrior Tradition/Indian Martial Arts





In the movie “The Last Legion,” Aishwarya Rai (right) plays an Indian martial artist hired as a mercenary in Rome.



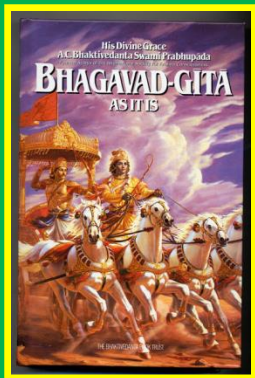
The Mahabharata tells the story of a war in 30 volumes.

Bhagavad Gita

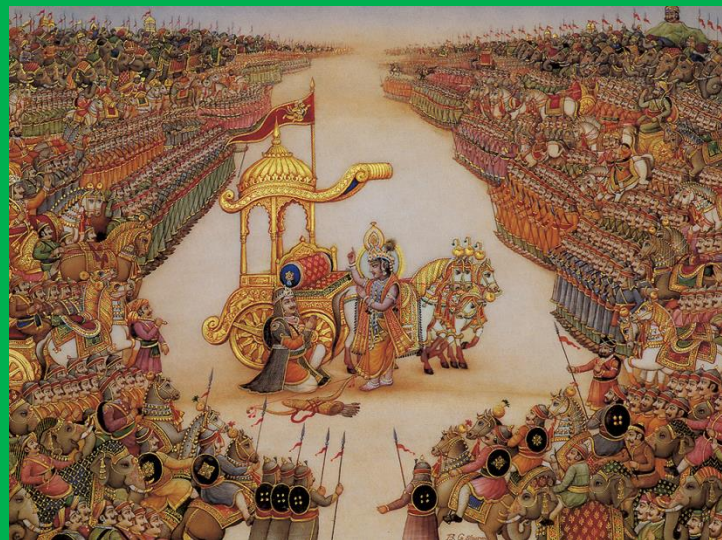
The Bhagavad Gita is one small part of that epic poem.

Key point: Following Dharma (doing one's duty) is what is most important.

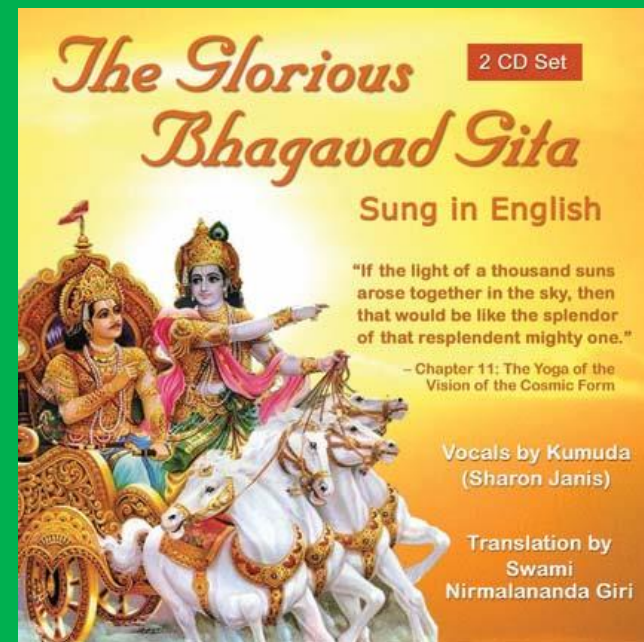
Death is not.



Krishna advises Arjuna
about life.



basic Hindu
philosophy
is summarized
in the
Bhagavad
Gita



“The Gita is the universal mother. She turns away nobody. Her door is wide open to anyone who knocks. A true votary of Gita does not know what disappointment is. He ever dwells in perennial joy and peace that passeth understanding. But that peace and joy come not to skeptic or to him who is proud of his intellect or learning. It is reserved only for the humble in spirit who brings to her worship a fullness of faith and an undivided singleness of mind. There never was a man who worshipped her in that spirit and went disappointed. I find a solace in the Bhagavad-Gita that I miss even in the Sermon on the Mount. When disappointment stares me in the face and all alone I see not one ray of light, I go back to the Bhagavad-Gita. I find a verse here and a verse there , and I immediately begin to smile in the midst of overwhelming tragedies - - and my life has been full of external tragedies -- and if they have left no visible or indelible scar on me, I owe it all to the teaching of Bhagavad-Gita.”



Gandhi on the Gita

Krishna as the Supreme Being



Krishna as Govinda

cowherd



plays the flute



Krishna and his consort Radha



വിഷ്ണു ആരാധനകൾ



Krishna as a Child



Perfect Models for Behavior



Rama and Sita



Krishna and Radha

4

more vedantic philosophy

Caste system

- Brahmin priestly class
- Warrior/Ruling Class
- Producer Class
- Servant Class

Twice-born Arya (nobles)

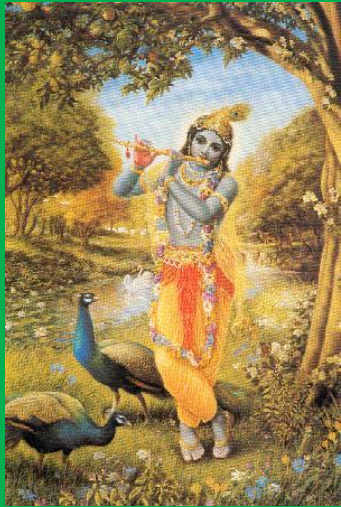
A Life of Dharma

Doing What is Right
rather than
how one feels

This is the **Inner Sacrifice**.

4 Paths to the Goal

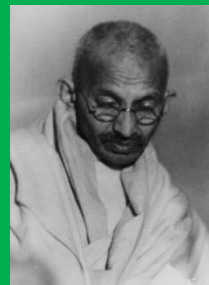
of union with the divine



1. Knowledge (Jnana)
2. Action (Karma)
3. Devotion (Bhakti)
4. Yoga (Raja)



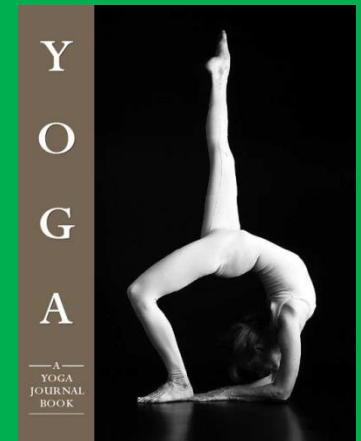
J. Krishnamurti



“Be the change you want to see in the world!”



Devotion:
Loving the Lord



Yoga: divine consciousness reached through meditation and mind-body exercises

Yoga

Yoga unites mind-body
unites self and God



Related to our word 'yoke', yoga unites.

In meditation, it is possible to reach a higher state of Consciousness called

Samadhi

experience
of
UNION
with
GOD



The Transcendence
of the
Ego



Hinduism: 4 Stages of Life



1. Student
2. Householder
3. Retirement
4. Renunciation



Sannyasin:
Renouncer



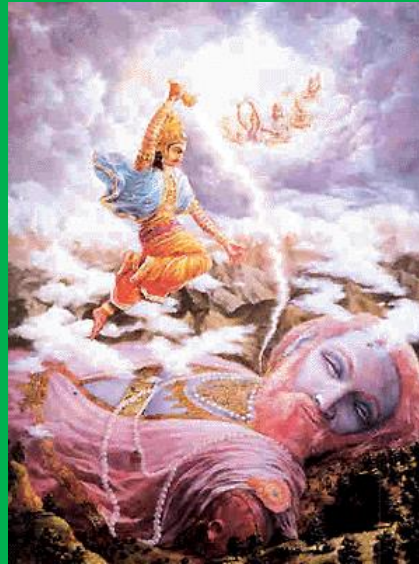
younger
Sadhu as
Sannyasin

5

shiva

In the Vedas...

Indra
Shiva



Agni
Shiva

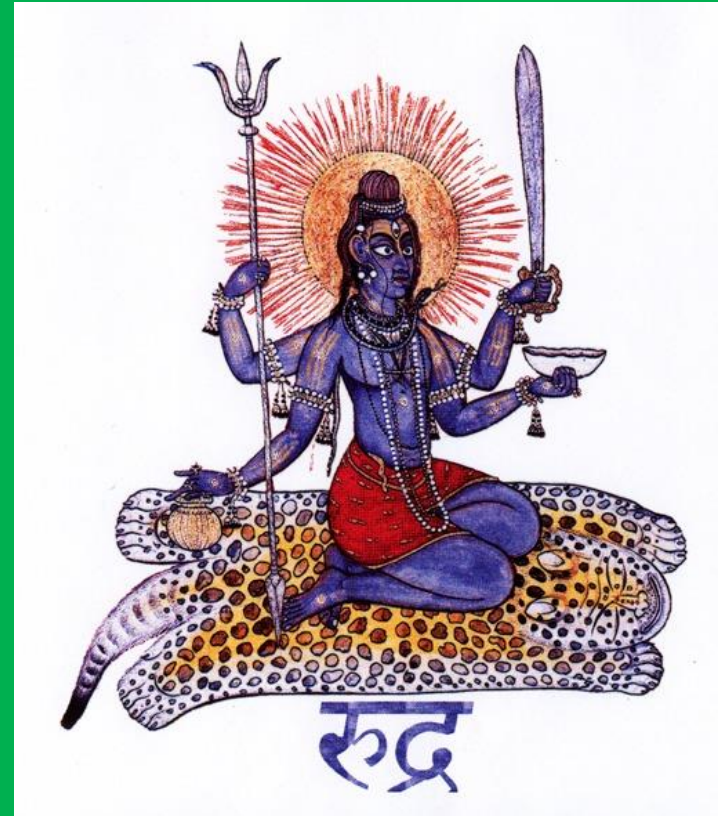


Rudra
Shiva

SHIVA (as an epithet): meaning “auspicious,” or “favored,” “with good fortune”

Shiva emerges as a synthesis of

proto-Shiva and Rudra



Like Proto-Shiva who wore buffalo horns and was surrounded by an elephant and tiger,

Shiva is Lord of the Animals



Shiva represents harmony with nature.

Shiva can free us, like a tethered animal, from our chains of Maya and ignorance.

Like Proto-Shiva, who sat in a lotus posture,

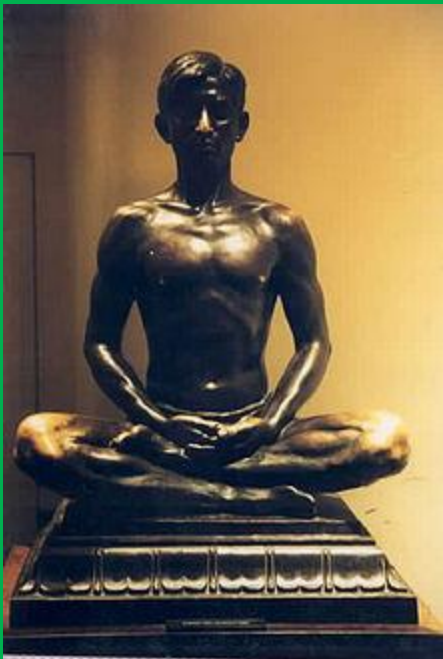
Shiva is Lord of Meditation and Yoga



The Inner Sacrifice
of Shiva



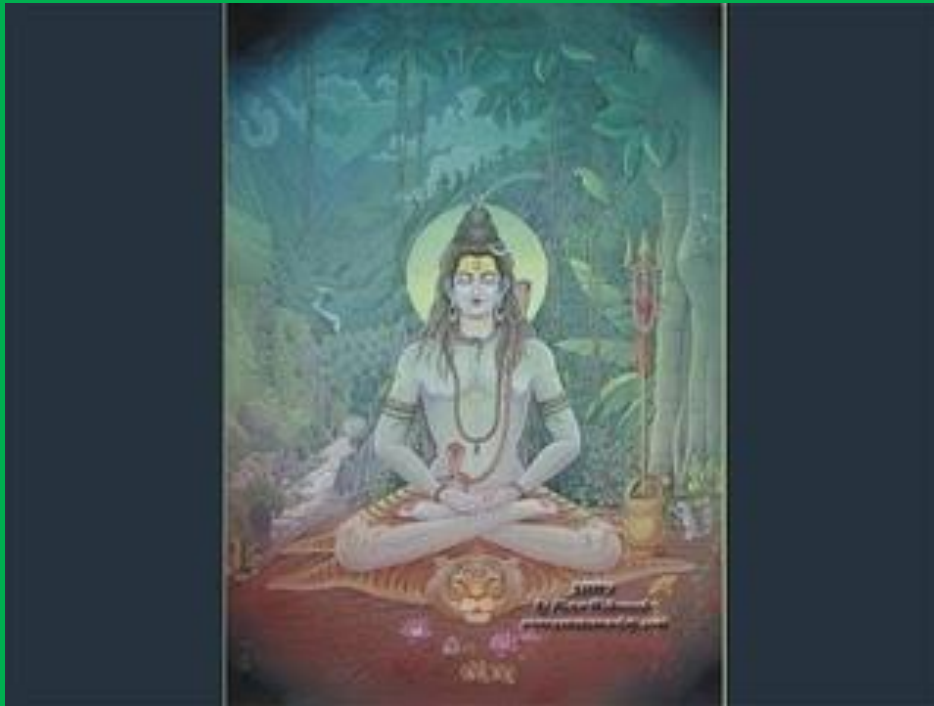
3rd eye



Hindu **meditation** is a technique that leads to turning up the “**inner heat,**” which **purifies** by burning away karmic impurities

As the fiery destroyer,

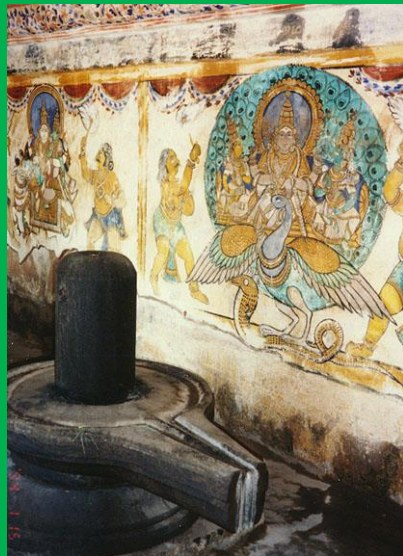
Shiva as Lord of Cremation



Shiva was often covered in ashes, and so are his followers.

Shiva as God of Regenerative Power

Shiva lingam/linga (pl) is the symbol of his creative power and the universal fire (energy).



Nataraj:
Lord of the Dance
Lila

Shiva in Bangalore

Devotees of Shiva: Shaivites



The
Shaivite symbol
on the forehead
(tilakam)
is usually
3 horizontal lines
across the
forehead



the destruction of the 3 fortresses/bondages:
the ego (anava), karma (making plans), maya (illusion)

The sect devoted to worship of Shiva is called Shaivism.

Parashakti

The Supreme Being in Shaktism

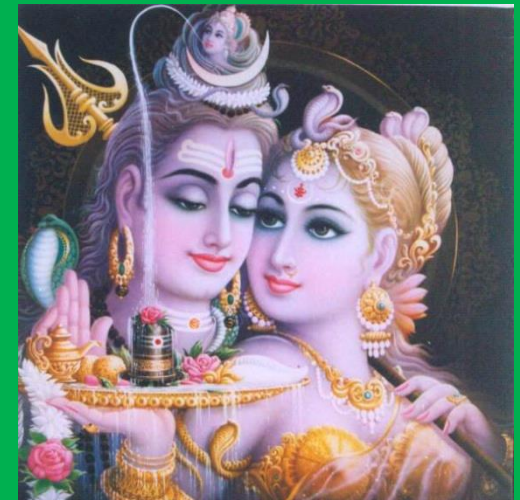


Worshipped by Shakta, Parashakti is the Goddess, the original energy of the universe

Shakti as Sati and Parvati



carrying Sati



Parvati, Goddess of the Mountains, was sent to lure Shiva out of his mourning and meditation.

Union of Shiva and Shakti



Their union is so perfect
that they are one.



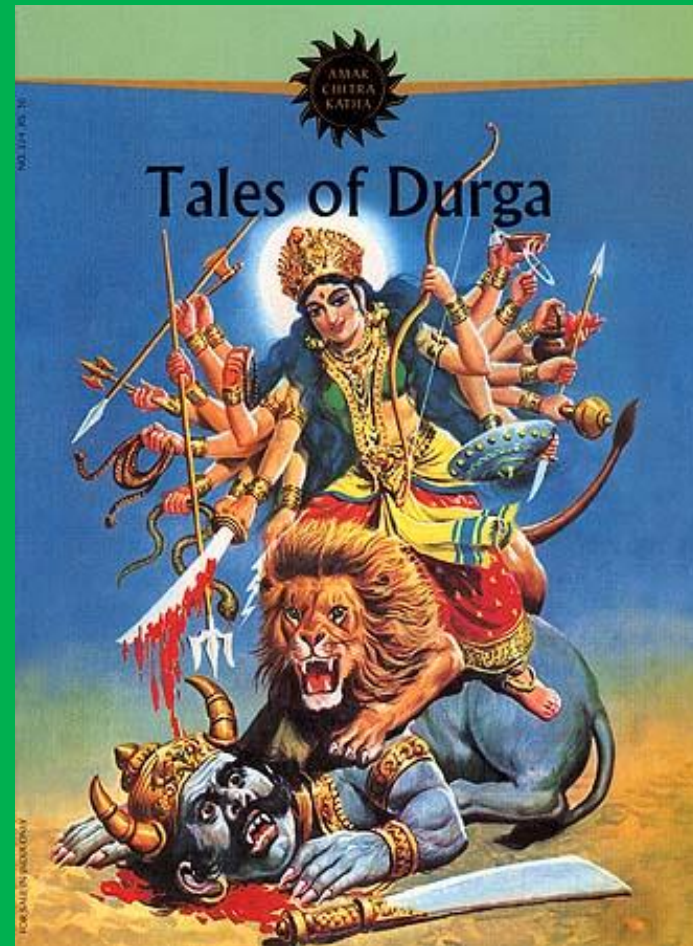
The main symbols for Shiva and Shakti are the

Lingum and Yoni



A lingum is the phallus and the yoni is a vagina, also known as the sacred space in Tantrism. Tantrism, like Chinese Qigong, is energy work. Shakti is the powerhouse. The Yoni represents Shakti. The goddess is the god's powerhouse.

Shakti as Durga



Kali is the destroyer
of evil.

Shakti as Kali



Kala means Time, in the sense of the Temporal

Goya's Cronos



Francisco Goya, 18th c. Spain



We use an
express
“the ravages of time.”

Ganesha



Ganesha is the Remover of Obstacles and Lord of Beginnings.
And with that big brain, he is a God of the Intellect.