

بسم الله الرحمن الرحيم

Name: _____

धर्म Systema

קבלה קבנא

Αλήθεια 神

PSYOP 道

7 Rings

धर्म

Dharma

From Sanskrit - dh - Firm

Jaindharma

अहिंसा	सत्य	सल्लेखना
Ahimsa	Satya	Sallekhana
Do no harm	Seek the Truth	Live only once
• No attacking	• Seek evidence	• Live grateful
• No manipulating	• Seek coherence	• Live free
• No cursing	• Seek completeness	• Live and die

Three views on self held in Jainism
Many sided truth - anekantavada

आत्मन्
Atman
• Self, Soul
अनात्मन्
Anatman
• No Self, Beyond Soul
ब्रह्मन्
Brahman
• Holy Spirit of Truth

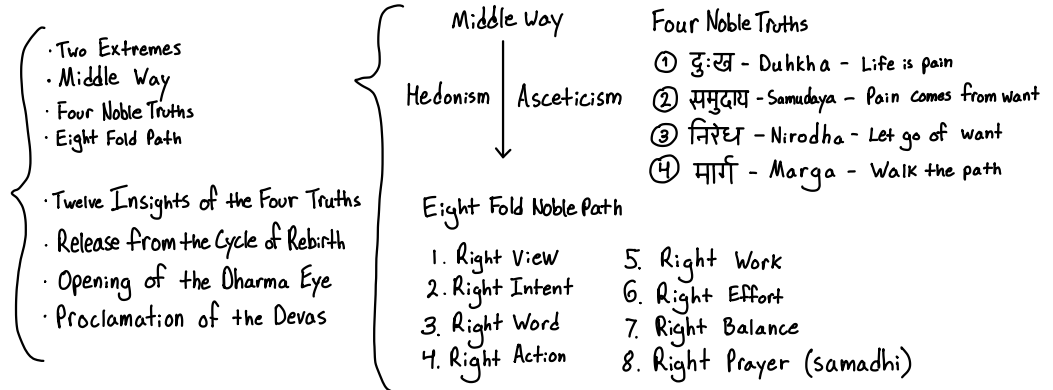
Hindudharma

ऋग्वेद	Rigveda	• Praise Knowledge
यजुर्वेद	Yajurveda	• Worship Knowledge
सामवेद	Samaveda	• Song Knowledge
अथर्ववेद	Atharvaveda	• Magic Knowledge

ब्रह्मा	सरस्वती
Brahma - Creator (distinct from brahman)	Saraswati - Teacher
विष्णु	लक्ष्मी
Vishnu - pervader	Lakshmi - Leader
महादेव	पार्वती
Shiva - destroyer	Parvati - Mother

Buddhistdharma

धर्मचक्रप्रवर्तनसूत्र - Dharma chakra pravartana Sutra - Setting in motion the wheel of Dharma



कर्म

Karma

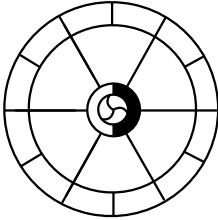
Sanskrit - k - Act

Worlds

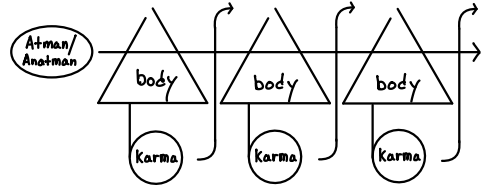
Samsara - संसार - Wandering

Punarjanman - पुनर्जन्म - rebirth

भवचक्र · Bhavachakra · Wheel of Life



- Three Poisons
 - अविद्या · Avidya · Unright
 - राग · Raga · Rage
 - द्वेष · Dvesha · Fear
- Two Karmas
- Six Worlds
 - Hell
 - Phantom
 - Animal
 - Human
 - Demigod
 - Divine
- Twelve Links of dependent origination



Each body a Vehicle for the Soul to take on or work off karma.

Station of one body a function of the karma of the last.

Epics

Ramayana by Valmiki

Mahabharata by Vyasa

रामायणम् - वाल्मीकि

Rama's Journey - Valmiki

First श्लोक (Shloka, couplet)

Synopsis

Rama is exiled to wander the jungle with Sita. As they walk Lakshman sees Rama when Sita steps to the side then a demon takes Sita.

After meeting Rama, Hanuman travels to rescue Sita but she says this is not the Dharma. Rama rallies an army to defeat the demons and return to Sita.

Characters

- राम - Rama
 - One remaining noble man
 - 7th Avatar of Vishnu
- सीता - Sita
 - Avatar of Lakshmi
 - Daughter of the Earth
- लक्ष्मण - Lakshman
 - Brother of Rama
- हनुमान् - Hanuman
 - Huge ape person
 - Holds Rama and Sita within his heart

महाभारतम् - व्यास

Great India - Compiler

- 100 thousand couplets
- 18 books

Bhagavad Gita

भगवद्गीता

Song of our Lord

In 6th book (Bhishma Parva)

- कृष्ण - Krishna
 - 8th Avatar of Vishnu
- अर्जुन - Arjuna
 - Friend of Vishnu
- रथ - Chariot
 - Cart - Body
 - Horses - Senses
 - Reins - Mind
 - Driver - Conscience
 - Rider - Atman

Schools

Theravada थेरेवाद

Teaching of the Elders

• Pali Canon

- ~ 1st c. BCE verbal tradition of Buddhist monks first written on palm leaves in Sri Lanka
- Preserved and practiced

• Tipitakaya तिपिटका Three Baskets

- Vinaya Pitaka
- Sutta Pitaka
- Abhidhamma Pitaka
- Discipline
- Thread
- High Dharma

Mahayana महायान

Great Journey

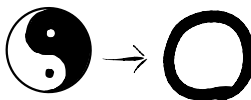
- Term for non-Theravadin Buddhist practice. • Key sutras:
- Heart Sutra
 - Emptiness is form and form is emptiness.
- Lotus Sutra
 - One Journey - Many approaches
 - All beings to Nirvana
- Avatamsaka Sutra
 - All things are of one mind
- Golden Light Sutra
 - Leaders must be good examples.

Zen 禪

• Chinese origin, Taoist, Mahayana

Buddhist mind and meditation school

• On doctrine: Like a finger pointing at the moon. One must stop looking at the finger and begin looking at the moon

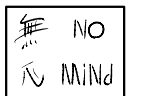


Meditation



八卦 Bagua

8 Trigrams



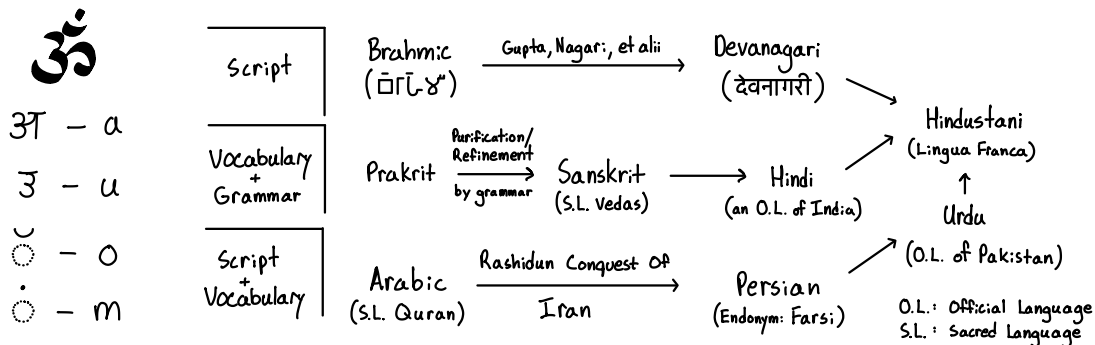
NO
MIND

ऋत

Rta

Sanskrit - r - order

Sanskrit



Mantra

गते गते पारगते पारसंगते बोधि स्वाहा
Gate gate paragate parasamgate bodhi Svaha
Gone gone beyondgone beyondallgone blessed hail
- Heart Sutra

• It is true because it is not false

Enlightenment { • Moksha • Freedom
• Bodhi • Realization
• Nirvana • Blow out

ॐ

ॐ मणि पद्मे हूँ

Om mani padme hum

From the Karandavyuha Sutra which extols the power of Avalokitesvara and holds the mantra as the distillation of all Dharmas.

अवलोकितेश्वर
Avalokitesvara
~~~~~  
down look Lord

The Lord who looked down

• Source of all Hindu deities.  
• This Mantra is the innermost heart of Avalokitesvara.

## Meditation

The simplest instructions for meditation are given by Tilopa in the Song of Mahamudra  
Here rendered by Ram Dass

Do nought with the body but relax  
Shut firm the mouth and silent remain  
Empty your mind and think of nought  
Like a hollow bamboo  
Rest at ease your body  
Giving not nor taking  
Put your mind at rest

The great way is a mind that clings to nought  
Thus practicing, in time you will reach Buddhahood

# الدين

## Prophets

وَلَقَدْ بَعَثْنَا فِي كُلِّ أُمَّةٍ رَسُولًا أَنِ اعْبُدُوا اللَّهَ وَاجْتَنِبُوا الطَّاغُوتَ فَمِنْهُمْ مَن هَدَى اللَّهُ  
by guided Were then among the false and avoid Allah worship that messenger nation every into we sent And  
ALLAH وَمِنْهُمْ مَّنْ حَقَّتْ عَلَيْهِ الضَّلَالَةُ فَسِيرُوا فِي الْأَرْضِ فَانظُرُوا كَيْفَ كَانَ عَاقِبَةُ الْمُكَذِّبِينَ  
of the deniers the end was how and see the earth in so travel the on Was Were and among  
straying them Justified whom them



## Arabi

بِلِسَانٍ عَرَبِيٍّ مُّبِينٍ  
clear Arabic language



## Last Day

مَلِكِ يَوْمِ الدِّينِ  
the Din day Master



I must stay conscious through the madness and chaos  
- Katy Perry

لا إله إلا الله