Lauren Crow
professor’s name
Philosophy
28th November 2019
 Sacred Elements in Religion
The religion is the credence in and worship of a prodigious controlling power, especially a personal God or gods. It can also be defined as a pursuit of curiosity trailed with prodigious devotion. Religion plays a role of high importance in the lives of many people and acts as a path of light in this life. There are around 4,200 diverse religions followed all around the globe but, There are twelve major religions that are followed the most are Baha'i, Buddhism, Christianity, Confucianism, Hinduism, Islam, Jainism, Judaism, Shinto, Sikhism, Taoism, and Zoroastrianism.

 Each faith has its sacred elements, myths, methods, and stories that the followers believe in with all their faith and heart. Among all the different religions around the world, the one I’ve selected to research is Hinduism. Hinduism is one of the world’s hoariest religions, it can be traced back to 5,000 to 7,000 BC. Hinduism instigated around the Indus valley near India which too now is the largest country that follows Hinduism. The word Hindu is resultant from the Sanskrit word Sindhu which was used by the Aryans in the early days. Hinduism has no solitary founder, scripture and no single governing body. Hinduism is considered as a way of life and is also known as the family or several religions. In other words, its referred to as the Sanatana dharma that translates into the other law or the perpetual way that is afar human origins, many people who practice Hinduism refer to this as the orthodox. The concept of Sanatana Dharma refers to duties such as honesty, refraining from injuring living beings ([ahimsa](https://en.wikipedia.org/wiki/Ahimsa)), purity, goodwill, mercy, patience, forbearance, self-restraint, generosity, and asceticism. These duties are bound to be followed by all Hinduism followers despite what cast, creed, class or sect they belong from. This concept truly shows how Hinduism emphasis on prioritizing morals before any groups of worlds distributions. This shows how this religion tells its followers to revolve their world around truth before anything else and guiding them to live a life without unethical practices.

 Hinduism is a miscellaneous religion with no single figure that is followed. The concept of God is multifaceted and hinges on the individuals, traditions and philosophy that is being followed. They show veneration the Supreme Being variously as [Vishnu](https://en.wikipedia.org/wiki/Vishnu), [Brahma](https://en.wikipedia.org/wiki/Brahma), [Shiva](https://en.wikipedia.org/wiki/Shiva), or [Shakti](https://en.wikipedia.org/wiki/Shakti), depending upon the sect. God is called [Ishvara](https://en.wikipedia.org/wiki/Ishvara%22%20%5Ct%20%22_blank), [Bhagavan](https://en.wikipedia.org/wiki/Bhagavan%22%20%5Ct%20%22_blank), [Parameshwara](https://en.wikipedia.org/wiki/Parameshwara_%28God%29%22%20%5Ct%20%22_blank), [Deva](https://en.wikipedia.org/wiki/Deva_%28Hinduism%29) or [Devi](https://en.wikipedia.org/wiki/Devi), and these terms have diverse meanings in different schools of Hinduism. They believe that there is divine in everything that exists in this universe, trees, water, fire, mountains, human beings, one's work, birds. This concept helps the followers of Hinduism try to see the good and positive side in everything on this earth from the smallest speck to the prevalent mountains. The religion wants you to find god in everything and everyone that teaches you to respect one another. Moreover, just like every other religion Hinduism too has scriptures that are in Sanskrit. Sanskrit is considered as the ancient linguistic in Hinduism, where it was used as a means of communiqué and dialogue by the Hindu Celestial Gods, and then by the Indo-Aryans. According to the teachings of Hinduism, there are objectives of life that are known as Purusartha. The first object is Dharma which is the foremost goal in Hinduism the concept of Dharma revolves around righteousness and ethics, instructs a follower to follow duties and lives the life of rightness. The second objective is artha that means livelihood and wealth, objective and virtuous pursuit of wealth for livelihood, obligations and economic prosperity. The third objective is Kama that is desire, wish, passion, longing, pleasure of the senses, the aesthetic enjoyment of life, affection and love, with or without sexual connotations. The fourth objective is known as Moksa that is associated with the cycle of life, the liberation of sorrow and suffering. Each objective tells us to follow a positive aspect. In today’s life following such aspects can leave to a healthy life and happy life even non-followers can benefit from these objectives. Hinduism is a religion that can help one reach peace and encourage one to live a simple life with pure happiness and rightness.

 This Religion has a lot of interest facts and rituals, for instance, the divinest number in Hinduism in 108 so the prayers beads must have 108 beads this is because 108 is the ratio of sun’s distance from the earth to sun’s diameter or the moon’s distance from the earth to moons diameter. Yoga the world's most-followed divine, bodily fitness procedure was originated from Hinduism.

 Hinduism has given a lot to this world and played a great role in spreading positivity and love all around the world. There is a lot that can be written about this beautiful religion that cannot be covered in a single essay. Here’s a quote that exquisitely describes Hinduism

**The essence of Hinduism is that the path may be different, but the goal is the same.**

*Manmohan Singh*

# References

Kurien, Prema. "Hinduism." *Wikipedia, the free encyclopedia* (n.d.). https://en.wikipedia.org/wiki/Hinduism.

Lands, M. "Hinduism - World's Oldest Religion Explained - Origins, Beliefs, Facts." (2016): 25.