



Today all over the world, but particularly in the West, people are moving away from organized religious beliefs, most notably the youth. In some instances they are becoming non-believers or atheists. Yet in many other cases they are only rejecting religious exclusivism and instead exploring experiential spirituality at an individual level. There is also a new interest in Yoga, meditation, natural healing, shamanism, and even a revival of older pagan traditions of Europe and Native America. In this context the Yoga and Dharma gurus of India continue to travel throughout the world and now have millions of followers on every continent. Part of this is owing to the fact that dharmic traditions are originally based upon experiential spirituality through yoga and meditation, not upon belief, faith, conversion, or concepts that ours is the only true religion. God or revelation.

The Hindu tradition originally formulates itself as Sanatana Dharma, an eternal and universal way of understanding the natural laws of the universe. Santana Dharma has its highest goal that of Moksha or the liberation of consciousness, expanding our awareness to embrace the entire universe – Self-realization at the highest level, knowing the Divine within us, not simply on the outside. For this it acknowledges the existence of many paths to that unitary truth. Such a unitary view of truth and pluralistic approach to it, along with freedom from any dogma, is both rational and spiritual, and takes us beyond the constraints of any external religious authority to the development of our own unique spirituality potential.

Sanatana Dharma is the way of religion and spirituality for the planetary age, embracing a global view of truth, and regarding the entire universe as a single family. It directs us to the cosmic mind, not simply to an historical leader or passing down of a faith that we must believe without question, or take on second hand. Sanatana Dharma brings us the entire array of the Vedic arts and sciences. This includes all the many paths of Yoga, as Jnana, Bhakti, Karma, Hatha, and Raja just to mention a few. It includes the many Vedic philosophies of the shad darshanas, including the various systems of dualist and non-dualist Vedanta.

It embraces the vast Avurvedic tradition of healing for body, mind and consciousness. It holds such disciplines as Jyotish for helping us understand cosmology and the movement of time and karma, and Vastu for understanding spatial and directional influences. Most notably it holds the Sanskrit tradition and its science of language, mantra and cosmic sound. Sanatana Dharma embraces a vast tradition of temple worship and iconic worship, including in one's own home and numerous sacred sistes, yet has every formless approach to the Divine as well, all woven together.

In short, for those looking for experiential spirituality, Hinduism or Sanatana Dharma, offers a full range of guidance and resources and a variety of paths for different temperaments and stages of development. As we begin to appreciate Sanatana Dharma we will give up the religious differences, divisions and conflicts that have long plagued the world. We will be able to approach religion as spiritual science of consciousness, a way of knowledge, not simply a belief system.

Santana Dharma holds the spiritual wisdom for the future of humanity that must eventually be accepted throughout the world. Though powerful forces are still aligned against us to protect their vested interests, they cannot for much longer resist this eternal way of truth.