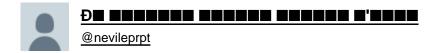
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101 REASONS TO BE A HINDU

- 1. I am a Hindu because it tells me that the purpose of life is to realise God.
- 2. Hinduism teaches that I am the Soul and not the body.

3. Hinduism gives me absolute freedom to worship God in any name and form I like.



- 4. In Hinduism, God is not only outside but also within me.
- 5. Hinduism teaches that Truth alone triumphs.
- 6. The saints and sages are living proofs of God's love and mercy.
- 7. Hinduism teaches that selfless service is the highest duty.

- 8. Hinduism helps me to discover my own true self.
- 9. Hinduism considers religion as the manifestation of the divinity already within us.
- 10. Hinduism helps me to see the impermanence of the body.
- 11. Hinduism gives me freedom to love God in any way that is suitable to me.

Man

- 12. Hinduism admits that no one way is the only way to reach God, the Omniscient.
- 13. Hinduism guides me to celebrate the different phases of life.
- 14. Reading the stories of Hindu Rishis and devotees help me to shape my personality.
- 15. Hinduism encourages thinking and rationalising.
- 16. Hindu festivals offer joyful activities for all.
- 17. Hinduism promotes healthy simple eating.
- 18. Hinduism teaches me to honour the learned and the wise.
- 19. Ancient Hindu temples give me a sense of awe and pride of my ancestors.
- 20. I can worship God by serving God's creation.
- 21. Yoga helps to keep the body and mind healthy.
- 22. Meditation calms the mind and gives inner peace
- 23. Yogasanas help me to gain full control of my body
- 24. The chanting of Vedic mantras creates a positive vibration internally and externally.
- 25. Hinduism teaches to serve all life forms, small or big as our own self.
- 26. Hinduism shows that human beings are the greatest of all beings
- 27. No work is secular but every work can be spiritual discipline.
- 28. To conquer is to renounce.
- 29. The highest gain is to attain self-control.
- 30. Hinduism never forces anything on anyone.
- 31. Hinduism teaches me to respect all religions.
- 32. Hinduism gives assurance that no sinner is eternally condemned.
- 33. Hinduism gives me hope that I can always reform myself and attain perfection.
- 34. Hinduism provides various disciplines for my body and mind.
- 35. Hinduism asserts that I am responsible for my life.
- 36. Hinduism asserts that I am the ever pure, ever free, ever perfect Atman.
- 37. Hinduism allows me to find the Truth for myself.
- 38. Hinduism allows me to feel the presence of God even in material things.
- 39. Hinduism shows that my first God is my mother.
- 40. Hinduism shows that no knowledge is gained without respect to the teacher
- 41. Hinduism teaches that every knowledge, whether sacred or secular have come from God.
- 42. Hinduism teaches that God is the inner guide in every one.

- 43. Hinduism teaches that every woman is the embodiment of the power of God.
- 44. Hinduism teaches that the soul has no gender, race, or caste.
- 45. Every work done perfectly and selflessly will make me perfect.
- 46. I can reach God through dance.
- 47. I can find God through music.
- 48. I can seek God through arts.
- 49. Hinduism teaches me that Good always triumph over evil.
- 50. Hinduism does not ask me to fear God but to love God.
- 51. God is my Friend.
- 52. God is my Teacher.
- 53. God is my Mother.
- 54. God is my Father.
- 55. God is my Lover.
- 56. God is my Husband.
- 57. God is my Child.
- 58. God is in everything pure and beautiful.
- 59. God is also in misery and in the terrible.
- 60. God is the inner Controller.
- 61. Nothing happens without the will of God.
- 62. Hinduism teaches that life is a series of birth and death until I attain perfection.
- 63. I am free to observe fasting and vigil according to my own ability.
- 64. Hinduism encourages me to abstain from meat to develop devotion and purity my mind.
- 65. Hinduism encourages me to be humble to love God.
- 66. Hinduism asks me to look at the whole world as one family.
- 67. Hinduism teaches me to practice non-violence and non-injury to others.
- 68. Hinduism teaches me to feed the weak and the hungry.
- 69. Hinduism shows that even sinners can be purified by God's grace.
- 70. Hinduism consists not in believing, but in being and becoming.
- 71. Hinduism shows that God accepts everything and anything given with love.
- 72. God promises in the Bhagavad Gita to protect Dharma against adharma.
- 72. Hinduism shows that God incarnates on earth to show the path of righteousness.
- 73. Hinduism shows that to think myself as a sinner is a blasphemy.
- 74. Hinduism teaches that every action has its reaction
- 75. Karma can be altered through prayers and repetition of God's name.
- 76. I can serve God by serving holy people and good devotees.
- 77. The doctrine of Karma shows me that I am the creator of my own destiny.
- 78. The Vedas preach on fearlessness.
- 79. The Bhagavad Gita is the best

manual on self-motivation.

- 80. The Puranas give grand truths in simple stories.
- 81. The Ramayana shows me on how to live.
- 82. The Srimad Bhagavatam instructs me on how to die.
- 83. The Mahabharata shows me on how to defeat adversity in life.
- 84. The Upanishads instructs me on the

highest truth about my real self.

- 85. The Agamas instructs on how to worship God in various ways.
- 85. The Itihasas and Puranas help to develop imagination and creativity.
- 86. Hinduism teaches that to injure others is to injure my own self.

87. Hinduism teaches that I must not covet another's possession.

- 88. Hinduism teaches me to treat my elders with respect.
- 89. Hinduism prescribes me different duties at different stages of life.
- 90. Hinduism extols giving up selfishness for the sake of others.

91. Hinduism prescribes marriage as a sacrament to purify the body and mind.

- 92. Hinduism likens death to change of the old cloth.
- 93. I can worship God by doing good actions.
- 94. Hinduism shows that God can be seen by those who are pure in heart.

95. Hinduism shows that anyone can achieve greatness through great effort.

- 96. Hinduism shows that every one man, woman, child, and the aged can be great saints and sages.
- 97. Hinduism shows that it is not God who punishes but our own karma.
- 98. Hinduism shows that lovers of God do not belong to any race or caste.
- 99. Hinduism teaches not only tolerance but universal acceptance.
- 100. Hinduism sees unity in diversity.
- 101. Hinduism is the mother of all religions

#Hindu