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## Hinduism: Path of the Ancient Wisdom

By Hiro G. Badlani

Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India, 2014. Softcover. Book Condition: New. First Edition. Hinduism is the oldest surviving religion in the world. It has evolved from prehistoric times through various phases of ongoing development and includes religious and spiritual literature which is vast and diverse. This book provides a well groomed summary of all aspects of Hinduism in a simple and straightforward language. It includes 63 chapters spread over 367 pages. Chapters 1 through 18 discuss the origin of Hinduism and its scriptures, Hindu spirituality, Hindu code of conduct, soul consciousness, the divine path of virtue, and Hindu Trinity. Chapters 19 through 42 include topics such as teachings of Ramayana, Mahabharata, Bhagavad Gita, ancient philosophy of Yoga, Buddhism, Jainism, Sikhism, teachings of Bhagavatam and spiritual teachings of some of the popular Hindu saints such as Vivekananda, Paramahansa Yogananda, Swami Chinmayananda and many other spiritual masters. Chapters 43 through 56 provide discussions on Hinduism and science, meditation, satsanga (holy company), Ayurveda, vegetarianism, Hindu wedding, Hindu symbols and icons, Hindu customs, festivals, interfaith issues and Hinduism and fine arts. The remaining chapters 57 through 63 include discussions on evolution of Hindu temples, a pilgrimage through India, Hindu temples in USA...



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