

A Day in the Life of a Hindu



Guidelines to Live By:

Dharma is a path in which you are heading towards your destiny.
Karma is the action you perform while moving towards your destiny.

Mantra:

"If one has had experience with the dharma, then one has probably been a human being."

Hindu Practice

A Day in the Life ...

Daily Practice:

A) Morning:

Bathe

Morning Prayers, meditation, and yoga

B) Throughout the day:

Pray in a way that brings you close to God

Acts of Kindness/Charity

Eat humbly, and plainly. Vegetarian. Nothing spicy. Food should be lukewarm.

Self-reflection (Reflect on the wrongs committed that day)

C) Evening:

Join Srividya Chaitanya for a teaching in the Meditation room (Larsen 210), 5 pm.

Bathe

Evening Prayers, study

Advice to Participants:

A) Dress modestly

B) Remember God in all your activities

Hope for Participants:

“Aspire to find the Truth.”

Contributors: Srividya Chaitanya, Victoria Randall-Hallard, Gabor Nemeth