



HINDUMITRA

We support and empower individuals and families in need

नर- नारायण- दासोऽहम्

nara-nArAyana dAsah aham

In service of the divine and humanity

Hindumitra
induction training book





Our Mission

- Reach all humanity, irrespective of background.
- Support and empower individuals and families in need to lead a fulfilling life through practice of Sanatana Dharma.
- To develop leaders and not just followers.
- To spread the divine love of Sanatana Dharma across the world.
- To provide training to Understand, Practice, Declare and Propagate Sanatana Dharma.



Through this training, Hindumitra would learn to:

Focus on working simultaneously on **self and society**.

Set small realistic meaningful dharmic goals, employ dharmic methods through personal research and **value personal experience as the true knowledge** to enhance one's own spiritual journey.

Work to uplift vulnerable individuals and families to empower them to lead their lives through practice of Sanatana Dharma.

Effectively communicate and **speak only of the work undertaken**.

Value time for constructive usage to **be the message of truth and love, the method and the result**.





Through this training, Hindumitra would learn to:

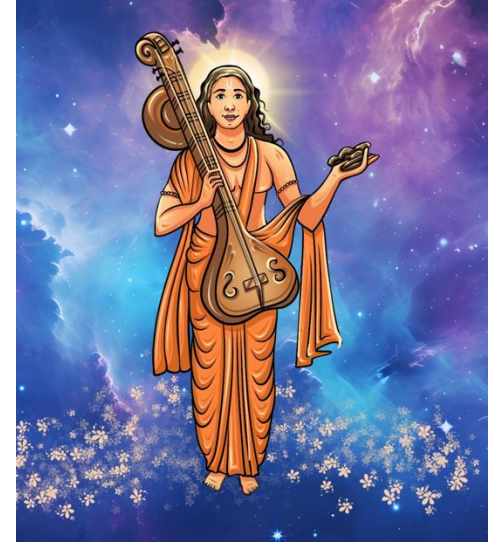
Not to waste time on social media chatter and not fall prey to the fakery or rubble rousing of social media.

Rejoice in spreading the divine message of Sanatana Dharma and apply Viveka (Intellect) well enough to not utter unwarranted words on unrelated matters.

Not be rhetorical but trust and employ the method of **systematic enquiry of Sanatana Dharma.**

Balance and value logic and native wisdom.

Channelize emotions into constructive deliverable action to build a spiritually strong society.





Upon completion of this Hindumitra training:

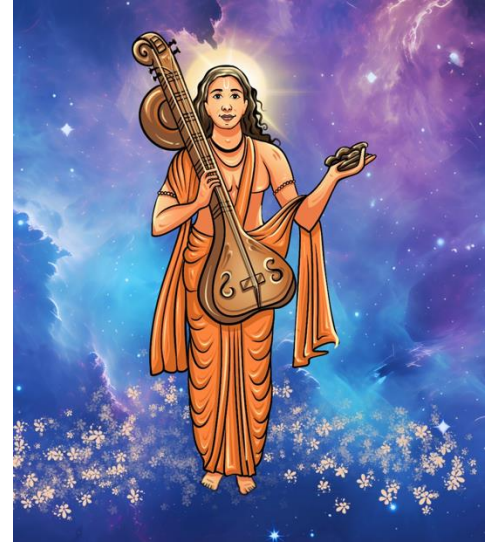
Upon successful completion of this basic induction training, participants may choose to accept one among the following roles:

Dharma Vidyarthi

Dharma Sevaka

Dharma Bodhaka

Dharma Pracharaka



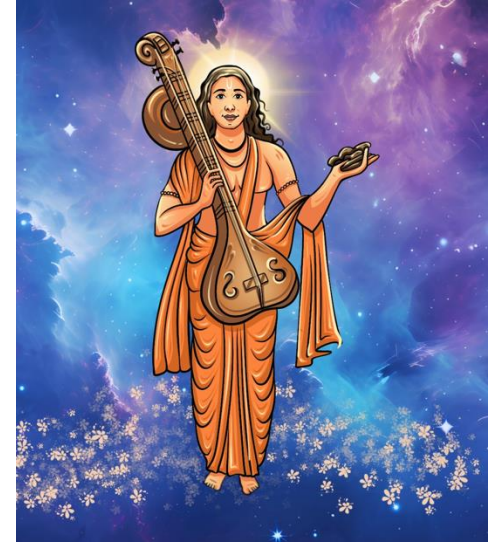


Upon completion of this Hindumitra training:

Participants are thereafter expected to be part of monthly satsangam.

One is called a Hindumitra only upon successful completion of Hindumitra training.

As a Hindumitra you become the torchbearer and ambassador of the eternal cosmic truth called Sanatana Dharma through your **constant learning** as a Vidyarthi, or through **your service to society** as a Sevaka, or through **teaching others** of what you know as a Bodhaka or through **your active engagement with society** in spread of the divine love of Sanatana Dharma as a Pracharaka.



Good News!

Understanding who we are?

Who is a Hindu?

Who is a Mitra (friend)?

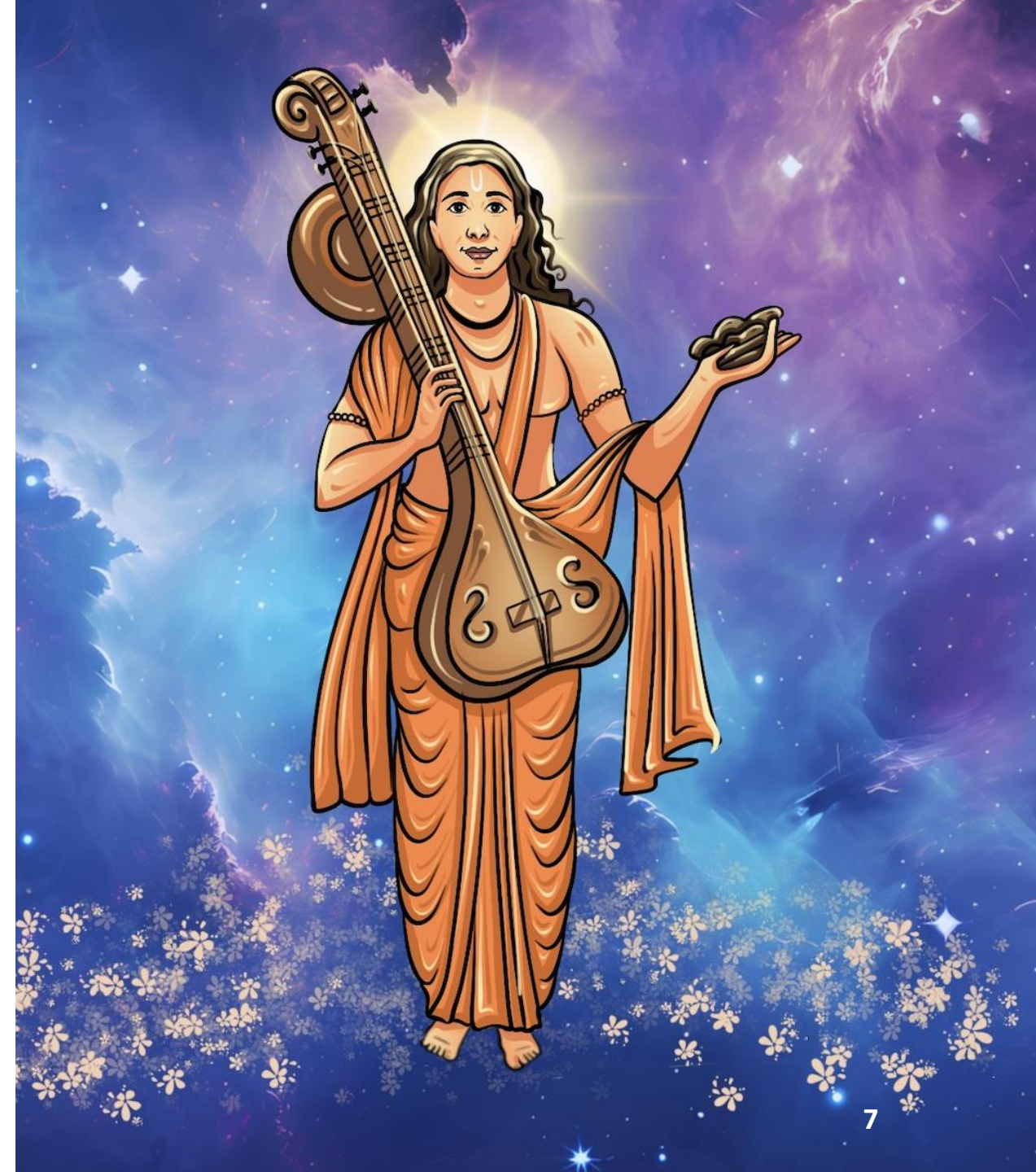
Desired qualities in a Hindumitra

Hindumitra Triads

What do I gain by being a Hindu?

Brotherhood/Sahodharabhava

What next, if you wish
to be a Hindumitra?







Hindumitra! For the rest of your life, do you want to...

Sincerely practice Sanatana Dharma?

YES

Ensure joy and contentment for yourself, your family and friends?

YES

Stay on path of truth?

YES

Fearless in propagating Sanatana Dharma,
with love for Paramatma?

YES

Spare time to achieve all the above?

YES





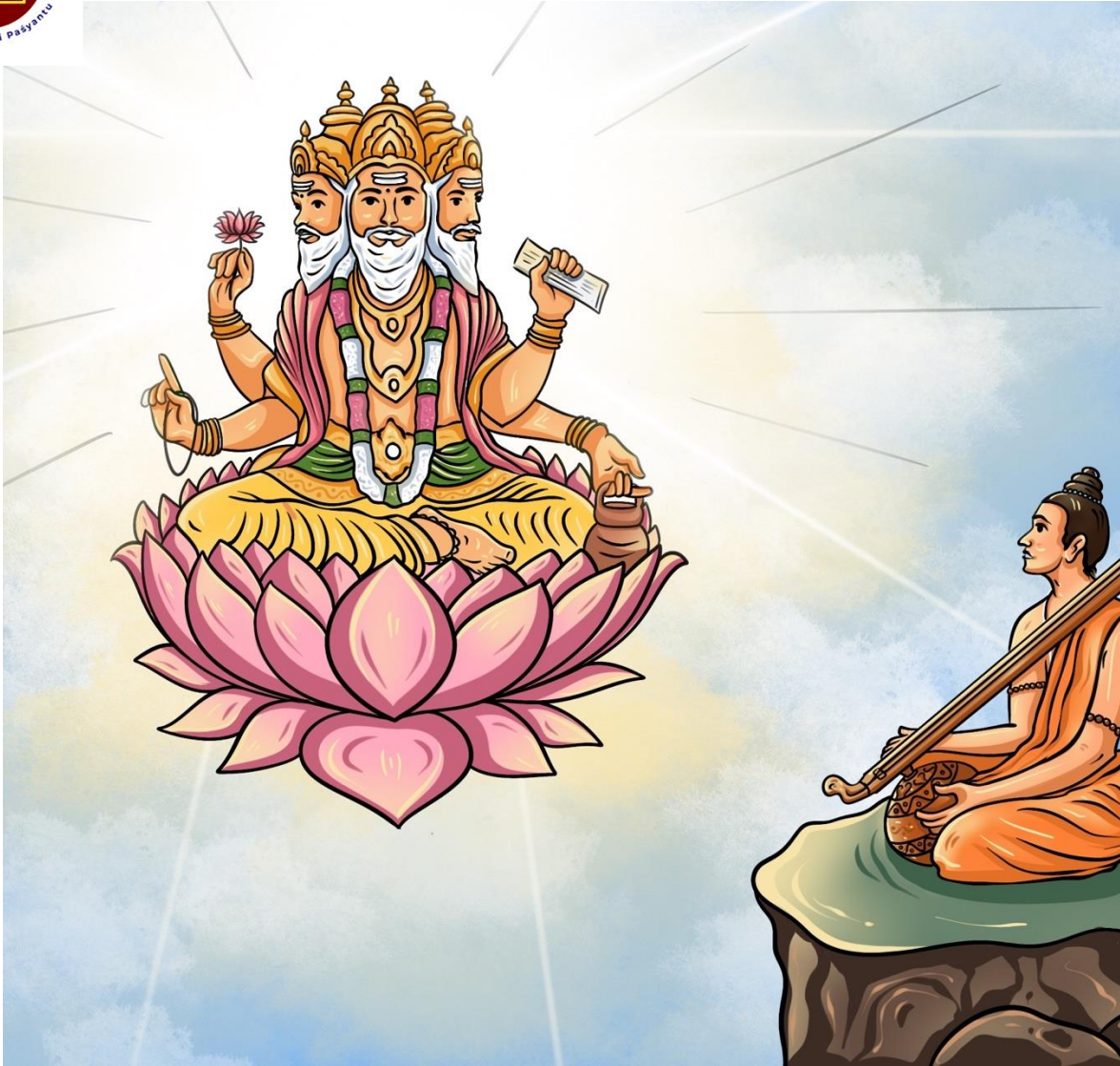
Can a Hindu
propagate the
divine knowledge?



Can a Hindu propagate the divine knowledge?

Yes

- Without any doubt in mind, Hindus can propagate the divine knowledge.
- It is clearly stated in Bhagavatam and Bhagavad Gita.



Propagating Divine Knowledge is our duty

“Son! Narada! These Bhagavatam stories of Narayana are well respected for they convey Vedic knowledge. With Moksha as the goal the supreme divine itself has composed this Bhagavatam. It is a Kalpavriksha for Bhaktas and is greatest among all shastras. I have narrated its details to you.”

“May you extensively propagate this divine knowledge in this universe.”

Srimad Bhagavatam

Benefits of propagating Divine Knowledge through sharing Bhagavatam stories...

- Confusions will be cleared.
- One develops good morals.
- Bhagavad Bhakti (Love towards the supreme being) blossoms.
- One is granted liberation by the divine.
- One who wishes mental strength develops it and,
- For one who wishes to liberate from bondage of samsara gets liberated.

Srimad Bhagavatam

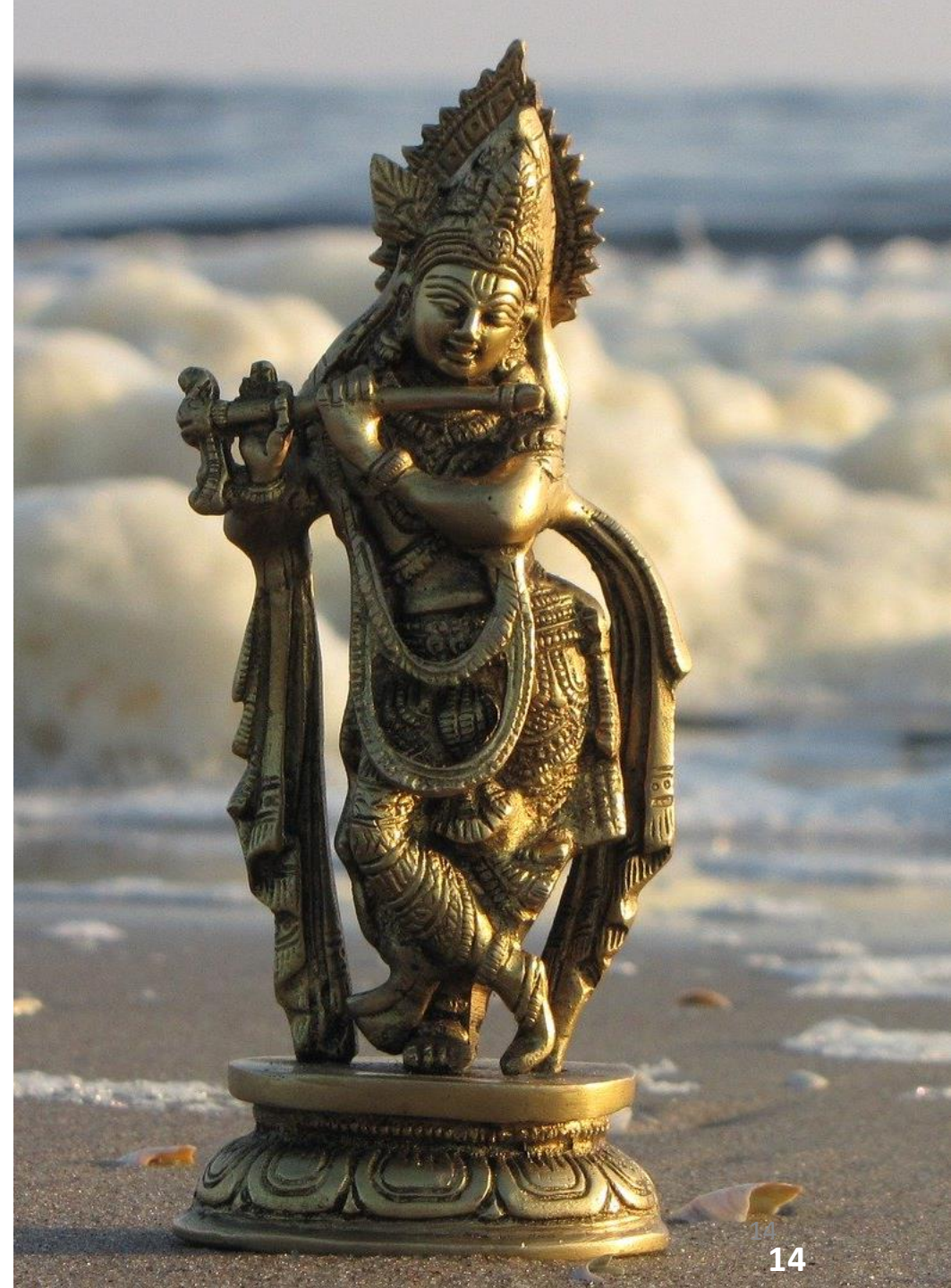


Propagating Divine Knowledge

*ya idaṁ paramaṁ guhyaṁ
mad-bhakteṣhu abhidhāsyati
bhaktiṁ mayi parāṁ kṛtvā
mām evaiṣhyati asanśhayaḥ*

Bhagavad Gita 18.68

The one, who teaches this most precious knowledge to my devotees, is showering the greatest love on me. He will attain me without doubt.



Propagating Divine Knowledge

Perhaps propagation of divine knowledge has been practiced since the beginning.

Maharshi Narada showed us the way.

In Bhagavad Gita Sri Krishna Paramatma confirmed that divine knowledge can be taught by us to his devotees.

Adi Shankara and Swami Vivekananda also set examples for us to follow.



Propagating Divine Knowledge



नारायण- दासोऽहम्
nArAyaNa dAsah aham

In service of the Divine

When inertia pretends to be superficial serenity



A lot of us may appear to be in a superficial state of spiritual contentment with a serene mood (Sativika state) when in actual fact underneath that it is a state of apathy, indecisiveness, unproductive inertia and an escape from action (Tamasica state).

The danger of Tamasica guna appearing to be Satvika guna.

What does it mean if Divine knowledge is not propagated?



- That, it has been rejected as not true.
- That, it is not understood or accepted wholeheartedly.
- **That, Tamasika guna driven apathy or laziness stops us from propagating it.**

na mām duṣhkṛitino mūḍhāḥ
prapadyante narādhamāḥ
māyayāpahṛita-jñānā
āsuram bhāvam āśhritāḥ || 7-15 ||



19

Four kinds of people do not surrender unto Me—
those who are not performing their duties though capable of knowing Me,
those in a state of ignorance of absolute knowledge,
those with deluded intellect, and
those with a demoniac nature.

What does it mean if Divine knowledge is not propagated?



- Those practicing Dharma have to ask themselves the earlier questions. **For not propagating this divine (all inclusive knowledge) only leads to adharma prevailing over.**
- All have the freedom and the right to reject if they do not agree with it. Those who bully or threaten are fanatics who have not understood the true essence of divine knowledge.

What does it mean if Divine knowledge is not propagated?

NISCHAYA BUDDHI

Making clear decisions

निश्चयबुद्धि



- According to Bhagavad Gita, we should develop **Nischayatmaka Buddhi, the clarity in thinking and decisiveness** when it comes to following dharma.
- The knowledge we gain is only to be disseminated. It is no use keeping it to ourselves.

Propagating Divine Knowledge is our duty



Just as Maharshi Narada, Adi Shankara and Swami Vivekananda have shown us the way, and, as Paramatma taught us in Bhagavad Gita and Bhagavatam are you ready to reach out to all his Bhaktas with love and compassion and build a Satsangam wherever you are?

Yes We Can



Understand

Practice

Declare

Propagate

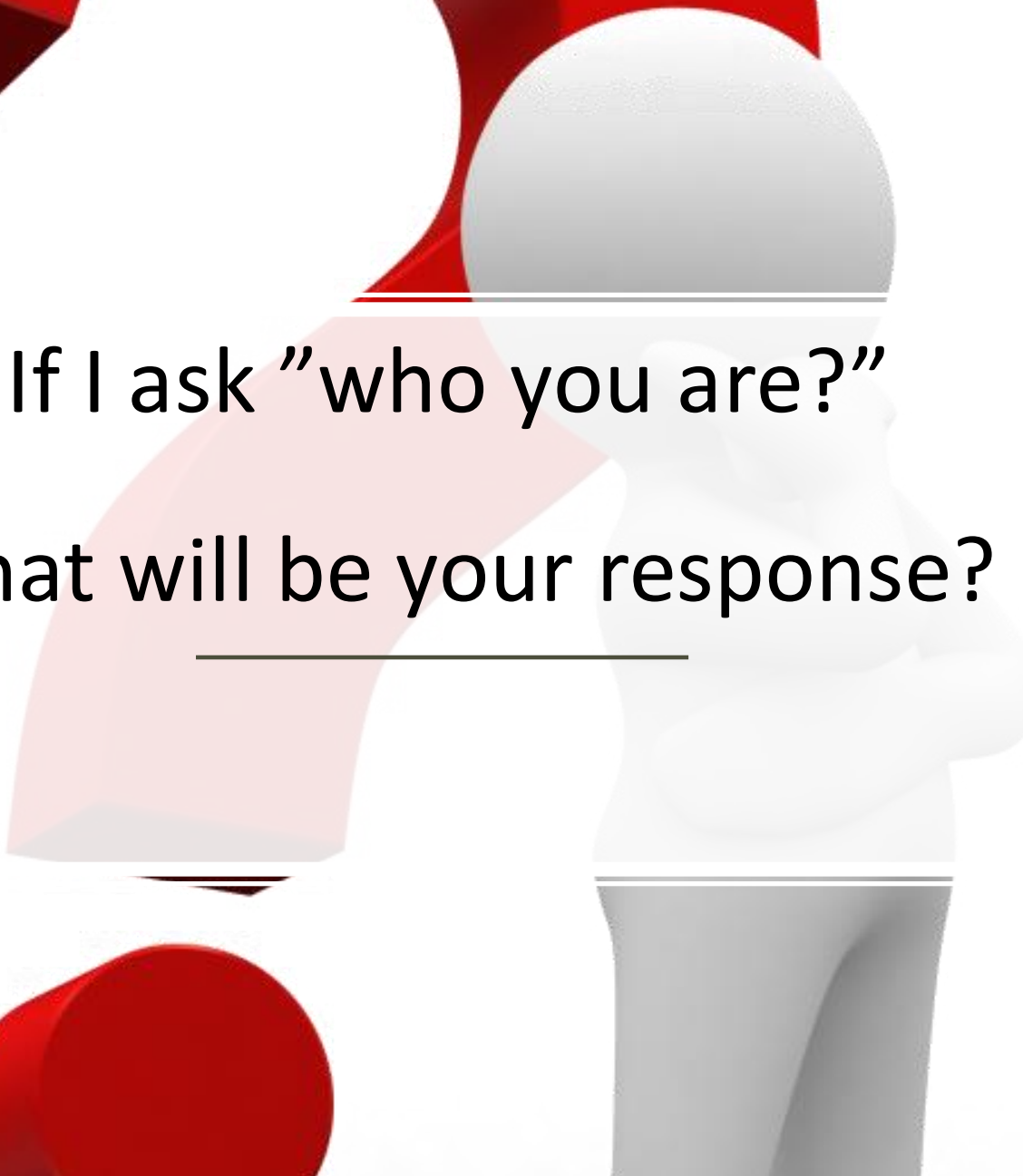
(Y)Our Sanatana Dharma

23



नारायण- दासोऽहम्
nArAyaNa dAsah aham

In service of the
Divine,
propagate Sanatana
Dharma

A 3D white figure of a person in a thinking pose, with one hand on their chin. The figure is semi-transparent, allowing the text and background elements to be seen through it. The background features large, abstract red and white geometric shapes.

If I ask "who you are?"
what will be your response?



- Nation- Indian, British, American
- Continent- Asian, African, European, American
- Dharma/Faith - Hindu, Jain, Buddhist, Sikh
- Language - Telugu, Punjabi, Oriya, Assamese
- Region - Karnataka, Gujarat, Bihar, Kerala
- Jati- Brahmana, Kshatriya, Vysya, Shudra
- Race - White, Brown, Black etc.

There will always be people to divide humanity's practice of Sanatana Dharma

Nation

Language

Dharma

Region

Jati



Nation

It is from the people that politicians, historians, administrators, teachers and artists come. If adharmic that leads to divisions and exploitation.

Region

Who is responsible?

Administrators?

Politicians?

People?

Situations?

Opponents of Dharma?

Historians?

Language

If dharmic education system is standardized then dharmic politicians, historians, administrators, teachers and artists arise who can bring harmony to the world.

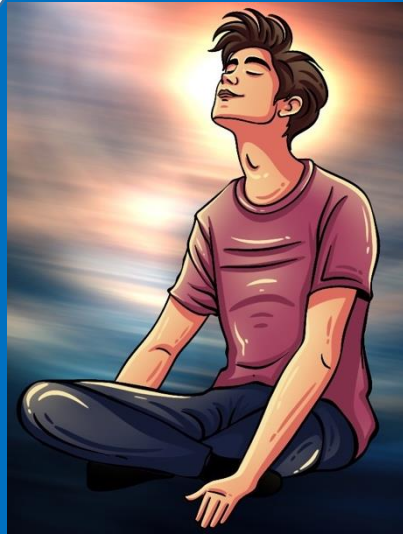
Jati



Pillars of Sanatana Dharma



Who is a Hindu?



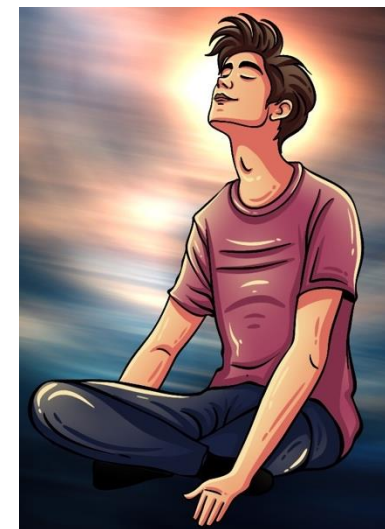
Having laid a strong common universal foundation of Sanatana Dharma a Hindu has the absolute freedom to be one or many of the following:

As per the,

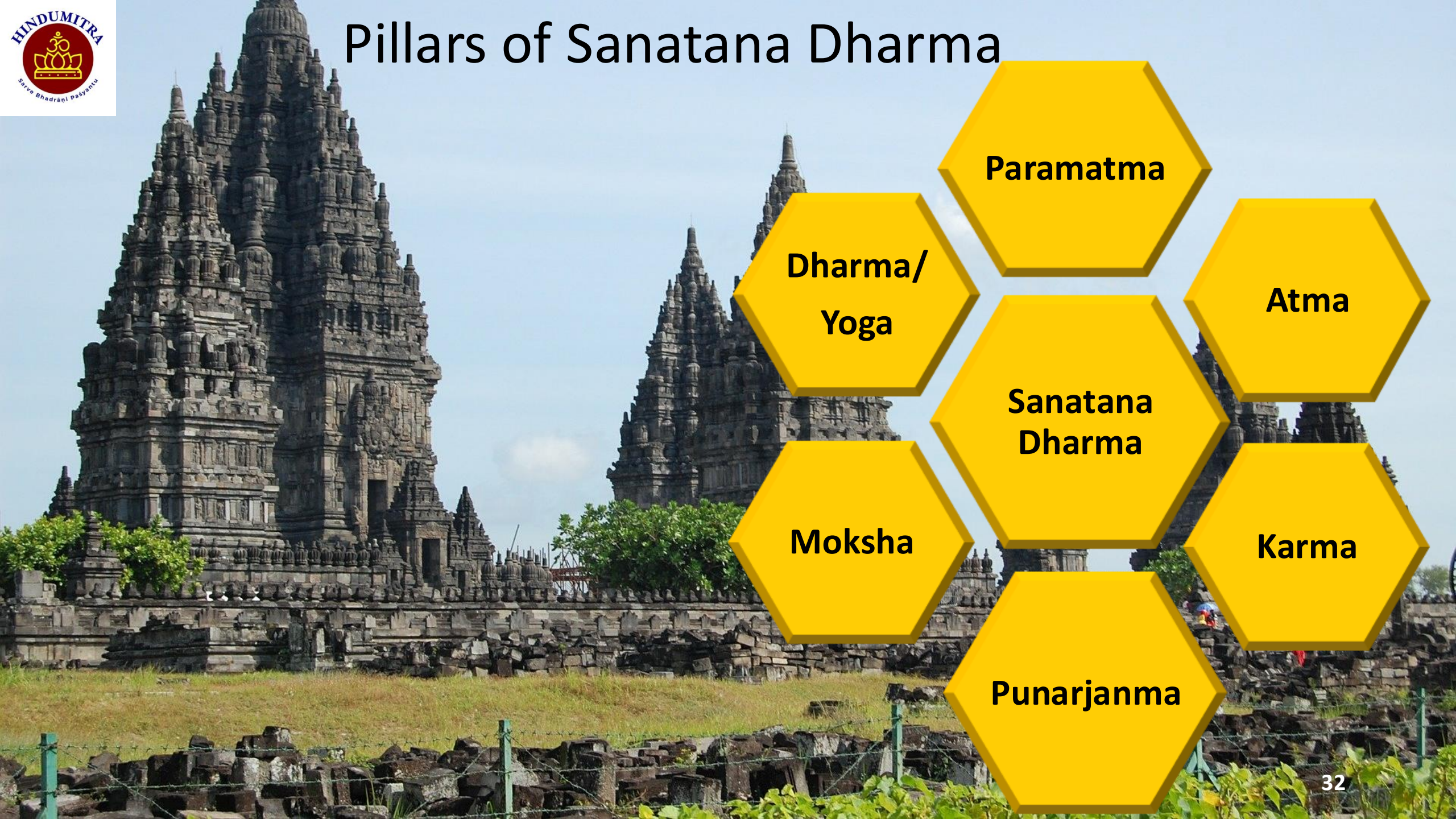
- **Sampradaya (Faith):** Those who worship Vishnu, Shiva, Shakti, Ganesha, Surya, Skanda
- Cosmological understanding of non-duality and universality of Atma or duality of Paramatma and Atma.

Advaita/Dvaita/Vishishta Advaita

- Cosmological understanding of unmanifest or manifest form. **Niraakara/Saakara**
- Plural traditions of Village/Forest/Family Deity worship. **Grama/Vana/Kula Devata**
- Avatars: such as of Vishnu
- Vedic, Puranic, Darshanic traditions
- Different Yoga paths: Reaching the Divine through Knowledge (Jnana), Devotion (Bhakti), Meditation (Dhyana) and Duties (Karma).
- Traditions of different Varnas and Jatis (sects)



Pillars of Sanatana Dharma



Paramatma

Atma

**Dharma/
Yoga**

**Sanatana
Dharma**

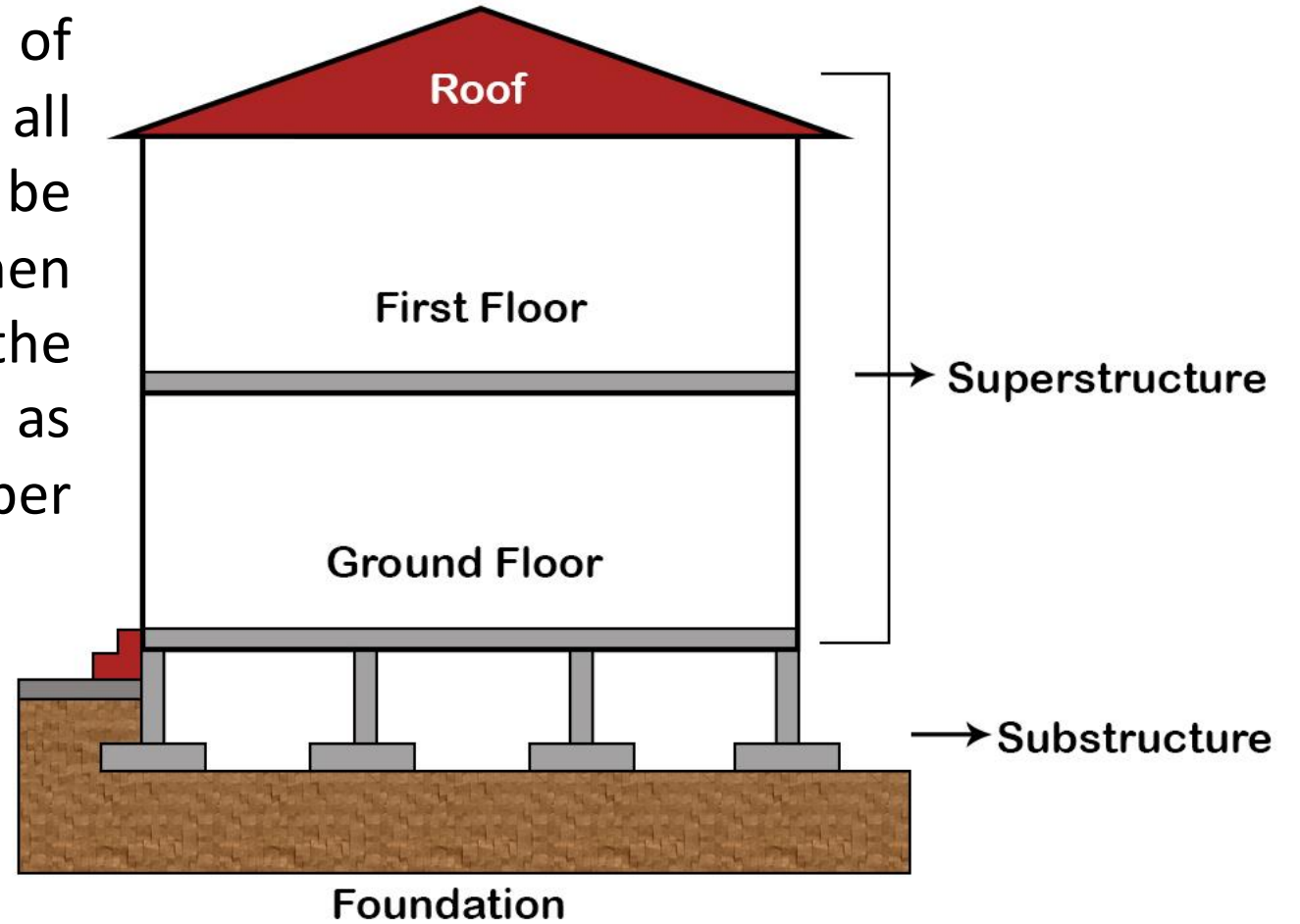
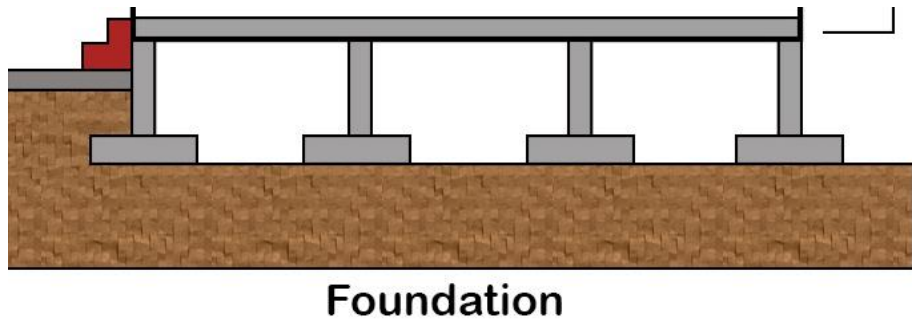
Karma

Moksha

Punarjanma

Pillars of Sanatana Dharma

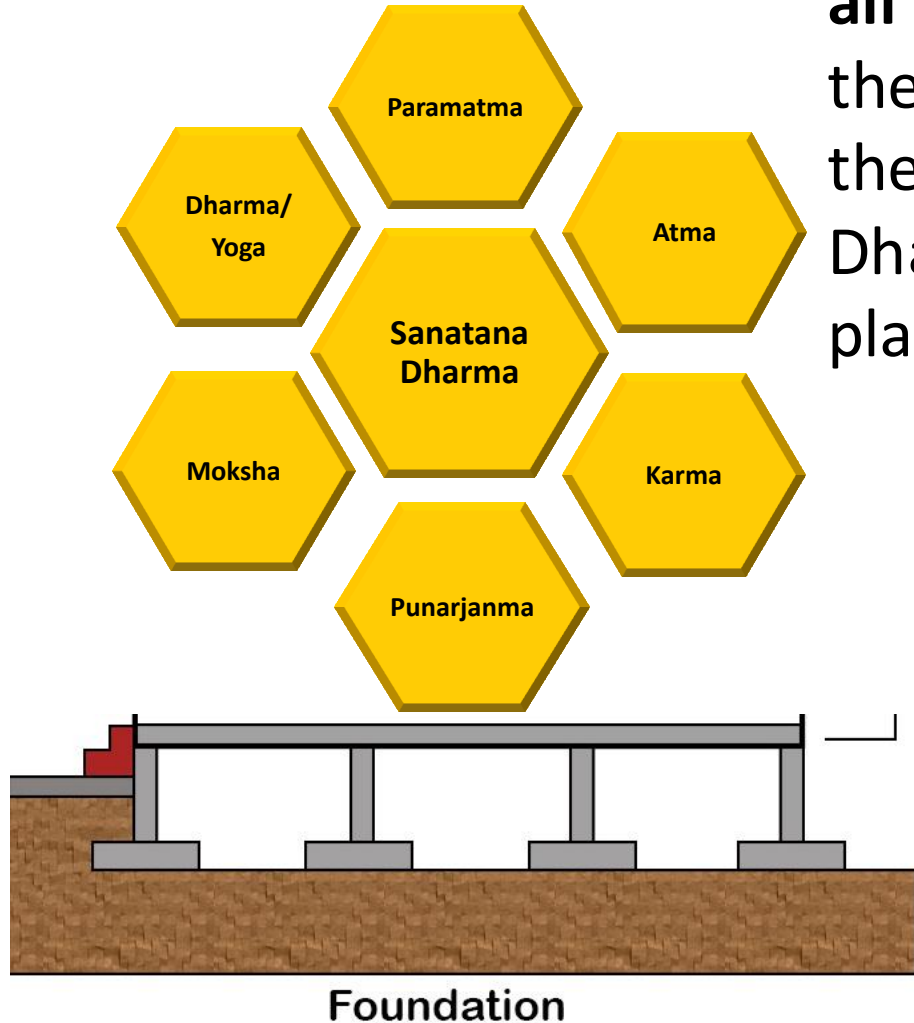
In building a township , the builder does not ask, “How should I lay the foundation of your house?” Because the foundation of all houses is laid the same way, and it must be solid. But after laying the foundation, when it comes to building the upper part of the house, he leaves it to your discretion, as you can choose colours, tiles etc. as per your liking.



**Foundation is common for all and non-negotiable.
Superstructure is as per individual choices.**

Pillars of Sanatana Dharma

Similarly, pillars of Sanatana dharma are common for all and non-negotiable. Atmavidya, the knowledge of the cosmic self, which is the root of Sanatana Dharma is the same foundation for all. The same universal Dharma applies to all. With this firm foundation in place, you are free to choose your path thereafter.



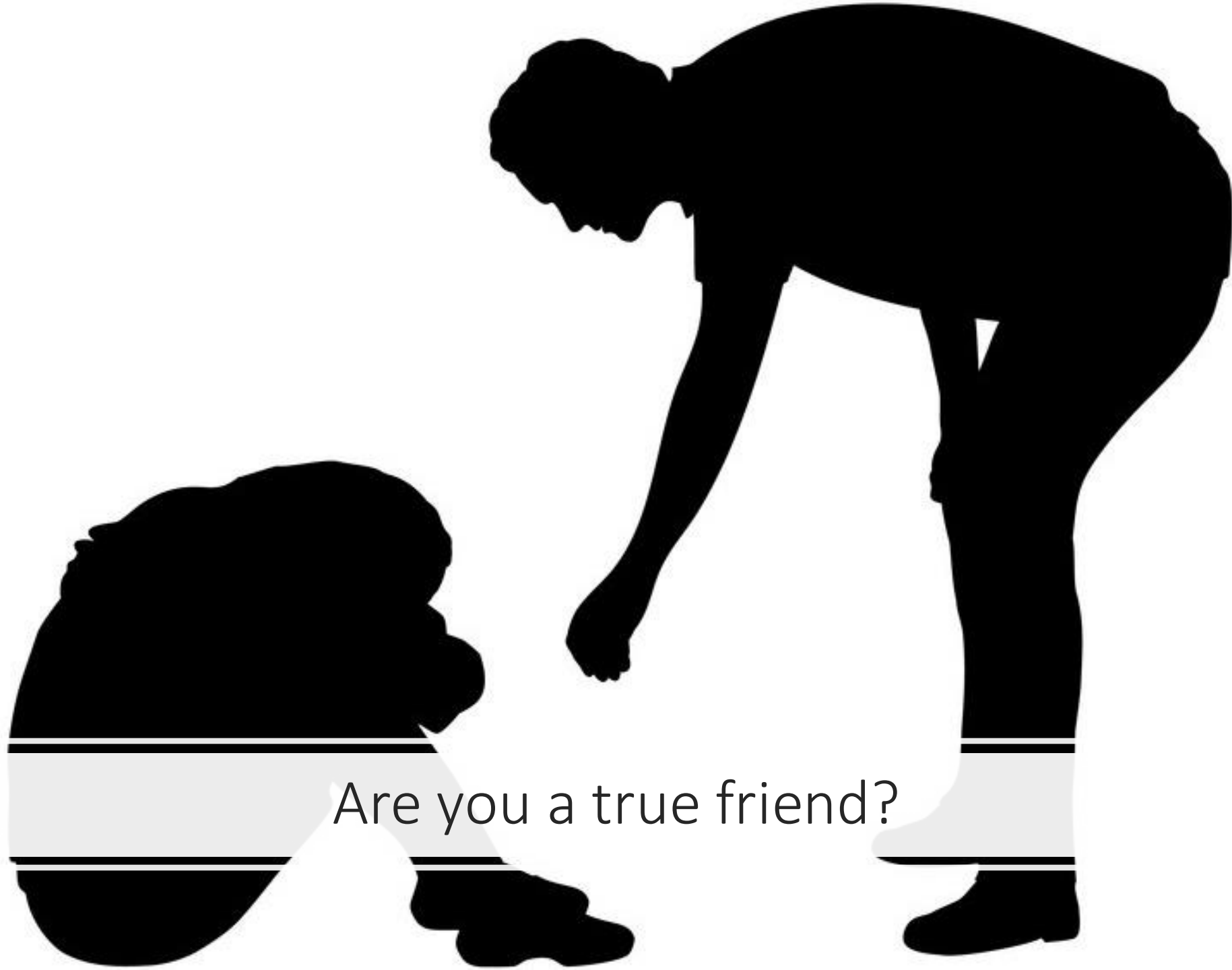
We understood
“Who is a Hindu?”

Now,

Let us understand
“Who is a Mitra (friend)?”



Who is a Mitra (friend)?



Are you a true friend?



Qualities of a Sanmitra (True friend)?

Paapaan nivarayati Yojayate hitaaya
Guhyam nigoohati Gunaan prakateekaroti
Apadgatam cha na jahaati Dadaadi kaale
Sanmitra lakshanam idam Pravadanti santaah
(Bhartrihari- Neeti shatakam)

Bhartrihari says a true friend,
Helps you overcome bad qualities.
Inspires you to take the right path.
Keeps your secrets.
Proclaims your good qualities.
Will not abandon you in your adverse
times.
Spares time for you.

नर-दासोऽहम् *nara dAsah aham* In service of humanity

- Have you been helping those who stray away from Sanatana Dharma?
- Have you been helping those who are vulnerable to evangelical exploitation?
- Have you been there as pillar of unconditional support to those who follow Sanatana Dharma?



Why is Maharshi Narada our Inspiration?

- Sampoorana Bhakti (Unconditional love)
- Nitya Narayana Namasmarana (chanting the divine name)
- Sharanagati (surrender)
- Tirelessly propagates Sanatana Dharma
- **Practises Samadrishti** (Equanimity) in mentoring all irrespective of Devata (Gods)/Asura (Demons), Child/Adult, Rich/Poor.
- A friend to all
- Fearless
- Teaches all in an easy way



नर- नारायण- दासोऽहम् nara nArAyaNa dAsah aham

नर- नारायण- दासोऽहम्



Narada Maharishi is therefore the Adi Hindumitra and an ideal guru to Hindumitras, through

Bhakti : Inspires everyone with his absolute devotion to the Paramatma.

Sharanagati : Has surrendered to the Paramatma through this absolute devotion.

Nitya Narayana nama smaranam : Practiced constant remembrance as he constantly chanted "Narayana Narayana".

Samadrishti : Has tirelessly been promoting Sanatana Dharma, the cosmic knowledge by practicing Samadrishti (equanimity) and universal love.

Mitram : Has been a true friend to all without distinctions of Sura or Asura, young or old, poor or rich and man or woman. Nurtured devotion in all, cared for them and carried out his spiritual responsibility.

Nirbhayam : Unabashedly and fearlessly went to everyone and gave guidance in an easy way and taught Atmavidya (Knowledge of the eternal and universal soul).

नर- नारायण- दासोऽहम् In service of people and the Divine



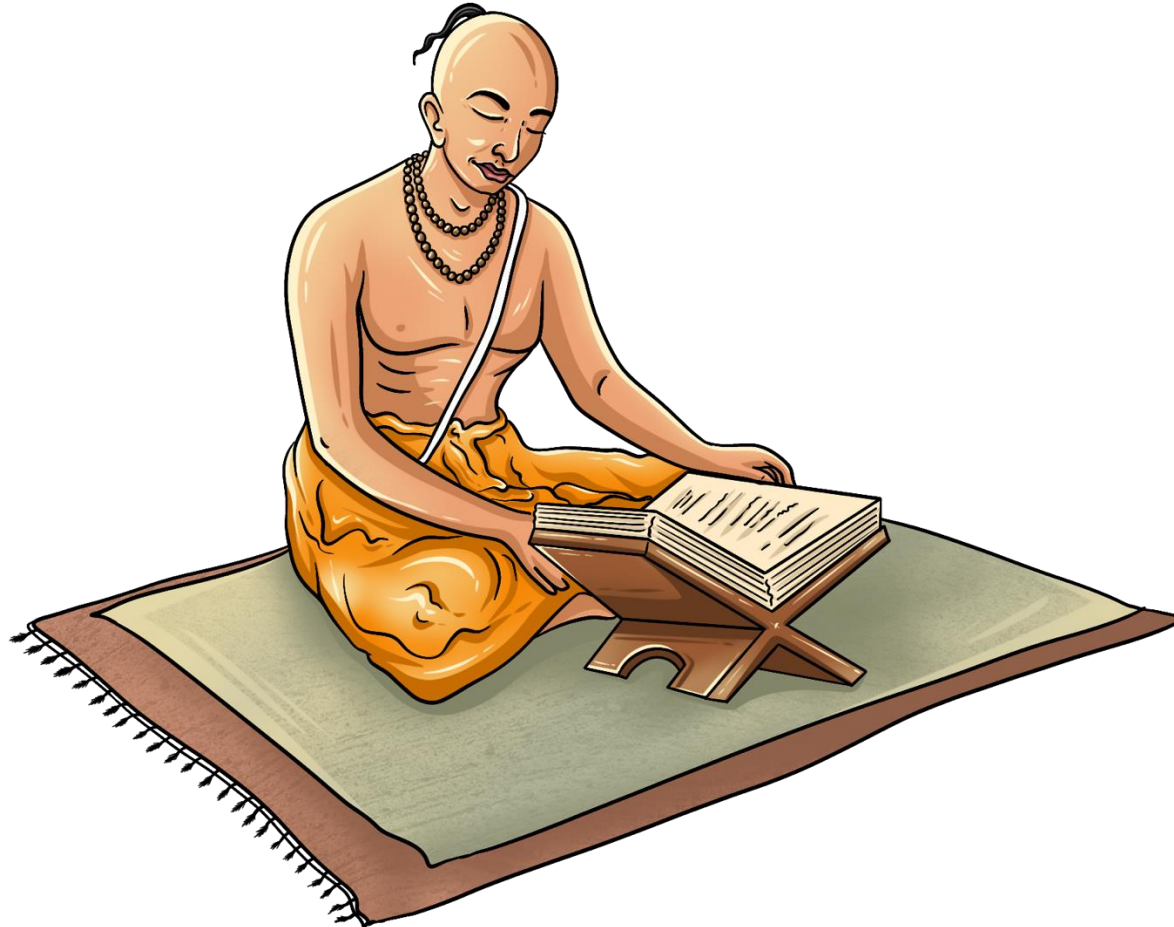
Prema, Daya, Karuna
Love, Kindness, Compassion

Satsangam, Nirbhaya, Sahodharabhava
Satsangam, Fearlessness, Brotherhood



Sraddha, Bhakti, Trikaranasuddhi
Dedication, Devotion, Integrity

What is expected of a Hindumitra?
Should have **firm understanding and belief**
in the foundation of Sanatana Dharma.



What is expected of a Hindumitra?

Should have awareness of issues faced by a dharmic individual, family and society.



What is expected of a Hindumitra?

Having assessed the problems **should work with the affected individual, family and society** to address their problems.

This can be in the form of – empathy, advise, home visits or practical problem solving.



What is expected of a Hindumitra?

Develop **effective communication skills** (verbal and non-verbal)
in listening and counselling our brothers and sisters.



What is expected of a Hindumitra?

One should treat all with **samadrishti (universal love)** without any form of discrimination. Hindumitra should be truthful towards Sanatana dharma and represent it well in the society.



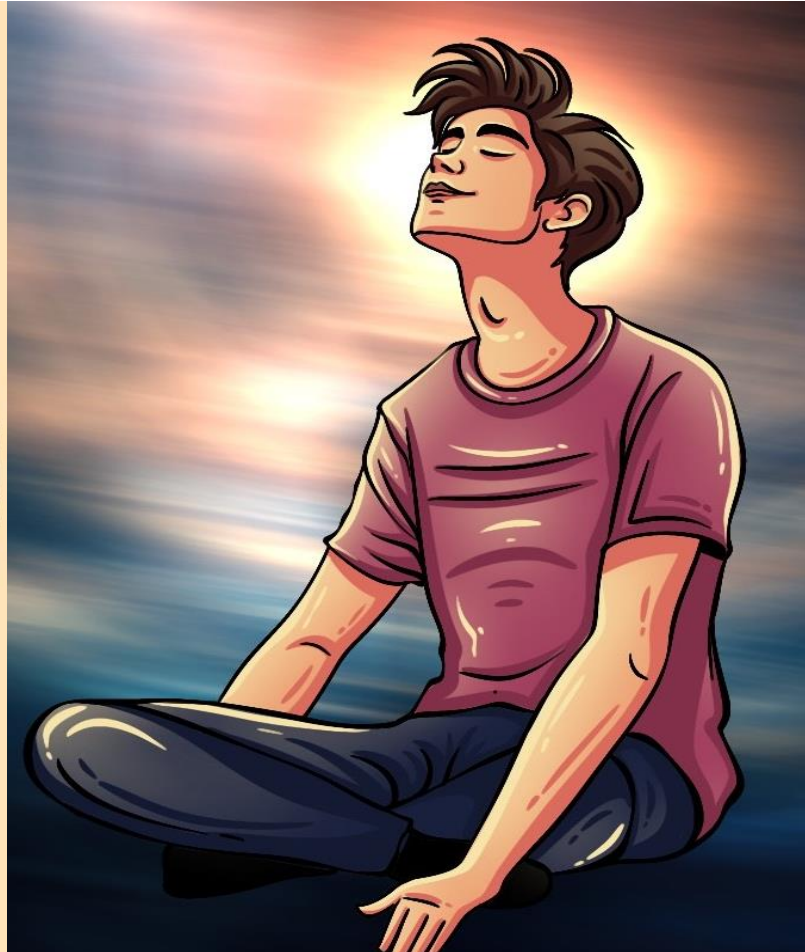
What is expected of a Hindumitra?

Just like Adi Shankaracharya, Hindumitra should develop **effective debating skills**. Prepare well on what to discuss, do's and don't's of debating and thorough research and preparation.



What is expected of a Hindumitra?

Should develop strategies for self with the aim to **serve Sanatana Dharma for life without facing exhaustion.**



What is expected of a Hindumitra?

With welfare of community in mind, should be **joyful in service** and have the required **presence of mind** to not get into any form of trouble.



Expected qualities of a Hindumitra

1. Should have **firm understanding and belief** in the foundation of Sanatana Dharma.
2. Should have **awareness of issues** faced by a dharmic individual, family and society.
3. Having assessed the problems **should work with the affected individual, family and society** to address their problems. This can be empathy, advise, home visits or practical problem solving.
4. Develop **effective communication skills** in listening to and counselling our brothers and sisters.
5. One should **treat all with love** (samadrishti) without any form of discrimination.
6. Hindumitra should be **truthful to self and** represent Sanatana Dharma well in the society.
7. Just like Adi Shankaracharya, Hindumitra should develop **effective debating skills**. Prepare well on what to discuss, do's and don't's of debating and thorough research and preparation.
8. Should develop strategies for self to
serve Sanatana Dharma for life without facing exhaustion.
9. With welfare of community in mind, should be **joyful in service.**
10. Should have the required **presence of mind** to not get into any form of trouble.



Who is not a Hindumitra?

If the person considers their jati, caste, tribe, religion or race is more important than Sanatana Dharma, such person shall not be considered a Hindumitra.



Who is not a Hindumitra?

If the person is preoccupied with constant denigration of religions or other philosophies instead of promoting the joy of practising Sanatana Dharma such person shall not be considered a Hindumitra.



Who is not a Hindumitra?

If the person is shy to reach out to the common man in the streets such person shall not be considered a Hindumitra.



Who is not a Hindumitra?

If the person believes that one person can't make a difference or that it is a futile exercise to work for dharma and drains confidence of self and others such person shall not be considered a Hindumitra.



Who is not a Hindumitra?

If the person believes that he or she knows all and there is nothing to learn from others such person shall not be considered a Hindumitra.



Who is not a Hindumitra?

If the person is inconsistent, fickle minded and lacks the stamina for a long-drawn effort such person shall not be considered a Hindumitra.



Who is not a Hindumitra?

If the person lacks patience and expects instantaneous results or personal success such person shall not be considered a Hindumitra.



Who is not a Hindumitra?

If the person understands the concept of Sanatana Dharma but fails to practice it such person shall not be considered a Hindumitra.



One with following qualities is not a Hindumitra

1. If the person considers their jati, caste, tribe, religion or race is more important than Sanatana Dharma.
2. If the person is preoccupied with constant denigration of religions or other philosophies instead of promoting the joy of practising Sanatana Dharma.
3. One who is shy to reach out to the common man in the streets.
4. If the person believes that one person can't make a difference or that it is a futile exercise to work for dharma and drains confidence of self and others .
5. If the person believes that he or she knows all and there is nothing to learn from others.
6. One who is inconsistent, fickle minded and lacks the stamina for a long-drawn effort.
7. One who lacks patience and expects instantaneous results or personal success.
8. If the person understands the concept of Sanatana Dharma but fails to practice it .



Hindumitra trayas (triads):

Practical guide for effective practice of a Hindumitra

1. Dhyeya Traya (triad of goal):

Understand; practice; declare your Sanatana Dharma

2. Naipunya Traya (triad of expertise):

Dedication; fluency in native language; love towards humanity

3. Laukya Traya (triad of common sense):

Work within law of the land; skillfully navigate complex issues;
utilize effective communication skills.

Hindumitra trayas (triads):

Practical guide for effective practice of a Hindumitra

4. Shakti Traya (triad of energy):

Serve lifelong; train self for a tireless fulfilling journey;
do not exceed limits of abilities.

5. Kshetra Traya (triad of field of duty):

Home and neighbourhood; workplace; education

6. Maanavata Traya (Humanity triad):

Love; compassion; equanimity

Hindumitra trayas (triads):

Practical guide for effective practice of a Hindumitra

7. Mytri Traya (triad of friendship):

Empathy towards others; supportive guidance; offering help in crisis.

8. Yoga Traya (triad of spiritual paths):

Jnana and Dhyana (Knowledge and Meditation);

Bhakti (Devotion); Karma (Duty)

9. Sikshana Traya (triad of teaching):

Learn always from all directions with humility; do sincere research; teach what you know with patience with no expectation in return.

Hindumitra trayas (triads):

Practical guide for effective practice of a Hindumitra

10. Atmajnana Traya (triad of absolute truth):

I am Eternal; I am an Instrument; I am the Cosmic Energy/Consciousness

11. Adhyatmika Gamy Traya (triad of spiritual destination):

Moksha (liberation); Svarga (Heavenly abode);

Uttama Janma (Noble rebirth)

12. Nishedha Traya (Forbidden Triad): This triad is forbidden for a Hindumitra

Hatred towards other faiths; Discrimination;

Performing Adharmic (immoral) acts.

Work towards Societal welfare while pursuing personal Spiritual goal



Hindumitra trayas (triads): Practical guide for effective practice of a Hindumitra

1. **Dhyeya Traya (triad of goal):** Understand; practice; declare your Sanatana Dharma
2. **Naipunya Traya (triad of expertise):** Dedication; fluency in native language; love towards humanity
3. **Laukya Traya (triad of common sense):** Work within law of the land; skillfully navigate of complex issues; utilize effective communication skills.
4. **Shakti Traya (triad of energy):** Serve lifelong; train self for a tireless fulfilling journey; do not exceed limits of abilities
5. **Kshetra Traya (triad of field of duty):** Home and neighbourhood; workplace; education
6. **Maanavata Traya (Humanity triad):** Love; compassion; equanimity
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9. **Sikshana Traya (triad of teaching):** Learn always from all directions with humility; do sincere research; teach what you know with Patience with no expectation in return.
10. **Atmajnana Traya (triad of absolute truth):** I am Eternal; I am an Instrument; I am the Cosmic Energy/Consciousness
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12. **Nishedha Traya (Forbidden Triad): This triad is forbidden for a Hindumitra**
Hatred towards other faiths; discrimination; performing Adharmic (immoral) acts

My dear Hindumitra!

What quality in you strengthens interpersonal relations?

Patience

My dear Hindumitra!

What quality in you makes your world look beautiful?

Awareness of self as the
immortal Atman

My dear Hindumitra!

What quality in you prompts others to love you?

Your **unconditional love**
towards everyone and everything

My dear Hindumitra!

What quality in you engages your listeners?

Your oratory skills and language skills

My dear Hindumitra!

What quality in you generates trust among your listeners?

Truth/systematic approach/consistency

My dear Hindumitra!

What quality in you makes others follow you?

Your Leadership skill

My dear Hindumitra!

What quality in you makes others share your joy and sorrow?

Compassion

My dear Hindumitra!

What quality in you gives courage to the vulnerable in their difficult times?

Commitment/Honesty/Compassion

My dear Hindumitra!

What quality in you makes you eligible to develop a satsangam?

**Your consistent and capable practise of
Sanatana Dharma**

My dear Hindumitra!

This in itself is Sanatana Dharma.

You are assured of victory by following this path sincerely.

My dear Hindumitra!

Which among these two is difficult to practise?

Which among these two is less damaging?



To resort to physical aggression



or

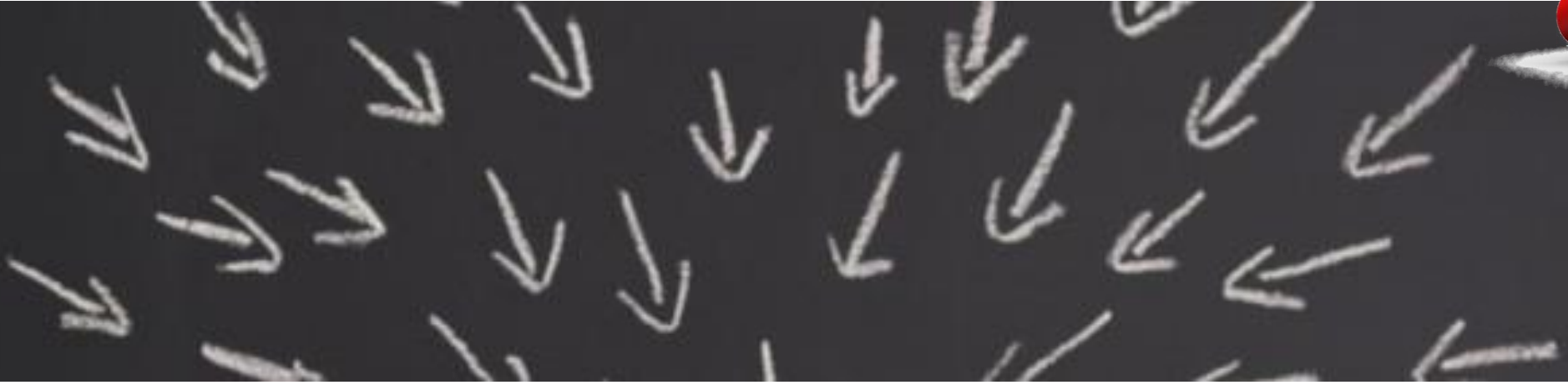


To be able to express your thoughts in an easy to

understand, simple language with patience.



What do I gain by being a Hindu?
What benefits does it bestow on me?



Why should I stay a Hindu?



You develop as a responsible individual with responsibilities towards your family, society and the environment.



You develop skills to enhance productivity and develop holistic wellness.



Sahodharabhava in Svadharma Brotherhood towards the sinner



If anyone commits a
mistake or is ill-fated do
not erase them from your
thoughts
nor,
expel them from your clan
or society.

MISTAKE

Sahodharabhava in Svadharma Brotherhood towards the sinner

We shall be with them through
their tough times. Even when
they face legal punishment we
should still be by their and
their family's side.

Never abandon them.



MISTAKE

Brotherhood

Give them a chance to rehabilitate self and not repeat the mistake.



We shall set them conditions and allow opportunity to correct their actions and allow rehabilitation for them to change. If we abandon them, then we are being **opportunistic.**

MISTAKE

Abandoning one in
need of direction is
being opportunistic.

It is out of fear of being tainted
by their company or to save our
prestige we abandon
brotherhood and also end up
being judgemental that they
strayed the path.



Who is
wrong?

MISTAKE

Who is wrong?

This gives opportunity to others to embrace those vulnerable into their fold. Those who come to rescue these who sinned are dear to the divine even if they are adharmic.



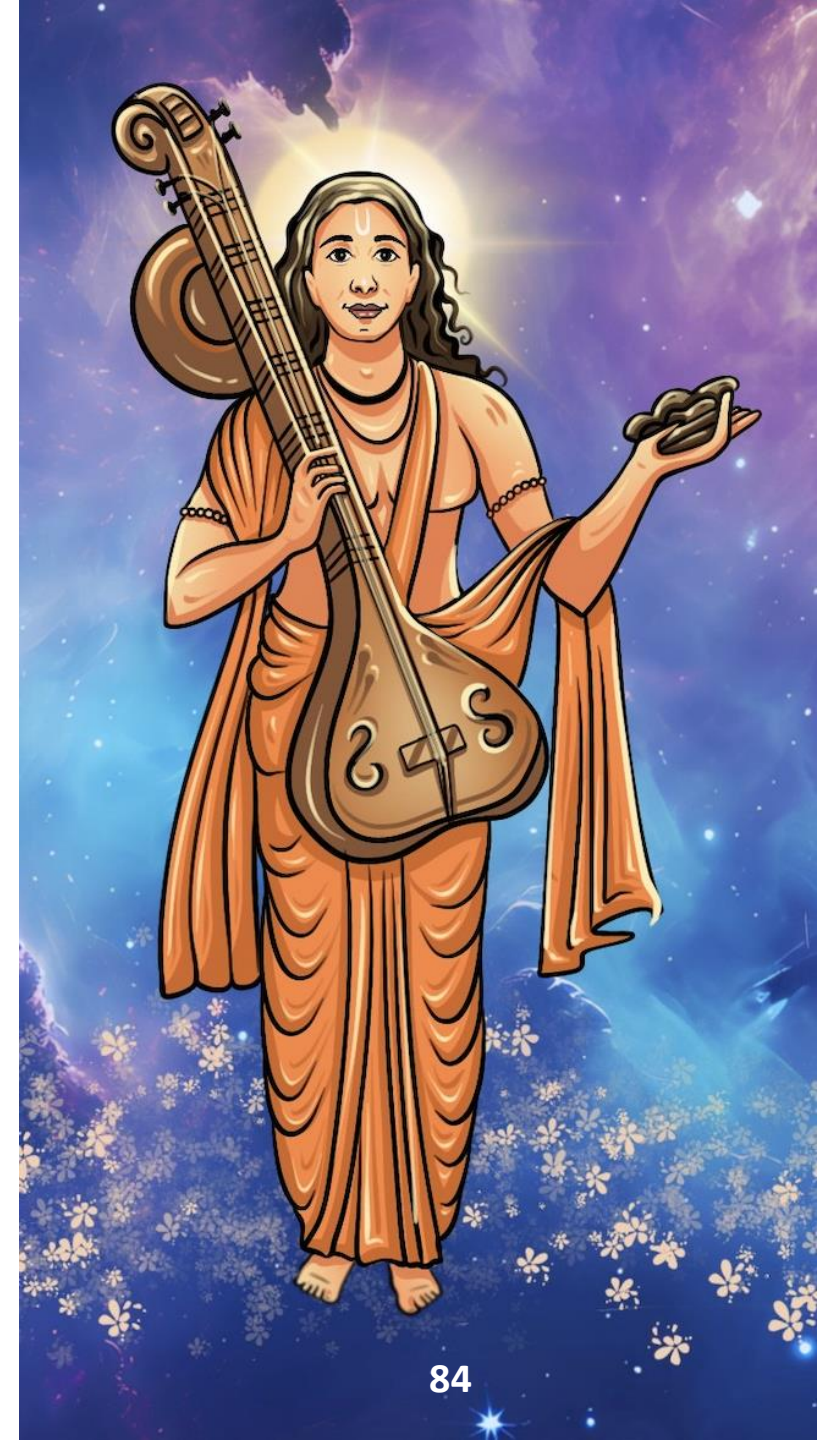
Who is wrong?

MISTAKE

Choice of roles of a Hindumitra

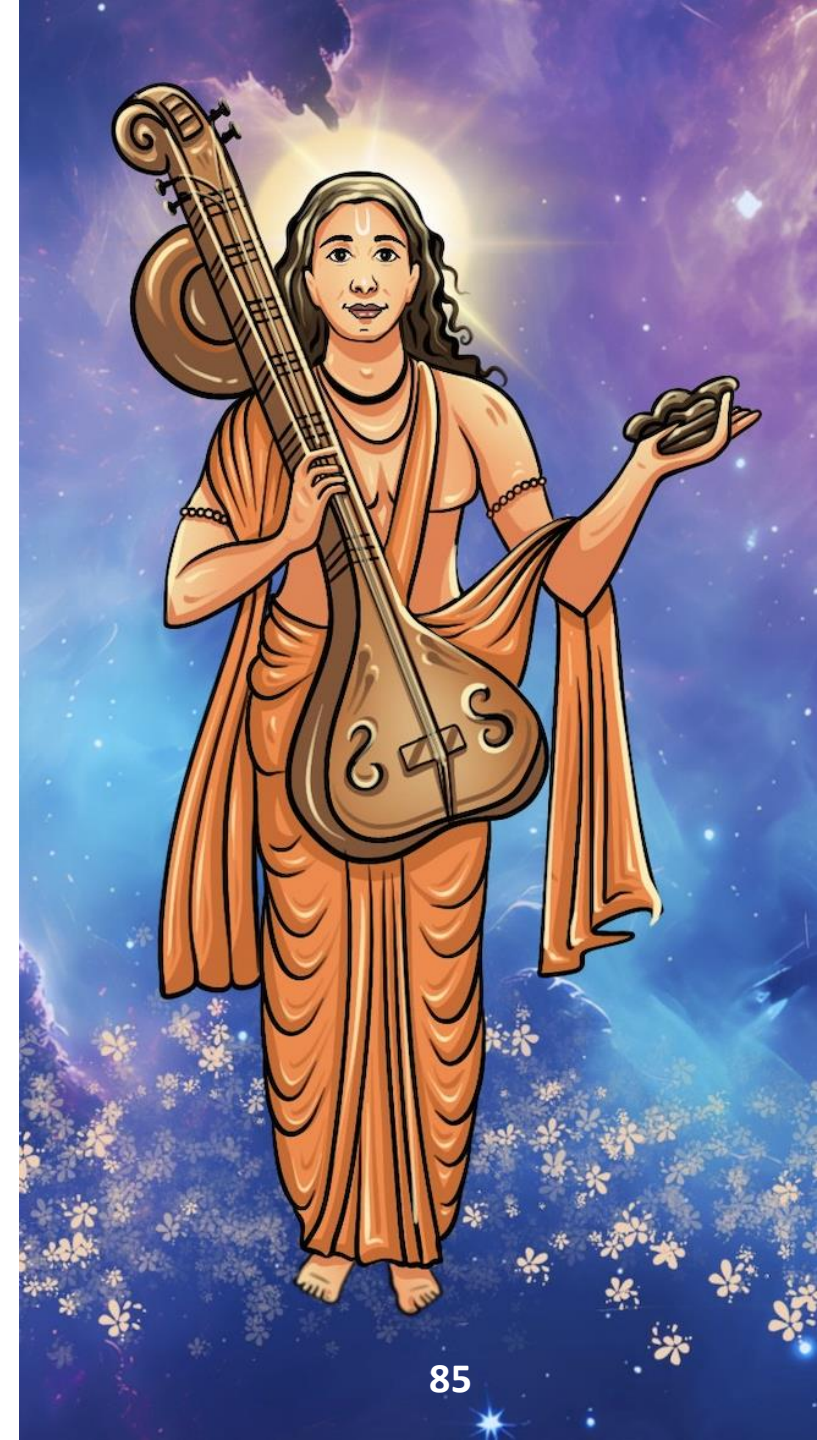
Hindumitra would need to choose one among the following 4 roles:

1. Dharma Vidyarthi (Student)
2. Dharma Sevaka (Volunteer)
3. Dharma Bodhaka (Teacher)
4. Dharma Pracharaka (Propagator)



Common to all the roles

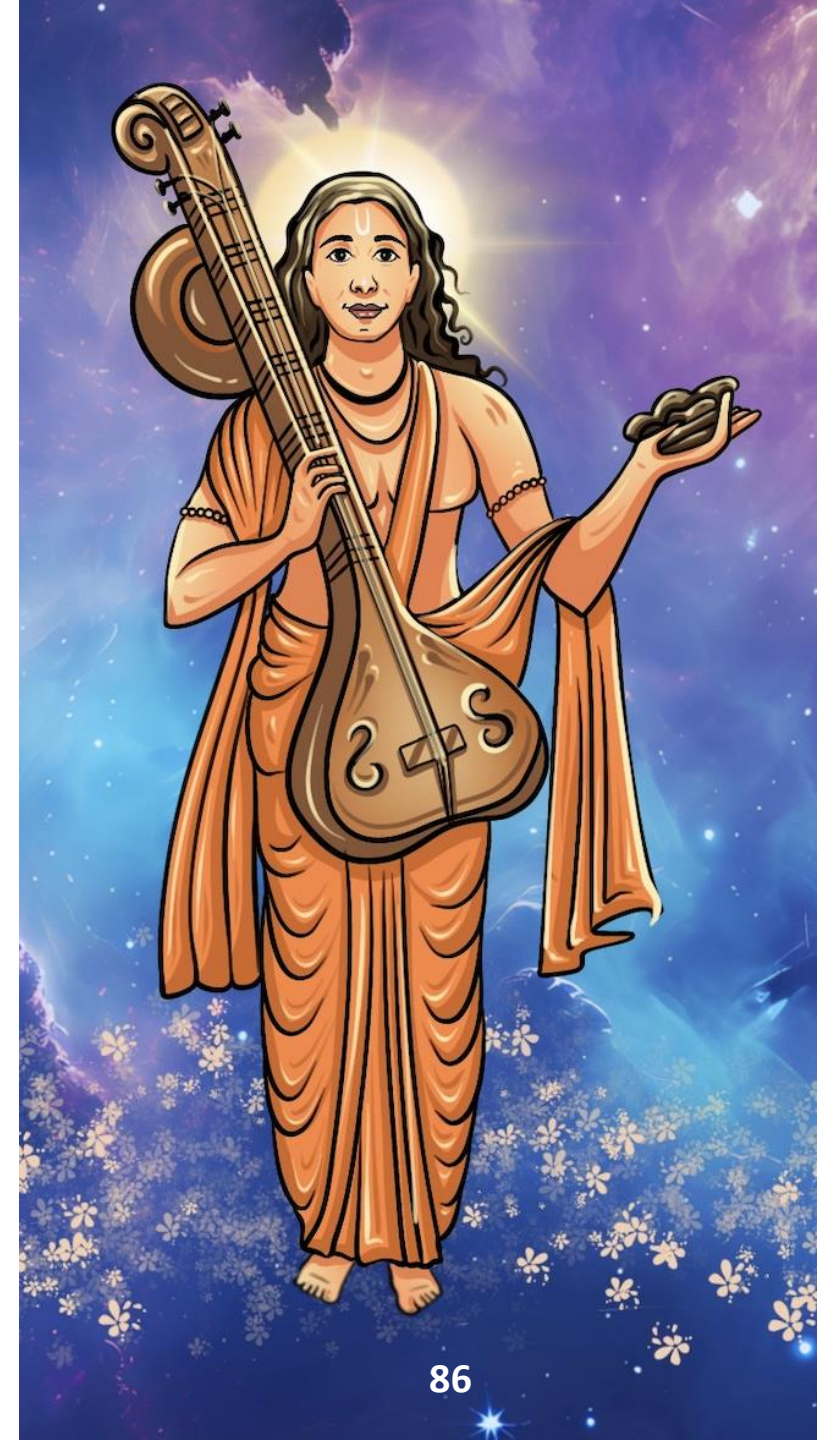
1. Undergo mandatory Hindumitra training.
2. Allocate at least 3 hours each week
3. Must keep the team informed of the individual's progress and details of their upcoming activities.
4. Attend monthly Hindumitra Satsangam.



Dharma Vidyarthi (Student)

- You may already be learning something related to Dharma such as Bhagavadgita, Samskritam, Bhagavatham etc. Remember we are all **nitya vidyarthi**, **perpetual learners**. Learning never stops.

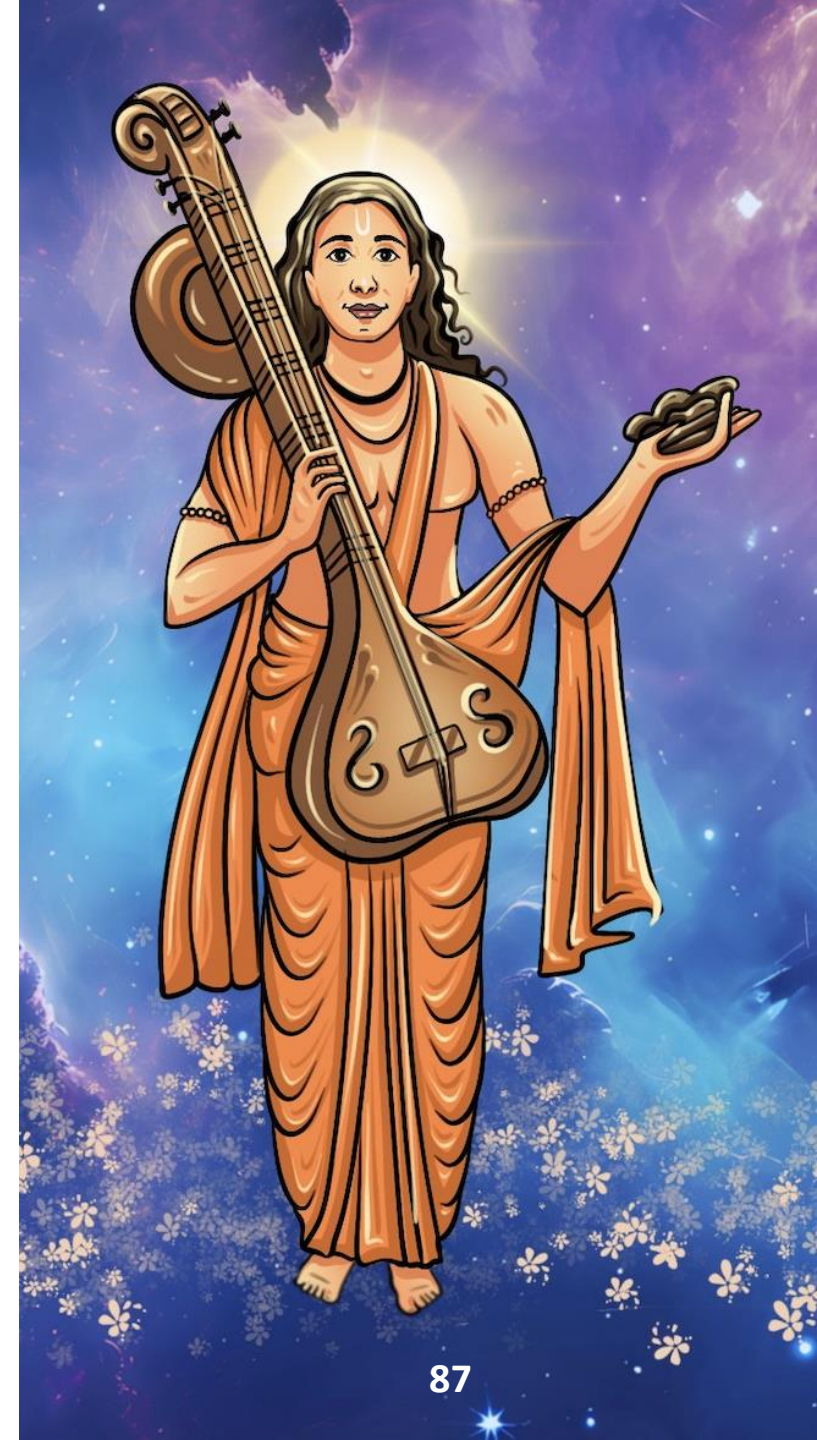
Like in all roles, you will need to spare 3 hours a week for this work. Like in all roles, you will need to maintain a record of this activity for self- reflection and to inspire other Hindumitras and the general public about the progress you make.



Dharma Sevaka (Volunteer)

- If you choose service to society as the topmost priority and as a way to serve Paramatma, choose this role. Volunteer in medical camps, social welfare programs, education events in your neighbourhood based on the themes of health, cultural, social and spiritual welfare goals of Hindumitra.

Like in all roles, you will need to spare 3 hours a week for this work. Like in all roles, you will need to maintain a record of this activity for self- reflection and to inspire other Hindumitras and the general public about the progress you make.

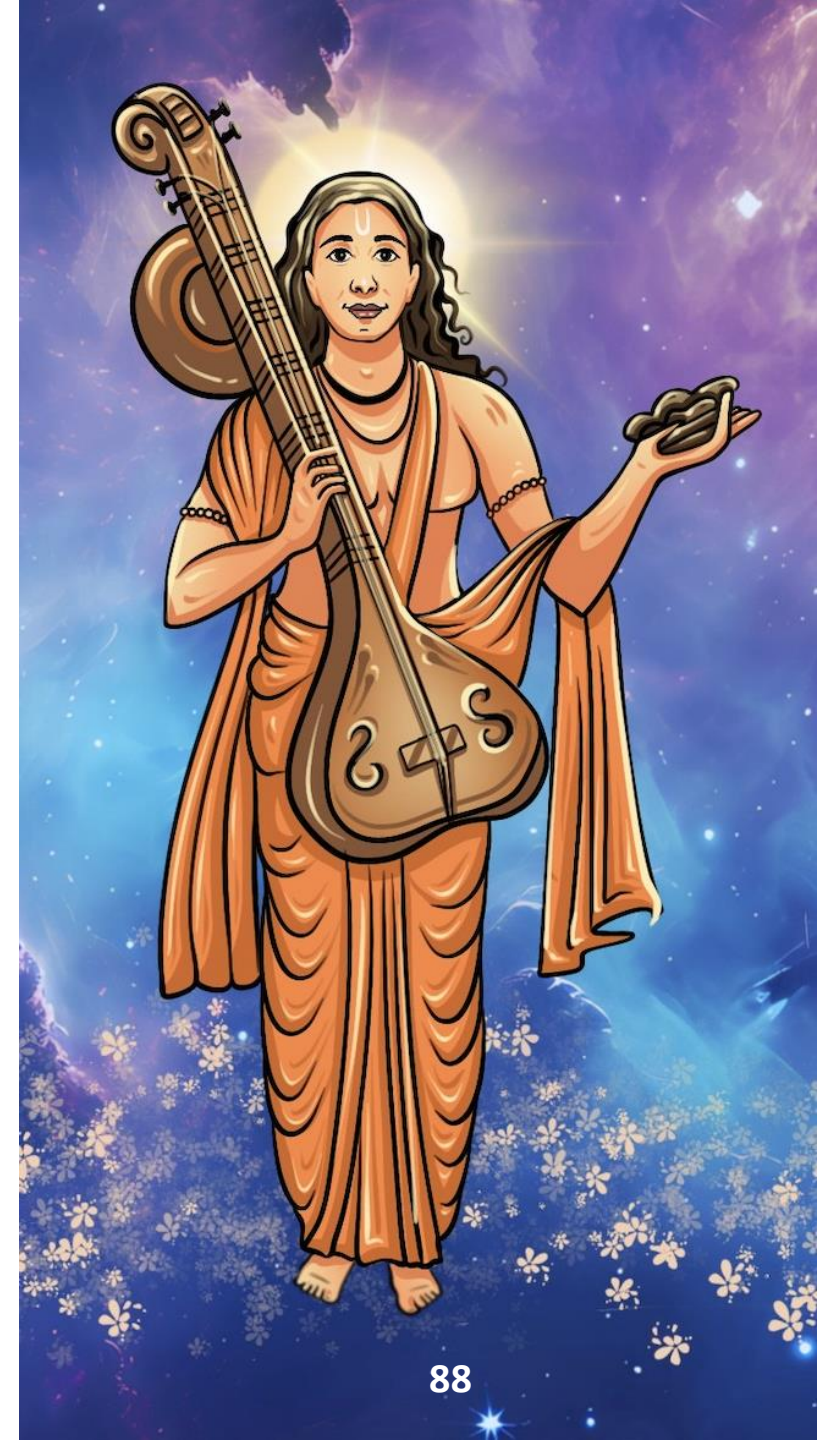


Dharma Bodhaka (Teacher)

- Choose this role if you have optimal knowledge of Sanatana Dharma and have the skills to be an instructor, motivator and teacher. You will be expected to prepare teaching material and have the patience and time to teach all types of learners. Your classes could be formal or informal. Could be in temples, slums, function halls, education centres or online.

Like in all roles, you will need to spare 3 hours a week for this work. Like in all roles, You will need to maintain log of all the classes you have conducted.

for self- reflection and to inspire other Hindumitras.

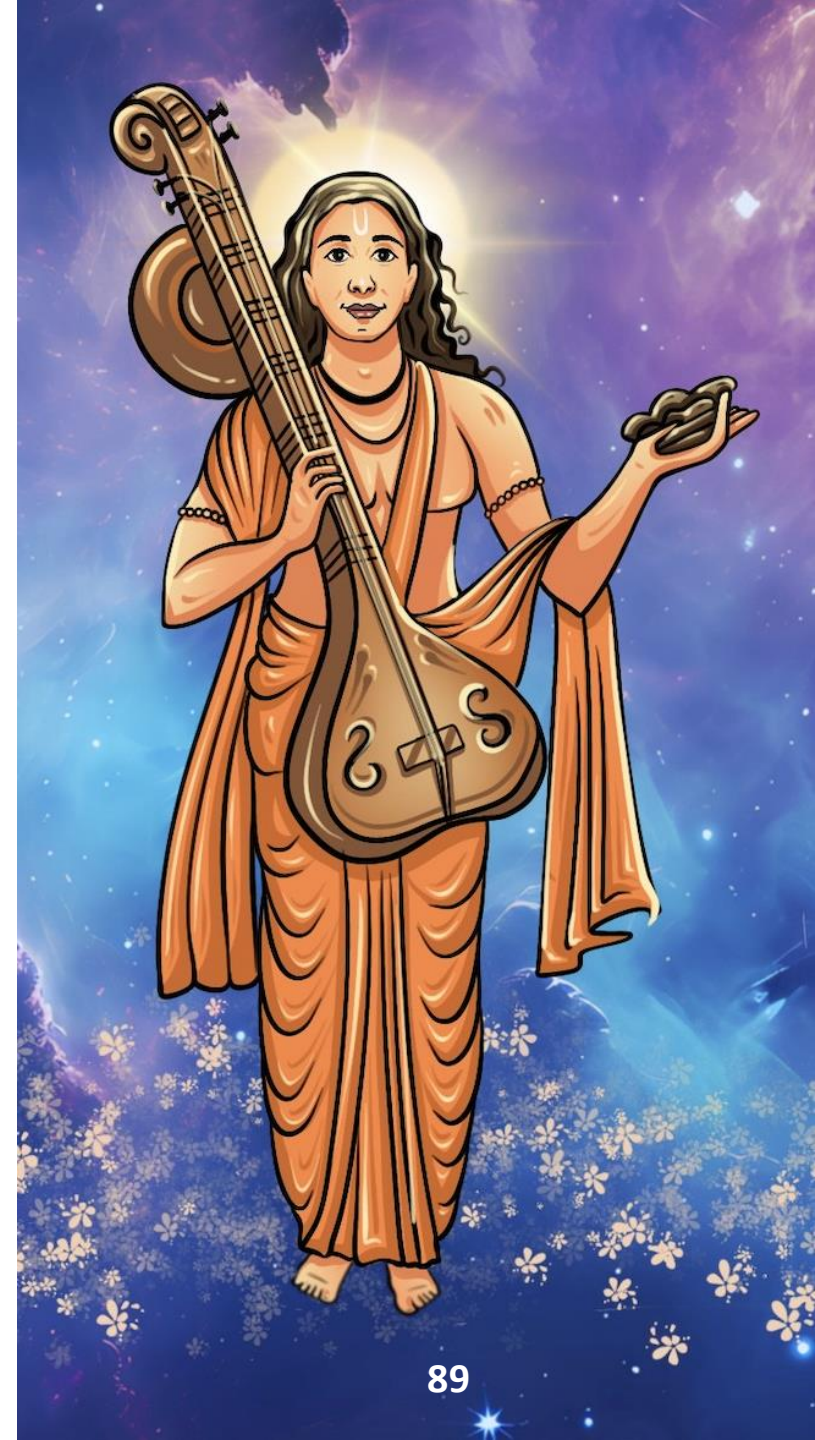


Dharma Pracharaka (Propagator)

- Choose this role if you are good at communication and have sufficient knowledge of Sanatana Dharma and are not shy of reaching out to your neighbours, family, friends and the general public in spreading the divine knowledge of Sanatana Dharma.
- It would be beneficial if you are also good with singing bhajans. These will be taught as part of Hindumitra training.

Like all roles, you will need to spare 3 hours/week for this work.

You will need to maintain log of all the classes you have conducted for self- reflection and to inspire other Hindumitras.



**Understand
Practice
Declare
Propagate
Y(our) Sanatana Dharma**





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