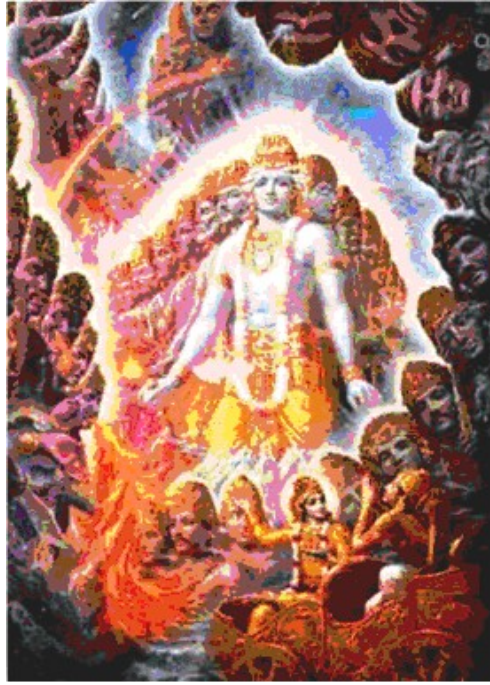


## 10 Reasons to choose Hinduism



**Your health:** Unlike others Hinduism is not a religion but a way of life. Hinduism grants you a healthy life style. The Hindu practices like bath in the morning, do Yoga, stay away from meat etc. promotes health and hygiene.

**Promote peace universally:** Hinduism doesn't say that only Hindus go to heaven, nor proclaims that only Hindu gods are the true one. Hinduism is the only religion which says that all paths lead to that ultimate one. An important Hindu prayer is "Loka Samastha Sukhino Bhavantu" which means let the whole world be happy!

**Respect living beings:** Hindus believe that there is divinity in every one. The Hindu salutation 'Namaskar' or 'Namaste' means that I bow to that divinity in you.

**No hard and fast dogma:** Hinduism is flexible and there are really no hard and fast rules you need to follow. It is entirely dependant on you to choose what you want to do. There are no particular day in the week where you must visit a temple.

**No conversion, no pressure:** You really don't need to convert to Hinduism and still be a Hindu. If you want to get away there is no hard and fast rules either. The process if you want to adopt Hinduism/ convert is simple too.

**Care for the environment:** You will see that the temples have gardens and promote growing of trees and vegetation. Even snakes are given a place and fed in some places. Animals are given protection and shelter.

**Promotes art and art forms:** The Hindu temples themselves are masterpieces of art and sculpture. Dance and music forms an integral part of the religion and the classical dance and music are closely tied to Hinduism and a must for many Hindu festivals and occasions.

**Hindu festivals:** The fun activities associated with Hindu festivals cannot be seen in any other religion. For Deepavali or Diwali, you have fireworks, you play with crackers. For Holi, you play with colors and the list is endless. For Hindus, life is a celebration.

**Worship the feminine form:** Hinduism has high standards for women and Hindus worship feminine goddesses. Hindu woman have a high place in the Hindu society.

**Mythology and scriptures:** The Hindu scriptures are pearls of wisdom. They have good morals and will help you in every walk of your life. Every living and non living thing is worshipped in Hinduism. There are saints who had installed mirror as idol where the worshipper sees himself as God. The present day knowledge shows that living things can be created by man out of inanimate things. The first artificial

life form was created by US Genetics researcher and gene pioneer Craig Venter as reported on Saturday 6-10-2007.