







## Core Values of Hinduism

Hinduism, one of the world's oldest religions, is a complex and deeply philosophical faith that emphasizes the interconnectedness of life, spirituality, and morality. Its teachings are rooted in ancient texts such as the Vedas, Upanishads, Bhagavad Gita, and other scriptures. Here are some core values that form the foundation of Hindu philosophy and practice:

### 1. Dharma (Righteousness and Duty)

Dharma refers to the moral and ethical duties that each individual must follow to maintain harmony in the universe. It varies according to one's age, caste, occupation, and gender, and it encourages individuals to act selflessly and responsibly in every aspect of life.

### 2. Ahimsa (Non-Violence)

The principle of ahimsa teaches non-violence in thought, word, and deed. It advocates compassion and respect for all forms of life and is a cornerstone of Hindu ethics.

### 3. Karma (Action and Consequences)

The law of karma emphasizes that every action has a corresponding reaction. Good actions lead to positive outcomes, while harmful deeds bring suffering. This belief encourages accountability and mindfulness in one's actions.

### 4. Moksha (Liberation)

Moksha is the ultimate goal of Hinduism, signifying liberation from the cycle of birth, death, and rebirth (samsara). It is achieved through self-realization, spiritual practice, and devotion to the divine.

### 5. Satya (Truth)

Truthfulness is a fundamental value in Hinduism. Living in alignment with truth is considered essential for spiritual growth and maintaining integrity in life.



### 6. Respect for Diversity

Hinduism embraces diversity in belief systems, practices, and paths to spiritual growth. It teaches that there are multiple ways to realize the divine, fostering tolerance and harmony among different traditions.

### 7. Seva (Selfless Service)

Seva, or selfless service, is an important part of Hindu values. It involves helping others without expecting anything in return, as a form of worship and dedication to the divine.

### 8. Balance and Harmony

Hinduism emphasizes balance in all aspects of life—physical, mental, and spiritual. It encourages individuals to live in harmony with nature, others, and oneself.

### 9. Reverence for Nature

