

A GUIDE TO LEARNING RELIGIONS

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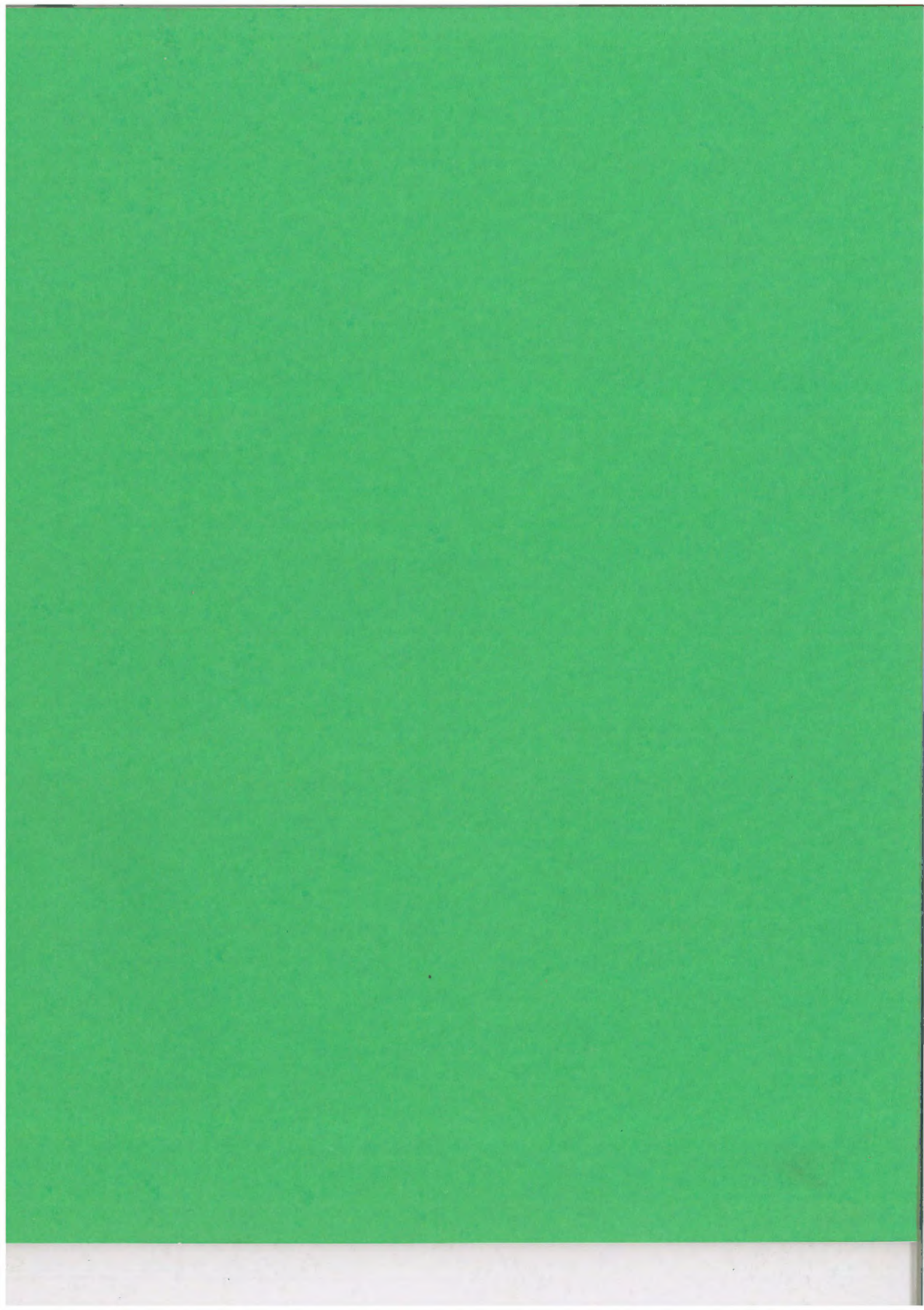
Guided by: Dhara and Ritvij

Introduction

on 19 October 2022, I went on a road trip with my family. We drove for 15+ days, covering 4000+ kms across 3 states of India - Rajasthan, Gujarat and Madhya Pradesh.

We visited 15+ Hindu, Jain and Buddhist temples.

In this book, I am sharing some of my learnings and experiences from the trip.





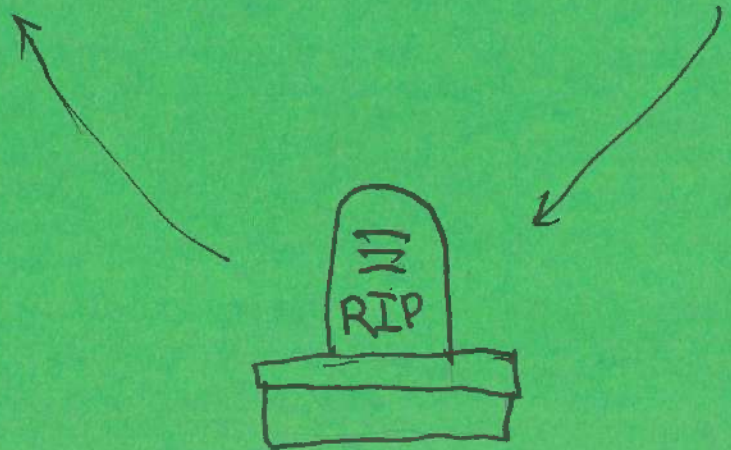
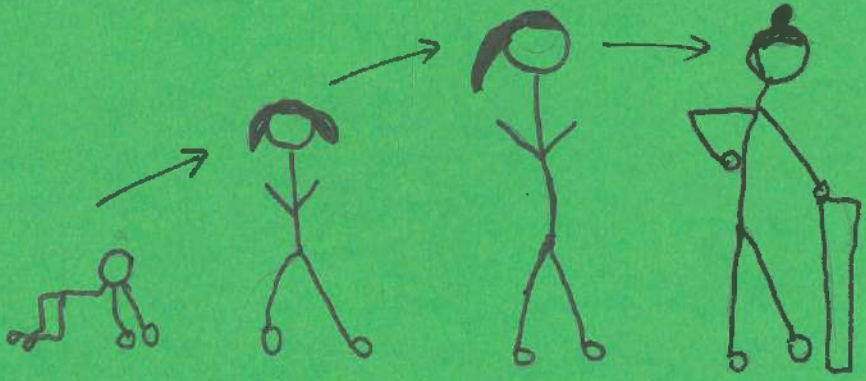
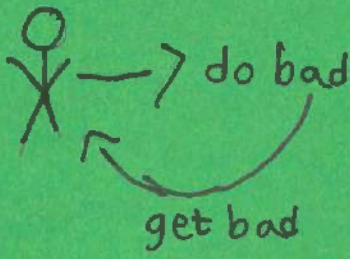
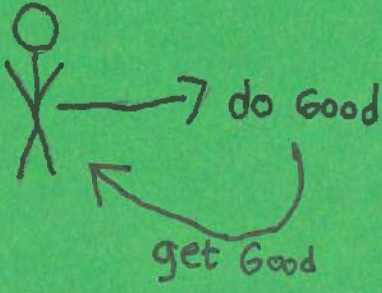
ADharma



Karma



Reincarnation

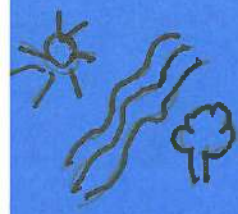


Always follow Dharma

Lined writing area with horizontal lines for text entry.

Choose any Dharmic religions

A large area of the page is filled with horizontal lines, providing space for writing an answer to the question.



Nature Worship



Ancestor worship



Shakhti



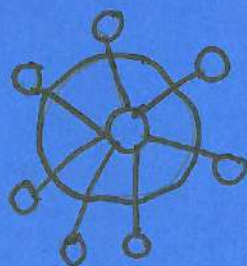
Shiva



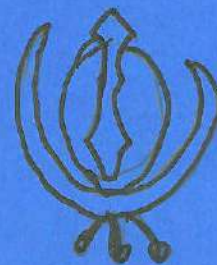
Vaishnav



Jain



Buddhist



Sikh



baby



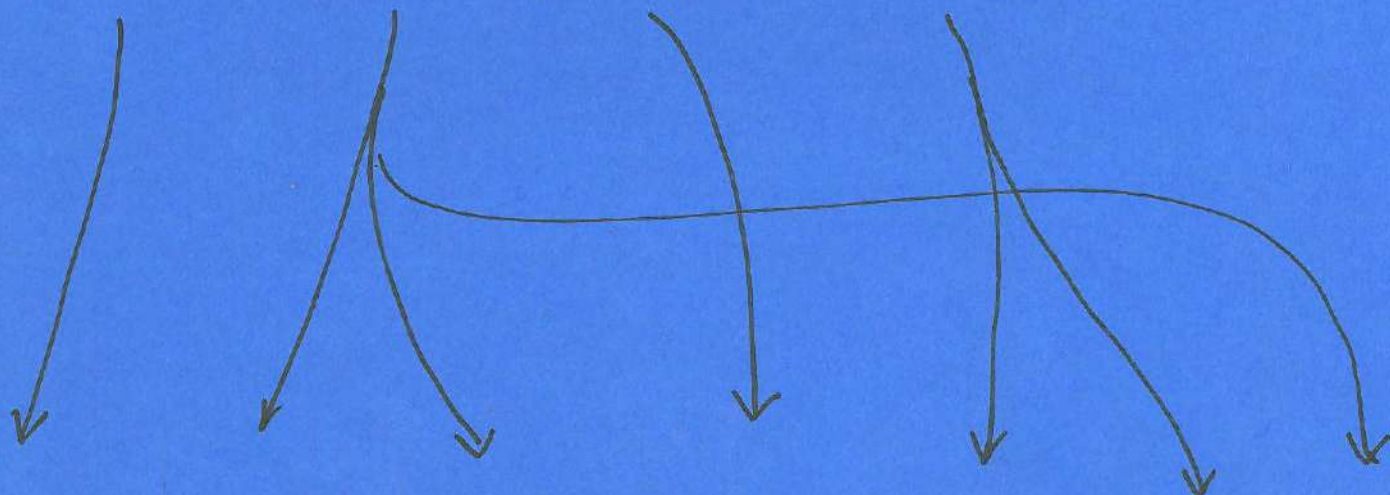
girl



woman



old lady



nature



Shakti



Shiva



Vaishnav Jain



Buddhist



Sikh

Feel free to change to another Dharmic

religion when life's situation changes

Dharma = God

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Date:

YOUVA

until you follow Dharma, anything can be God.

Anything can be God

Nature



Animal



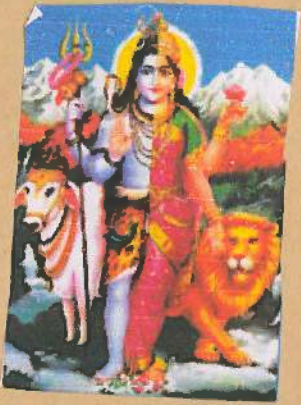
Man



4. Woman

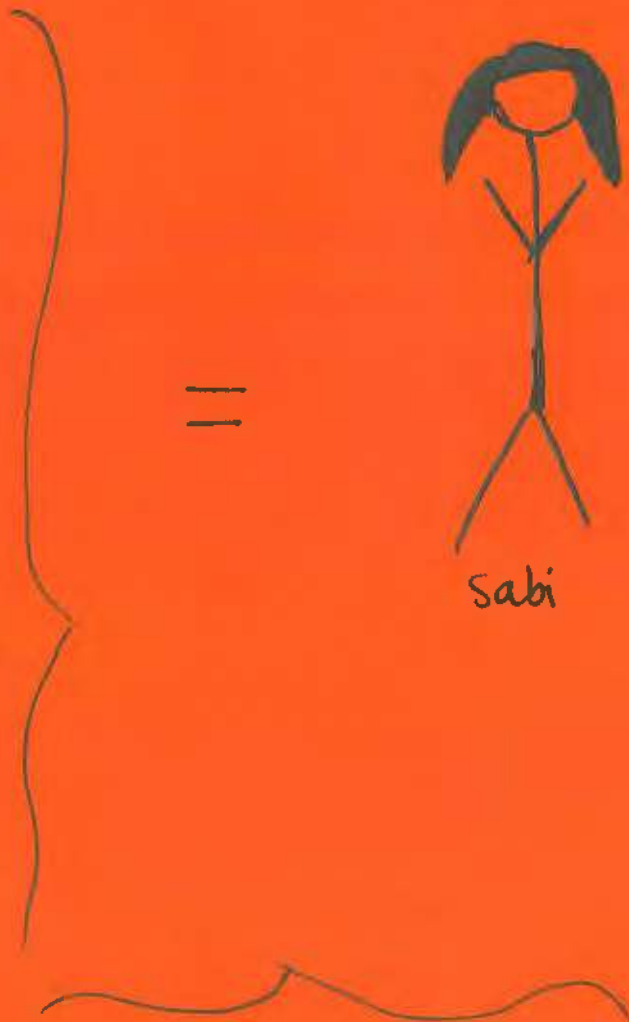
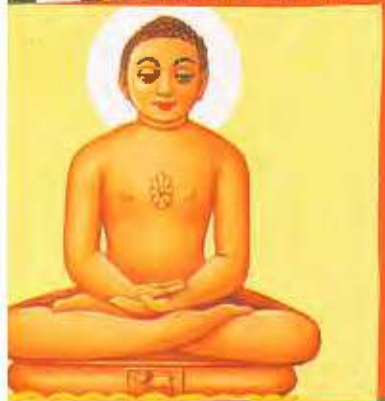


5. Transgender



Most Gods are mindful humans.

you are a human, learn to be mindful like them,



+ mindfulness

Sabi



⑩ Harsiddhi Temple (Shakti peeth) ⑨



MAHAKALESHWAR TEMPLE, UJJAIN (M.P.)



⑪ Avanti parshwanath Jain temple



⑫ Omkareshwar Jyotirlinga



Narmada River



⑫

SANCHI STUPA, SANCHI (MADHYA PRADESH)



③ Amba Ji



② Ekling Ji



① Nathdwara



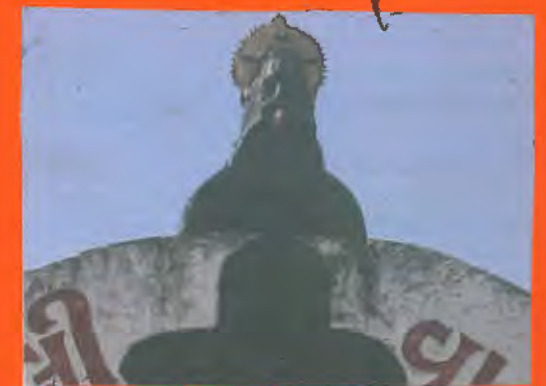
④ Palitana



⑤ Girnar



⑥ SOMNATH TEMPLE, VERAVAL (GUJARAT)



⑦ Chandrabhaga shakti peeth



Mom



Working



Exercising



cleaning
Vishnu



cooking



Shopping



Matsya



Varaha



Ram



Vaman



Parashuram

Shiva



Bhairav



Natraja



Hanuman



Adiyogi



Ardhananashvara

Shakti



Durga



Kali



Saraswati



Amba



Lakshmi

Same God can have many forms

Same Dhara has different forms:

- When she codes, she is focussed like a builder.
- When she sells, she is passionate and an active listener like a sales woman.
- When she teaches me new things, she is patient and calm like a teacher.
- On sundays, she is fun and playful like a friend.

Choose God and form based on what you want to do

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Date:

YOUVA



- Want to become strong (body and mind) and be humble?
- pray to Hanuman



- Want to be a warrior?
- pray to kartikeya Murugan

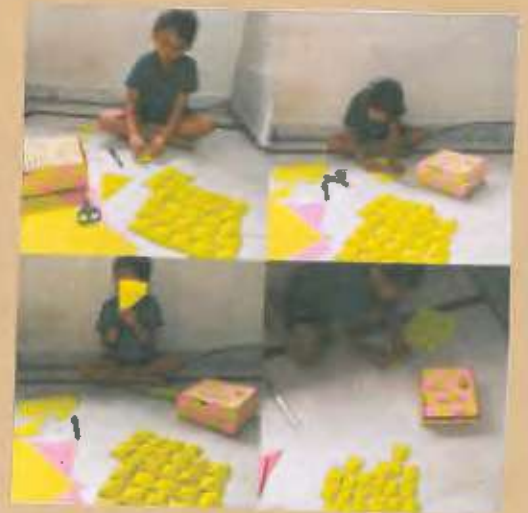


Want knowledge?
pray to saraswati and gayatrai



Want to-eat mindfully?
pray to Mahavir swami

Mindful Activities



My first God

Date:

The first God that I related to was Swami Ayyappan.

I saw a cartoon on him on Amazon prime and immediately related to him. Like me:

- He is a young child too.
- He too learns from his Guru.
- He too is too is training to be a warrior.

unlike other Gods, Ayyappan doesn't fly or do magical things.

Ayyappan became a symbol to do things mindfully.

I wanted to build strength. So, I am learning Hanuman Gada with my father.





Many years later when I become a black belt,
I will pick up weapons. When I do, I will pray to
Kartikeya Murugan.