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# An Introduction to Hinduism and Its Most Sacred Text, The Bhagavad Gita

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## **OSHER 880-001**

**Dates:** Wednesdays: October 14 – November 18

**Time:** 1:30 pm – 3:00 pm

**Location:** Online via Zoom

**Instructor:** Santosh Gandhi

### **Course Description:**

The Bhagavad Gita or “song of the Lord” is 700 verses long scripture Mahatma Gandhi referred to as his “spiritual dictionary” This six-week course will introduce Hinduism through this most sacred text and the relevance of its message in day to day life. It will cover the basic tenets of Hinduism – Dharma (Ethical Living) Karma Theory (Destiny/Free will), Karma Yoga (Path to Spiritual/Emotional Maturity), and Reincarnation. The course will also briefly cover Vedanta – the philosophy of Hinduism regarding the Creator, Creation, and the Individual and the relation between the three. A few important verses from Bhagavad Gita will be discussed.

### **Course Overview:**

- Introduction to Important Hindu Scriptures
  - Vedas and Upanishads
  - Philosophy of Upanishads
- Background of Bhagavad Gita
- Introduction to Bhagavad Gita and the relevance of its message in day to day life
- Basic Tenets of Hinduism
  - Karma Theory – Destiny and Freewill
  - Dharma – ethical living

- Reincarnation
- Karma Yoga – emotional/spiritual growth
- Introduction to Vedanta – philosophy of Hinduism
  - Who am I? Person and Personality
  - What is Creation?
  - Who is God?
  - A few select Verses from Gita