

Hindu Scripture

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Hinduism contains perhaps the most ancient religious scripture known to the world as the *sruti* (that which is heard – the Vedic literature which was originally passed down orally) and the *smriti* (that which is remembered –includes the *poems of Ramayana and Mahabharata* and the *Puranas*). This rich source of literature on human relationships with the environment has helped guide its followers to live in perfect harmony with nature for thousands of years. Hindus worship the sun, the stars, the rivers, the trees and the animals- nature in all its manifestations and glories. The majority of Hindus are vegetarians, due to their belief in the sanctity of all life and commitment to *Ahimsa* (Patanjali Yoga Sutras), that is non-violence.

The following is the message of living in harmony with Mother Nature from the Holy Scriptures of Hinduism:

*Live in complete harmony with Nature,
Experience the grace of God in the splendour of the universe.
Be blessed by God's reassuring love,
The sweet dawn will sweeten your soul,
The dazzling mid-day will set your hearts aflutter,
And the serene music of your soul will guide you towards peace and prosperity.
And when the day's task is over, you will sleep in the lap of Mother Nature,
All the deities will be favourable to you.*

Mother Nature, Yajur Veda (34.37)