

Hindu Temple of Toledo

Following is the Hindu Stuti for kids. This is for the Sunday "paathshala" (school) students to read & fully understand. Volunteer students will learn one assigned para out of it, and narrate that during the Sree Devi Yagna in front of assembled devotees on June 4th.

I am grateful to God (Paramatma) that I am a Hindu who believes that God is one, though worshipped in different ways by different religions of the world. I adore all religions because God is the same for all humanity, be they of any faith.

God is the very source of my mind and soul. He is everywhere. He is all loving, all-powerful and all knowing. Nothing is hidden from him. He knows even my secret thoughts. When I pray to Him or repeat His Names, I feel peaceful. A new insight develops in me and I am able to overcome my difficulties by his divine grace.

I can worship God as Father, as Vishnu or Shiva or Rama or Krishna; or as Mother as Lakshmi, Saraswati, Durga, or Shakti. I can worship God by adoring a Mahavira or a Buddha, or great saints & sages. I can meditate on God as the truth beyond all names and forms.

As a Hindu I believe that the soul in me is a ray of God. It never dies. Fire cannot burn it, wind cannot dry it; water cannot wet it. It cannot be destroyed by anything.

Since ancient times, sages have explored the mystery of the soul. Their revelations, experiences and teachings have been recorded in the Vedas. There are four Vedas: RigVeda, YajurVeda, SamaVeda, and Atharva Veda. Many scriptures have evolved on the basis of the Vedas. The essence of the Vedas is given in Shrimad Bhagavad Gita.

The Hindu Scriptures teach four great techniques for living a life of happiness, harmony and success. Karma Yoga is to worship God through performance of one's duties. Bhakti Yoga is to love God and feel the sustaining presence of God within the heart. Dhyana Yoga is to practice meditation and develop the powers of the mind. Jnana Yoga is to make the intellect sharp and to understand that "I am not this physical body. I am the immortal soul. I am one with God"

I believe in the law of Karma, which is the law of cause and effect. If I do good deeds, I will find happiness in my life. If I do evil deeds, I will be faced with painful situations. I have passed through many incarnations. My present condition is due to my past deeds and thoughts. My future depends upon my thoughts and actions in my present life. With God within me, I have infinite possibilities. I am the architect of my destiny. The central goal of my life is to attain God realization and become free from the cycle of birth & death.

Life affords a wonderful opportunity. I believe in disciplining my body & mind so that I live for my family, friends and relatives, so that I can offer the best of my services to society, my country and to the world. I know that God abides in everyone and everything. Therefore, it is my duty not to hurt anyone, not to cheat, and not to do any wrong to anyone. Real strength lies in controlling anger, greed and hatred. Real beauty lies in developing virtues like humility, honesty and devotion to God. Real victory lies in mastering the mind.

One of the important prayers in the Hindu scriptures is the Gayatri Mantra, which says: "O God, You pervade the three worlds. You are effulgent like the Sun. May You enlighten my intellect! You give me Wisdom!"

As a Hindu, I pray not only for my good or that of my family but also for the good of all living creatures. I am, indeed, blessed that I am a Hindu.