

R.E.: How can Brahman be everywhere and in everything?



Be the BEST you can be

Key Vocabulary	
Deities	a god or goddess.
Atman	eternal self
Trimurti	three deities working together to reflect the laws of nature
Brahma	creator
Vishnu	preserver
Shiva	destroyer
Aum	An important Sanatani symbol is the Aum. It is the sound that many Sanatani will use in meditation and many believe was used at the start of creation
Personification	When we give human qualities or actions to things that aren't alive

General Knowledge

Brahman



Sanatanis believe in a universal soul or God called Brahman. Brahman takes on many forms that some Sanatanis worship as deities in their own right. Brahman basically underpins everything. Sanatanis are comfortable with using images and objects (often called murtis) to portray God.

Sanatanis do not worship these but worship Brahman through them. Sanatanis are free to worship God in a variety of colourful forms.



Trimurti:
Trimurti, a term meaning "having three forms," refers to the three main aspects of Brahman: Brahma, Vishnu, and Shiva.

Brahma is the creator; Vishnu is the preserver and Shiva is the destroyer or transformer.

These three forms together represent the highest Sanatani deity, the Supreme Divine.



Deity

Atman

Sanatanis believe in a universal soul or God called Brahman and that there is a part of Brahman in everyone and this is called the Atman

The atman is translated into English as the eternal self, spirit, essence, soul, or breath. It is the true self which moves on after death or becomes part of Brahman (the force underlying all things).

The final stage of moksha (liberation) is the understanding that your atman is, in fact, Brahman.

Because of this belief in Brahman being in everything, Sanatanis would believe he would be present in things such as the seeds of plants right up to the flowing waters of the Ganges.



The cycle of life and death has always been a key part of Sanatani beliefs. Accepting your place in life and the part you should play was crucial to the proper working of society through the caste system. This is not so popular now particularly in the western world.

