



Living Hinduism
Scriptures. Philosophy. Practices
Samarpan

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- Highlights the scriptures, philosophy and practices living Hinduism
- Encapsulates the essence of Hinduism
- A product of long years of studying, learning and practicing

Hinduism is neither an organised religion nor a proselytising one. It is often described as a way of life, which gently nudges its followers – through its scriptures, mythologies, rituals, and practices to question deeply, live fully, and grow wholesomely in compassion and universal acceptance. Hinduism believes whatever inspires one to stay truly unselfish, be it a vocation, an ideology, or a faith, can lead one towards greater self-realization and ultimate freedom. *Living Hinduism* by Samarpan encapsulates this essence of Hinduism in a language that can be understood and appreciated by all, especially the younger generation, who need to know and understand what it means to be a Hindu, in an age of strident opinions and changing values.

Samarpan is a monk, writer, teacher with several well-known publications to his name, like *Tiya: A Parrot's Journey Home*, *Param, Junglezen Sheru*, and *Carving a Sky: A Perspective on Life*. His transcribed talks at the university of his organization on *Scriptures in Bengali*, are available in book form at archive.org., and they cover the entire range of Indian spiritual traditions.