



# Hinduism: A Path to Inner Peace

*Mohan R. Pandey*

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# Hinduism: A Path to Inner Peace

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## **Hinduism: A Path to Inner Peace** Mohan R. Pandey

This concise book captures the essence of Hinduism and unravels the complexities of this five-thousand-year-old major world faith that evolved out of the collective wisdom and inspiration of great seers and sages. Hinduism, which does not proselytize but advocates unity and respect for all religions, is an unusually diverse faith and quite difficult to fully grasp. This book offers an overview of the Hindu beliefs, the teachings, the deities, the colorful rituals, the pilgrimages, the multiple scriptures, and the various Yogas on the paths to enlightenment. Pandey explores how the faith synthesized a wide spectrum of spiritual realizations, philosophical discourses, local beliefs, and customs of the time, with the timeless wisdom and the metaphysical views of the ancient sages. This engaging and thought-provoking book also examines the compatibility of Hindu visions of reality with modern scientific advancements. It offers an illuminating insight into the use of symbols and Hindus' ease with divergent spiritual outlooks and religious traditions. Pandey also explores the common thread that connects Hinduism with Buddhism and Christianity.

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