

# Values, Customs and Traditions in Hinduism

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HINDUISM is the oldest religion on earth. Customs and traditions are important part of every religion.

Are we following our customs and tradition, which are practiced by our forefathers? Being migrated to different places on this earth we do not get much opportunity to mingle with our culture and enjoy the benefit of our own culture. What is that we are getting from our culture? The very basic qualities of human to live a fruitful life are discipline and attitude. If we take the percentage of successful men or women on this planet, most of them are successful because they are very disciplined and dedicated to the tasks they have taken. These qualities are taught from the childhood in our culture. So, if we explore and learn what is there in our culture, each one of us can grow as a good citizen on this beautiful earth.

Our culture always talks about "Dharma". What is "Dharma"? Hinduism describes dharma as the natural universal laws whose observance enables humans to be contented and happy, and to save themselves from degradation and suffering. Dharma is the moral law combined with spiritual discipline that guides one's life. Hindus consider dharma the very foundation of life. It means "that which holds" the people of this world and the whole creation. Dharma is the "law of being" without which things cannot exist. Our forefathers, yogis and rishis practiced yoga for healthy living and used natural medicine (Ayurveda) to cure any diseases. But, these practices were not followed by the subsequent generations and that lead to getting more and more diseases and that in turn reduced the life span of human. Now, the world has realized that Yoga is the best exercise to keep the human body flexible and to keep the mind peaceful. Though our Hindu



• GCHCA meeting with Mayor Tom Tate.

culture has given us a guide to learn and live happily, we did not practice to enjoy the benefit of it.

We the young generation can take necessary actions to protect our culture, practice what is taught in our Hindu culture, take it forward to generation after generation and see that everyone live happily and peacefully in the beautiful world.

Towards this initiative, the GCHCA (Gold Coast Hindu Culture Association) is working hard to build a cultural precinct, the place to learn our traditional practices such as yoga, meditation, prayers, bajans, etc. Each and every one of us will have many questions like, what is there in our culture? Why should we follow and take it forward to next generation? Will it give me any benefit in my day-to-day life?

We need a place to assemble, learn from gurus, practice it in our day-to-day life and find answers to all our questions. At present, GCHCA arranges bajans and spiritual discourses on third Friday of every month from

7pm to 9pm at Helensvale Community Centre. Many children come and enjoy the evening. All are welcome to participate and enjoy the bajans.

Mr. Rathinam Srinivasan, treasurer for GCHCA said "It has been another frenetic six months for the Gold Coast Hindu Cultural Association". He said they have finally signed off on the Gold Coast City Council land for the Hindu Cultural Precinct. They have obtained a federal grant from the Stronger Communities Programme to construct the *community square*. They met recently with the Premier of Queensland Honourable Anastacia Palaszczuk and her ministers during a community cabinet meeting. The Premier and her team were impressed by the work of GCHCA. They also met with the Gold Coast Mayor Tom Tate and Division 4 Councillor *Kristyn Boulton*. Mayor Tom Tate spoke in glowing terms about the proposed precinct and the important contribution that it can make to the community, the city and the state. GCHCA has been in touch with the

federal MP for Fadden Hon. Stuart Robert and note the encouragement he has provided for the project. It is increasingly likely that stages 1 and 2 of the precinct could be a reality before the commonwealth games in 2018.

However, GCHCA needs significant support from all of you. Your contribution of \$2 and above to the GCHCA building donation account is tax deductible in Australia. The GCHCA building donation account has DGR status.

If you would like to donate to "The GCHCA Building Donation Fund" the details are as follows:

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**BSB: 064-474**

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