

# AN INTRODUCTION TO EASTERN RELIGIONS AND TRADITIONS

Presenter: Phillip Brentwood

The first of a 3 part series is a 90 minute session that explores the **Grandmother of Spirituality . . . Hinduism**. The session is enhanced by the backdrop of a multimedia presentation as well as experiential participation.

The session examines the Vedas which many historians believe predate the Bible by thousands of years. The Vedas provide us with the secrets of the Universe and give us a roadmap for understanding life and our role in it. They also serve as the basis for modern Hinduism. You will learn why physicists like Einstein, Tesla, and Oppenheimer studied these texts to help them to unlock the mysteries that plagued their research.

You will learn the true meaning of Sanskrit terms like: OM, Karma, Dharma, Sathya, Prema, Ahimsa, Shanti, Prana, and Moksha. Many misunderstandings will be clarified about this mysterious yet intensely rich belief system. Such subjects as reincarnation, non-violence, yoga and the constant quest for enlightenment will be addressed.

The evolution of Hinduism has developed over millennia through such monumental works as the Ramayana, the Bhagavad Gita, the Mahabharata, as well as the teachings of Christ-like figures such as: Lord Rama, Lord Krishna, the Buddha and modern day Avatars.

We will learn the oldest known prayer and what it means, and we will experience how sound, chants, and music all play a critical role in creation and in the maintenance of harmony in the world and the elevation of our spirit.

The session will end with each member receiving a special and personalized gift from their own image of the Divine and/or their higher self.

You will come away from this session with a basic knowledge of this amazing tradition.

## BIO

Mr. Brentwood was raised in an Italian Catholic family. Early on he began to question many of the things that Catholics are expected to accept on faith. This questioning lead to a lifelong intense study of the world's religions and philosophies.

His area of interest focused on Eastern Religions and traditions. He visited India and studied under the Avatar Bhagavan Sri Sathya Sai Baba. He has also studied Buddhism, Islam, Chinese religions and has spent years in meditation.

He authored “Are you God” and “The Life Change Workbook” and has been a speaker and panelist in numerous venues. He has recently developed a series of sessions and multimedia presentations on Eastern Religions including Hinduism, Buddhism, and Islam

He graduated from California State University and spent many years as an entrepreneur and corporate executive. He lives in South Burlington, VT with his wife Linda Vogler and their rescued dog Prema. He and his wife have recently become members of the First Unitarian Universalist Society of Burlington, VT.