



Unit Vocabulary –

Aum	The symbol used to represent Hinduism. The sound of the universe	Samsara	The cycle of birth, death and rebirth that Hindus believe in.
Brahman	Hindu God, the ultimate being.	Karma	The cycle of what happens to a person is a result of their own actions.
Trimurti	The three aspects of universal supreme God	Punusharthas	Four aims of life that Hindus believe in
Brahma, Vishnu and Shiva	Brahma is the creator; Vishnu is the preserver and Shiva is the destroyer.	Puja	Daily prayer/worship
Deities	Supernatural beings that are worshipped.	Avatar	'incarnation' (as human and animals)
Dharma	A Hindu's holy way of life.	Reincarnation	The rebirth of a soul in another body.
Diwali	A Hindu festival that usually falls in October/November.	Mandir	Hindu temple
Ramayana	An ancient Sanskrit (a language of India) story about Rama.	Bhagavad Gita	Hindu holy text
Sanatan Dharma	Eternal way; this is a complete way of life, not just beliefs.	Holi	Hindu festival of colours
Shruti	Hindu holy scriptures which contain the four Vedas. Knowledge from gods.	Arti	Worship- the waving of lighted lamps before an image of a god or person to be honoured.
Vedas	Ancient Hindu text	Smriti	Hindu holy scriptures which contain legends, myths and history. Written by Hindu spiritual leaders.

Overview:

- * Hinduism is over 4,000 years old- one of the world's oldest religions.
- * Made up of a variety of different beliefs and practices.
- * Originated near the Indus River in India- the name 'Hindu' comes from the word Indus.
- * Hindus believe that religion is more about what you do than what you believe.
- * There is a universal god- Brahman and there is a part of Brahman in everyone.
- * Hinduism is a diverse religion so it is difficult to say that all Hindus have the same beliefs.
- * Commonly held beliefs: dharma, karma, samsara and moksha.

Hindu God and Goddesses:

Hindus recognise one God, **Brahman**. The gods of Hinduism are different aspects of **Brahman**. The main three aspects (**Trimurti**) are: **Vishnu**, **Brahma** and **Shiva**

The three great goddesses (**Tridevi**) are: **Saraswati**, **Lakshmi** and **Shakti**.

Hindus can pray to different gods and goddesses for help with different needs.



Brahma: the creator associated with the beginning of life.



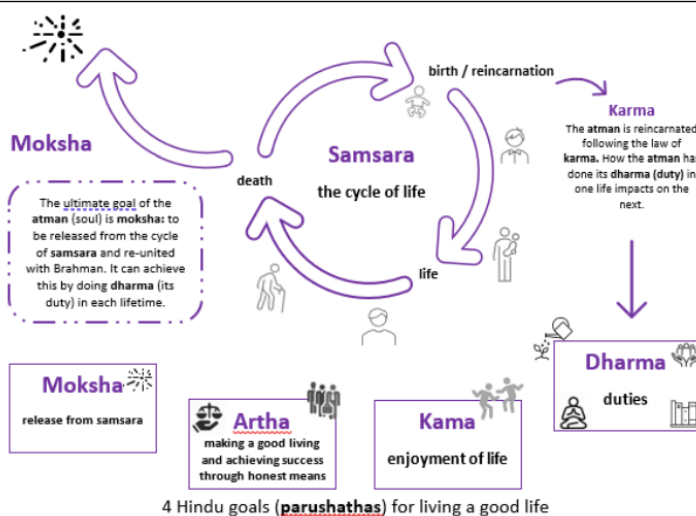
Vishnu: the Preserver associated with the living of life.



Shiva: the Destroyer associated with the ending of life.

The Trimurti

Three key deities represent the circle of life, **samsara** (birth, life, death and reincarnation) to help Hindus understand more about **Brahman**, the One Ultimate



Links with other religions:

- * Belief in one God- Allah (Islam); God (Christianity & Judaism); Waheguru (Sikhism);
- * Omnipresence (God present everywhere); Judaism, Islam and Christianity
- * Everlasting life after death- Christianity, Judaism, Islam

Special places for Hindus

- * Hindus can worship at home or in a **mandir**
- * In a **mandir**, Hindus can perform **puja**
- * Some **mandirs** are very tall buildings. Hindus believe it brings them closer to heaven.
- * In a **mandir**, there are **shrines** and lots of **murtis** for different gods.
- * **Murtis** are special statues of images of Hindu gods and goddesses.
- * Offerings of flowers are brought to the **murtis**.