



# HINDUISM RELIGION



## FOUNDER

Hinduism has no such founder and there is no exact date when it originated. This is because it grew out of cultural and religious changes in India.

## WHAT DO HINDUS BELIEVE?

Hindus believe in a supreme God **Brahman**. Brahman is present everywhere and there is a part of Brahman in everyone. This is why Hindus believe in various gods and goddesses.

Brahman takes many forms:

**Brahma** is the **creator** of the world and all creatures.

**Vishnu** is the **preserver** of the world. His role is to return to the earth in troubled times and restore the balance of good and evil.

**Shiva** is the **destroyer** of the universe. Shiva destroys the universe in order to re-create it.

Hindus believe that life is a cycle of birth, death, and rebirth. They also believe that the next life depends on how the previous life was lived.

## WHAT ARE HINDUISM'S HOLY BOOKS?

Hinduism does not have a single holy book, but many ancient texts and scriptures.

**The Vedas** - a collection of hymns praising the Vedic gods. Veda means 'knowledge'.

**The Ramayana** - long epic poems about Rama and Sita.

**The Mahabharata** - which includes the Bhagavad Gita.

**The Puranas** - a collection of stories about the different incarnations and the lives of saints.

## WHERE DO HINDUS WORSHIP?

Hindus worship in a temple called a **Mandir**. Mandirs vary in size from small village shrines to large buildings, surrounded by walls. Hindus also worship at home and often have a special room with a shrine to particular gods.

## THERE ARE 4 LIFE GOALS FOR HINDUS

These are:

- Dharma (righteousness)
- Artha (means of money)
- Kama (right desire)
- Moksha (salvation)

The goal isn't to please God in order to be allowed into heaven or sent to hell. Hinduism has totally different goals and the ultimate goal is to become one with the Brahman and leave the cycle of reincarnation.



### INTERESTING FACTS

- 108 is a sacred number for Hindus. Garlands of prayer beads come as a string of 108 beads. Mathematicians of Vedic culture saw this number as a wholeness of existence, and that it connects the Sun, Moon, and Earth.
- Om represents the sound of the universe. It is also the most sacred syllable, symbol or mantra in Hinduism and is often chanted. It is thought to be the sound of the Universe or Brahman as sound.
- Yoga is a vital part of Hinduism. The original meaning of Yoga was "Union with God".
- Symbol Omkar



### HINDU FESTIVALS

Hindus celebrate many festivals including - Diwali (festival of lights), Holi (festival of colours)

### FIND OUT MORE

<https://ichef.bbci.co.uk/images/ic/448xn/p074b2zr.png>

<https://www.youtube.com/watch?v=uRpNNF4fB4g>

### EXAMPLE QUESTIONS

1. Hindus pray in a temple and at which place at home?
2. What are the four lift goals for Hindus?
3. Who founded the religion?
4. The Hindu Holy book is called?
5. What is this symbol called?
6. What do Hindus believe in?
7. Where do they worship?
8. What does the sound "om" represent?
9. What exercise is a vital part of Hinduism?