

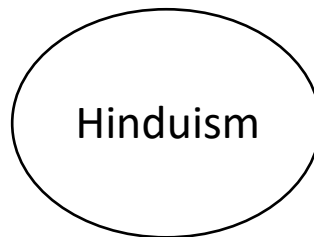
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**Year 6 Hinduism: What do Hindus believe?**

**Week 1: What do Hindus believe God is like?**

**Task: Make a mind map on everything that you know about Hinduism already.**



**Task: Complete the never heard the word grid.**

Key words	Never heard the word before	Heard it but not sure of its meaning	Know what it means and can explain in context – jot down your ideas here	Draw an image to help you remember the definition
1. Monotheism				
2. Polytheism				
3. Deities				
4. Trimurti				
5. Parable				

For Hindus, Brahman is the Ultimate Reality, the supreme God. The term also refers to the 'divine consciousness.' Brahman can be shown in many forms including deities - presentations of the divine.

**Task: Complete the fill in the blanks below**

'God' is an \_\_\_\_\_ word. When Hindus refer to what they believe to be the origin of life and the \_\_\_\_\_ they use the word Brahman. Many Hindus believe in one ultimate

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reality called Brahman. This force or \_\_\_\_\_ is in everything including every person. The word that describes believing in \_\_\_\_\_ God is monotheism.

ENGLISH

ENERGY

ONE

UNIVERSE

Hindus create representations of Brahman and call them deities. This gives Hindus something to focus their minds on, especially during prayer. The deities all represent a different part of Brahman.

**Why do you think deities are important for Hindus? Explain your answer**

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**Task: Read through the story and answer the questions in full sentences**

**Salt and Water: a Hindu parable**

A young boy asked his father where God was, and how it was that there were so many different Gods. His father looked at him thoughtfully. Rather than answer him directly he asked his son to mix salt and water in a glass. After it had dissolved he asked the son to taste the different parts of water in the glass, and to separate the salt from the water. The son found all parts of the water equally salty and that he could not separate the salt from the water.

‘Son,’ said the father, ‘Just as the salt cannot be separated from the water but is present throughout it so Brahman is both everywhere and separate from the world. Brahman cannot be separated from everything.’ The Son nodded. He understood that just as all the water tasted of salt, so Brahman was in all things in the world.

This is what Hindus believe about Brahman. Brahman can be seen in many forms and this force is present in all the different Hindu deities (Gods). There are many Hindu deities all representing a different part of Brahman but all contain the same spirit of Brahman.

- 1) **What did the boy want to find out about?**
- 2) **Why do you think that his father chose to tell him a story rather than simply explain it?**
- 3) **What is the meaning of the story about the salt in the water?**

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4) What can we learn about Brahman from this story?

5) Do Hindus believe in 1 God or many? Explain your answer.

### **Week 2: The Trimurti**

Have you ever felt like you are a different person?

What different moods do you go through?

Have you ever felt almost as though you are more than one person at times in your life?

**Task: List 5 different moods you have felt recently, writing down the reason why you felt like that.**

1.

2.

3.

4.

5.

A lady is a female human being. So, although she's a human, she can be many different things as a human. She can be a mother, wife, daughter, teacher and even a friend. Hindu's believe that God has many aspects too even though Brahman is the one true god.

God is called **BRAHMAN** in the Hindu religion. He may take on the form of anything in the world, usually a god or goddess, and each god or goddess has its own personality and appearance.

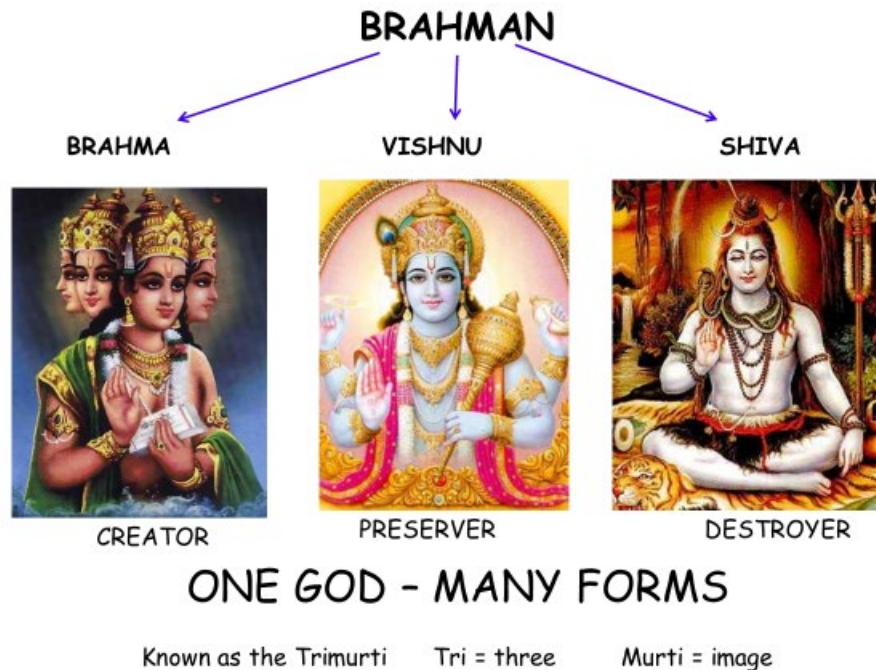
Brahman comes in the popular form of three gods.



This idea or concept is called **TRIMURTI**. They work together in a never ending pattern.

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Monotheism – believing in one god

Polytheism – believing in many gods

**Task: Explain how Hindus can be monotheistic and polytheistic**

Hindus could be monotheistic because...

Hindus could be polytheistic because...

Overall, I think...

This is because...

**Task: Read through the information on the three gods. Highlight/underline**

Brahma	Vishnu	Shiva
<p>He is regarded as the senior god and his job was creation. He should not be mistaken with Brahman, who is the supreme God of all.</p> <p>Brahma is the least outwardly worshipped god in Hinduism today, and there are only two temples in the whole of India devoted to him, compared with the many thousands devoted to the other two.</p> <p>Brahma has four heads and it is believed that from these four heads came the four Vedas (the</p>	<p>Vishnu is the preserver and protector of the universe.</p> <p>His role is to return to the earth in troubled times and restore the balance of good and evil. So far, he has been reincarnated nine times, but Hindus believe that he will be reincarnated one last time close to the end of this world.</p> <p>Vishnu is represented with a human body, often with blue coloured skin and with four arms. His hands always carry four objects in them,</p>	<p>Shiva's role is to destroy the universe in order to re-create it.</p> <p>Hindus believe his powers of destruction and recreation are used even now to destroy the illusions and imperfections of this world, paving the way for beneficial change. Shiva is therefore seen as the source of both good and evil and is regarded as the one who combines many contradictory elements.</p>

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<p>most ancient religious texts which define truth for Hindus).</p> <p>Brahma is not worshipped as much because Brahma's role as the creator is over. It is left to Vishnu to preserve the earth and Shiva to continue its path of cosmic reincarnation</p> <p>The gods of the Hindu faith represent different expressions of Brahman.</p>	<p>representing the things he is responsible for. The objects symbolise many more meanings than is presented here:</p> <ul style="list-style-type: none"><li>• The conch: the sound this produces 'Om', represents the primeval sound of creation</li><li>• The chakra, or discus: symbolises the mind</li><li>• The lotus flower: an example of glorious existence and liberation</li><li>• The mace: represents mental and physical strength</li></ul>	<p>A third eye</p> <p>The extra eye represents the wisdom and insight that Shiva has. It is also believed to be the source of his untamed energy.</p> <p>A cobra necklace</p> <p>This shows Shiva's power over the most dangerous creatures in the world. Some traditions also say that the snake represents Shiva's power of destruction and recreation. The snake sheds its skin to make way for new, smooth skin</p> <p>.</p> <p>The vibhuti</p> <p>The vibhuti are three lines drawn horizontally across the forehead in white ash. They represent Shiva's all-pervading nature, his superhuman power and wealth. Also, they cover up his powerful third eye.</p> <p>The trident</p> <p>The three-pronged trident represents the three functions of the Hindu trimurti.</p>
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**Task: Which deity do you think is the most important and why?**

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### **Week 3: The Mother Goddess**

**Task: Who is an important woman in your life? List 5 characteristics about this person.**

- 1.
- 2.
- 3.
- 4.
- 5.

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Devi is the Hindu word for Mother Goddess. There are many different incarnations of Devi, but all contain her spirit. This means they are all similar on the inside, but it looks different on the outside.

**Task: Do you think Brahman is male or female? Explain your answer.**

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**BRAHMAN**  
is beyond gender  
&  
both female and male



**Task: Read through the information of the goddesses. Highlight/underline why each one is important.**

## Parvati

- Parvati is the wife of Shiva
- She is the universal mother with unlimited power.
- She is mild and gentle and loving.
- She is usually in white because her name means 'of the mountains' (so think snowy peaks of Himalayas)



# Lakshmi

- She is the wife of Vishnu, she chose to marry Vishnu because she thought he was most powerful of all the Gods.
- She was reborn in lotus flower out of the sea which symbolises purity
- She often has one hand open in a gesture of giving
- She is considered to be goddess of wealth and good fortune- but only for those who are not greedy



She stands on a lotus and holds a lotus bud, which stands for beauty, purity and fertility. Cascades of gold coins are seen flowing from her hands, suggesting that those who worship her gain wealth

## DURGA

represents the lethal energy of divine anger when it is turned against evil. A legend says the world was once under attack by the worst of all demons, Mahisha. The male gods, fearing total annihilation, endowed Durga with all their powers, symbolized by her multiple arms, each of which carries a different god's weapon. Riding a lion into battle, she fought Mahisha, who took many different forms, including that of a buffalo. Durga slew the buffalo by cutting off its head and then destroyed the spirit of the demon as he emerged from the beast's neck. The goddess's face portrays her calm serenity even while



confronting such adversity.

The word Durga means difficult to approach. She is a fierce goddess and fights of demons. In her 10 arms are weapons which show her power and strength



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### ***KALI***

is the goddess of destruction. She is known for destroying ignorance, and she helps those who strive for knowledge of God.

Kali is fearsome in appearance. She has wild eyes, a bulging tongue, and she wields a bloody sword. *Kali* also holds the severed head of a demon, and she wears a belt of severed heads.



- Kali is the Goddess of cremation grounds (where dead people are burned before their ashes are scattered)
- She reminds her followers of the reality of death
- Although she looks terrifying (she is actually often called the terrible one) people should not fear her as she will destroy evil

**Task: Which goddess do you think is the most powerful and why?**

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### **Week 4: Why is Ganesh important?**

Ganesha is also known as Ganapati and Vinayaka.

He is one of the best-known and most worshipped deities in Hinduism

His image is found throughout India

**Task: Write down 3 things you can see in this image**

- 1.
- 2.
- 3.





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**Task: Read through the story and create a story board in the boxes below.**

**The story of how Ganesh got his elephant head.**

Paravati was a very powerful Goddess. She was married to Shiva, the most powerful God of all.

One fine day, whilst Shiva was out on a hunting trip Parvati decided to make a statue of clay and mud. She made the statue of boy. She was very pleased with what she had made.

Parvati was very pleased and happy with her statue, so much so that she decided to bring it to life. Goddesses can do that sort of thing. She thought this boy would be like her son. She loved him very much and decided to call him Ganesh.

Parvati wished to take a bath, but being all alone asked Ganesh to stand guard and make sure that no one disturbed her. Ganesh stood outside Parvati's hut and kept guard. Then in the distance he saw that a man was approaching.

He told the man that he could not go any further as his mother was bathing. The man was actually Shiva, Parvati's husband, and he was outraged at not being allowed into his own home. He swiftly cut off the boy's head with his trident.

Parvati came outside to see what was going on and was distraught to see the Ganesh has had his head cut off. She explained to Shiva what had happened and Shiva realised in many ways he had just killed his own son. He promised to bring Ganesh back to life but first he would need a new head.

Shiva went out to the forest to search for a new head for Ganesh. The first animal he saw was an elephant so he drew his sword and sliced off the elephant's head. He then attached the head to Ganesh and brought him back to life. They lived happily together as a family, and Ganesh became known as the God of good fortune and wisdom.


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Ganesh is known for his beautiful handwriting and good spelling. If you see a picture of him, you will see that he is holding one of his own tusks, dipped in ink, in one hand and a scroll of paper in the other. It is said that one of the longest poems in the world, telling one of the most important stories for Hindus (the Mahabharata), was dictated to Ganesh, and that he used the pointed end of his tusk dipped in ink to write down the words.



Most importantly, Hindus pray to Ganesh before they start anything new, like getting married, moving house, starting a journey, or taking an exam.



His image is sometimes placed where new houses are to be built. Hindus believe Ganesh is 'the remover of obstacles': he helps with problems or difficulties that get in the way.

**Task: Explain why Ganesh is important to Hindus**

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### **Week 5: Life after death in Hinduism**

#### **Task: Read through the information and answer the questions**

Most Hindus believe that humans are in a cycle of death and rebirth called **samsara (to flow)**. When a person dies, their atman (soul) is reborn in a different body.

Some believe rebirth happens directly at death, others believe that an atman may exist in other realms.

Hindus believe in karma or 'intentional action'. Many believe good or bad actions in life leading to positive or negative merit, determines the atman's rebirth.

Some Hindus believe that humans may be reborn in animal form, and that rebirth from human to animal form only occurs if an atman has repeatedly failed to learn lessons in human form.

Living life according to teachings in the scriptures will eventually lead to moksha (reunion with Brahman). Some Hindu scriptures describe moksha as the atman becoming absorbed with Brahman, from where each atman is believed to originate. Other Hindu scriptures describe moksha as living in the realm of a personal God.

1. How does karma impact a Hindu's life?

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2. Moksha includes helping others and dedicating your life to God. Explain how Hindus would do this with examples.

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3. Why would Hindus want to achieve moksha?

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### Week 6: Where do Hindus worship?

A Hindu temple is called a mandir. It is a sacred place for Hindu worship. There are hundreds of mandirs in the UK. In India, where most Hindus live, there are temples in almost every village. Temples often honour the gods and goddesses whose murtis live inside them with beautiful decoration, sculpture and lighting. Hindu worship can also happen in open-air shrines, which are more common in India than in the UK.



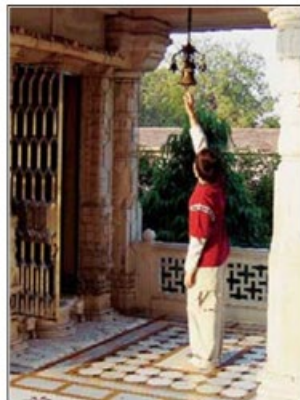
Each mandir has one main god that it is dedicated to.

Inside the mandir is a shrine with an image of its main god, this is normally placed inside a special alcove - this shrine is called the **murti**.

People leave offerings such as flowers, fruit, water, milk, nuts or incense by the murti as a sign of respect for the God which the temple is dedicated to.

Why do you think Hindus leave offerings?

Each mandir has a **mandir bell** which worshipers ring when they enter to announce their arrival to God.



Why is it important to ring the bell when you enter a mandir?

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Some Hindus prefer to pray at home, rather than going to the mandir. Why do you think this is?

**Make a list of reasons why Hindus would pray at the mandir and why Hindus would want to pray at home.**

Praying at the mandir	Praying at home

**Is it more important to pray at the mandir or at home? Explain your answer. Write 2 paragraphs and a conclusion**

Paragraph 1 – why would Hindus want to pray in a mandir? Explain why this is important.

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Paragraph 2 – why would Hindus want to pray at home? Explain why this is important.

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Conclusion – what do you think and why?

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