

# Hinduism



# Hinduism



## Learning Objectives:

MUST show knowledge of gods and goddesses in Hinduism

SHOULD be able to explain differences between different gods in Hinduism

COULD identify your favourite qualities in Hindu Gods

# Hinduism



There are three main gods in Hinduism:

Creator (Brahma)

Preserver (Vishnu)

Destroyer ( Shiva)

# Brahman

Hinduism teaches that there is one great power. This power is Brahman. It is not a person. It is not male or female. It is the power of the universe, the power that is in everything and has caused everything to exist. Without Brahman there would be nothing. To explain this, Hindus use the example of water with salt in it. The salt in the water is everywhere just as Brahman is in everything. Hindus think of Brahman as “God.”



# Brahman

Five things Hindus believe about Brahman:

- 1)
- 2)
- 3)
- 4)
- 5)

In your exercise book write down the 5 things that you have remembered!

# Vishnu

Hindus believe that Vishnu has come to earth nine times. Each time, he came when the earth was in danger. He came to protect it. The two most important times were when he came as the god Rama, and then as the god Krishna. Krishna is very popular for Hindus.



# Shiva

Shiva is worshipped by about 25 per cent of all Hindus. Hindus believe that Shiva is in charge of life and death, and of good and evil. This is why statues of Shiva show him with at least four hands. He is often shown dancing, and one of his names is Lord of the Dance. Hindus believe that one of his names is the energy which keeps the universe moving.



# Ganesh

Ganesh has an elephant's head. In the family of gods, he is Shiva's son. Hindus believe that Shiva cut off Ganesh's head by mistake, and gave him an elephant's head instead. For Hindus, Ganesh is the god of learning and good luck. Hindus who are beginning something new often pray to him.







Brahman  
Creator

Ganesh  
God of Learning



Vishnu  
Hero  
Preserver  
Came back  
9 times

Shiva  
destroyer  
good + evil  
life and death



# Who is your favourite God and why?

My favourite Hindu god is: \_\_\_\_\_

Because: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

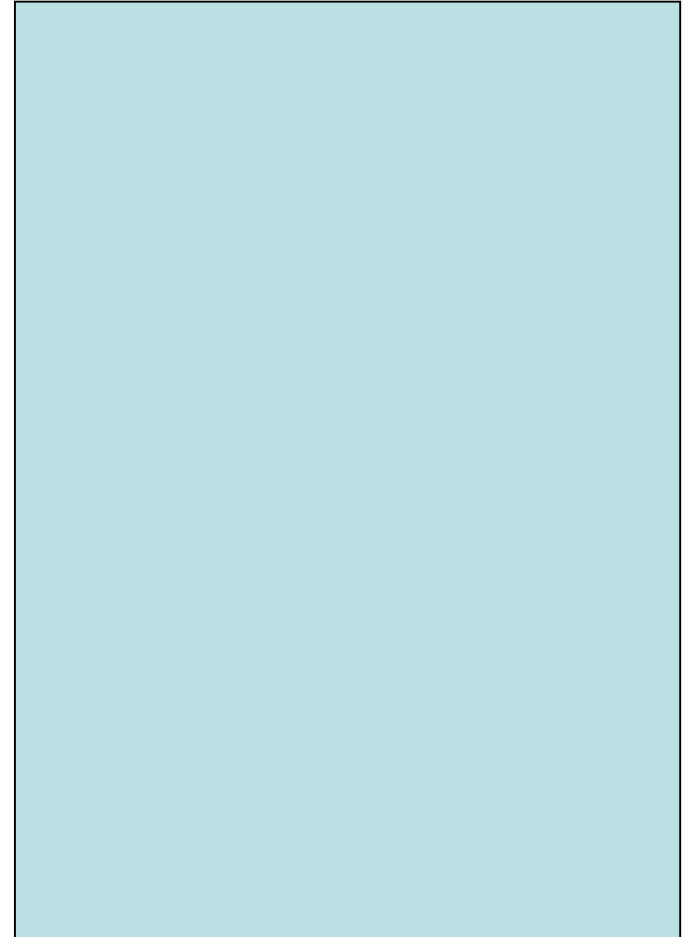
If I could be represented I would like to  
be: \_\_\_\_\_

\_\_\_\_\_

Because \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



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[Jigsaw](http://www.crickweb.co.uk/assets/resources/flash.php?&file=Hindu)

# Hinduism – lesson 2

## The Cycle of Life



# The Cycle of Life



## Keywords:

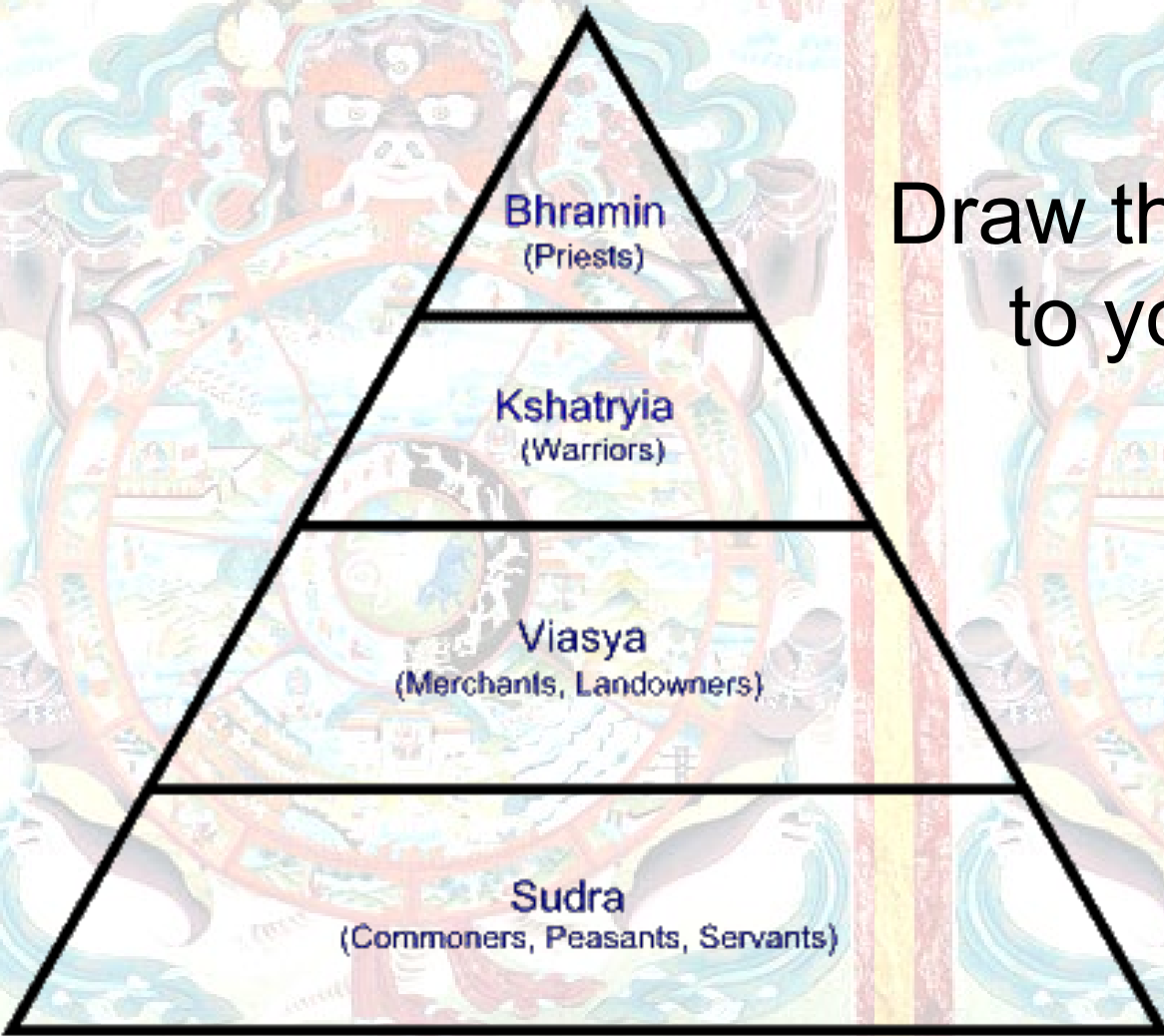
**Dharma** (duty)

**Samsara** (reincarnation)

**Karma** ( action)

**Moksha** (liberation from  
Samsara)

# The Cycle of Life



**Bhramin**  
(Priests)

**Kshatryia**  
(Warriors)

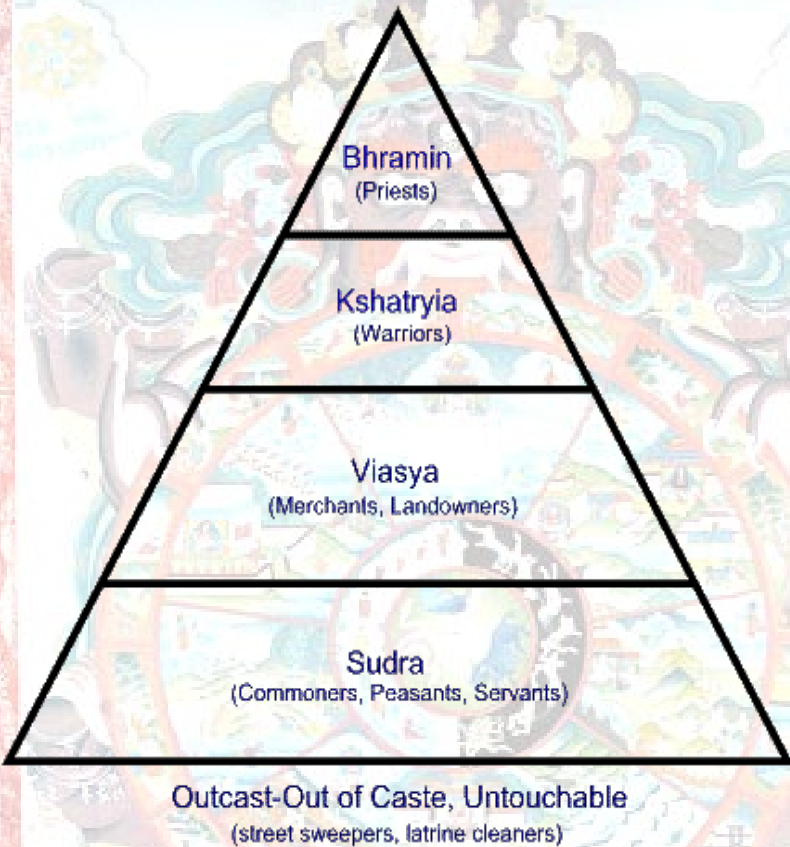
**Viasya**  
(Merchants, Landowners)

**Sudra**  
(Commoners, Peasants, Servants)

**Outcast-Out of Caste, Untouchable**  
(street sweepers, latrine cleaners)

Draw this diagram in  
to your books.

# The Cycle of Life

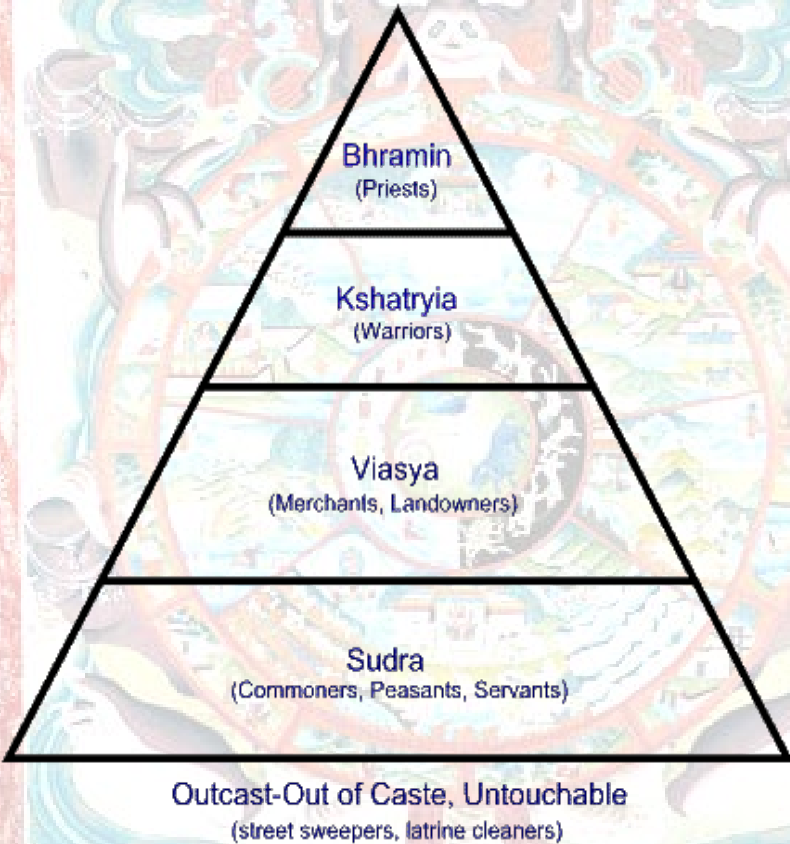


The **Caste System** is a rigid class structure found in India. It is believed that if one leads a good life, following good **karma** and **dharma**, then they will be rewarded by being reincarnated as a person belonging to the next highest level in the Caste System.

However, if one is wicked during their life, they will be demoted, and possibly even removed from the Caste System altogether.

**Outcasts**, or **Untouchables**, are members of Hindu society thought to have been removed from the Caste System, with no hope of returning to it, due to their bad deeds in previous lives. Work that is deemed unclean for others to do.

# The Cycle of Life



1. Can you think of jobs that an untouchable might do?
2. Use coloured pencils to colour your diagram.



# The Cycle of Life – Samsara

**Samsara**, or **reincarnation**, is a central teaching of Hinduism.

Rivers are sometimes thought to symbolize reincarnation because they constantly flow, yet follow the same course.

Perhaps the most sacred river is the **Ganges**, which is used for spiritual cleansing, funeral rites, and other Hindu rituals.

*Look at the stages of reincarnation, think about a suitable shape that could represent this.*

Rebirth – the soul is reborn in to a new life

Life – the soul continues its life

Death – life is nearing its end

**What gods can be linked with each of these stages?**

# The Cycle of Life – Samsara

*Look at the stages of reincarnation, think about a suitable shape that could represent this.*

Rebirth – the soul is reborn in to a new life (Brahma – the creator)

Life – the soul continues its life (Vishnu – the preserver)

Death – life is nearing its end (Shiva – the destroyer)

**Now you are to draw a symbol that represents reincarnation and label it! Remember to include the gods in some way.**



# GAME OF LIFE

Hindus believe in the Law of **Karma**.



If you do good things like following your dharma and being kind you gain karma.



If you do bad things like harming things and people you lose karma.





# GAME OF LIFE



When you've reached the top level of life through gaining lots of karma, you see the creator, Brahman - and you leave the cycle of life.

This is called achieving **Moksha**.





# THE GAME OF LIFE



The Law of Samsara...



**Moksha – at one  
with Brahman**

# The Law of Samsara

The Cycle of life, death,  
life, death etc.



# GAME OF LIFE

- ***NOW USE THE INFORMATION YOU HAVE GAINED TO COLOUR IN THE STAGES OF THE TREE OF LIFE – FROM A PLANT TO UNION WITH GOD { BRAHMAN }***

# Hindu Worship

## Lesson Three

### Learning Outcomes:

1. To look at ways in which Hindus worship
2. To discuss reasons why Hindus worship in such ways
3. To research and design our own hand paintings



# Hindu Worship

Keywords:

Arti

Puja

Prashad

Murti

Shrine

Meditation

Mantra

# Hindu Worship

Shrines in the Mandir:



# Hindu Worship

## Shrines in the Home:



The heart of every Hindu home is its shrine: the sacred space set apart for honouring and worshiping the gods. While a particularly devout Hindu may visit a temple every day, others go there only to request a favour of the deity, to fulfil specific vows, or on festival days. The pujas that take place in the household shrine are the foundation of all family actions and decisions. Temple worship requires the intervention of a priest, but in the home the contact between devotee and deity is direct.

# Hindu Worship

## Shrines in the Home:



# Hindu Worship

## Shrines in the Home:

Most Hindus have a small shrine in their home where they can worship daily. This worship is called 'Puja'. The shrine will contain at least one image, called a 'murti', of their gods, for example, Lord Ganesh or Lord Krishna. These images help the Hindu to focus on different aspects of God.

Each shrine will also contain a puja tray which holds some seven items. These items are used in the worship. They help the Hindu to use all their senses when they worship, as a symbol that the whole person is taken up with the worship.

# Hindu Worship

Murti (images) and pictures of God



# Hindu Worship

## Murti (images) and pictures of God

Hindus believe in one God, yet many gods. They believe that there is one universal, invisible spirit called Brahman which is everywhere in the universe, including inside every living thing. However, they believe that God has shown himself to human beings in many different forms, both animal and human. These gods and goddesses help us to understand what God is like.

Two such gods are Ganesh and Krishna.

Hindus have images, called murtis, or pictures of one or more of the gods in their shrine. These help Hindus to think about God when they worship. By showing love and respect towards the murtis, Hindus believe that they are showing devotion and love to God.





# Hindu Worship

## Objects used in puja



### **THE BELL**

Worshippers will ring the bell to let God know that they have come to worship and to invite him into the home.

**DIVA LAMP**  
Worshippers will light the lamp and move it around in circles to bring light to the shrine.

This light is a symbol of God's presence.



### **INCENCE HOLDER**

Worshippers will light an incense stick and move it around the shrine in circles. This purifies the air and brings a pleasing aroma to the shrine for the gods.

# Hindu Worship

## Objects used in puja

### **WATER HOLDER AND SPOON**

Worshippers will offer water to the gods on a spoon. This is to show respect to the gods. Traditionally in India, people welcome a guest into the house by offering them water to drink and to wash. At the start of the day, the mother of the household will wash the murtis – again to show devotion and respect to them.



# Hindu Worship

## Objects used in puja



### **CONTAINER FOR KUM KUM POWDER**

Worshippers will make a paste out of the red kum kum powder. They use this to make a mark on the forehead of the images. This is again a sign of respect and devotion to the gods.

They will also make a mark on their own forehead as a sign that God has blessed them.

# Hindu Worship

## Objects used in puja



### **PRASHAD**

Worshippers offer food (e.g. fruit and rice) and flowers at the shrine for the gods to bless. This blessed food is called 'prashad'. It is later eaten by the worshippers.

# TASK...

What objects are important to you?



Design your own shrine

# PUJA TRAY



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# Lesson 4

## The Story of Rama & Sita



# The story of Rama and Sita

What words would you use to describe the character of Rama?

Good

Jealous

Honest

Mean

Sneaky

Brave

Evil

Kind

Loyal

What words would you choose to describe:

Sita

Rama's stepmother

Ravana

Hanuman



**Why do Hindus have divas?**



**This is a picture of a diva. It is a small lamp which burns oil.**

**Hindus light Divas at Divali as a symbol of the story of Rama and Sita.**

**The light symbolises goodness conquering evil (darkness)**

# Symbolism of light in other faiths

Can you think of other faiths where light is used as a symbol?



**Judaism**



**Sikhism**



**Islam**



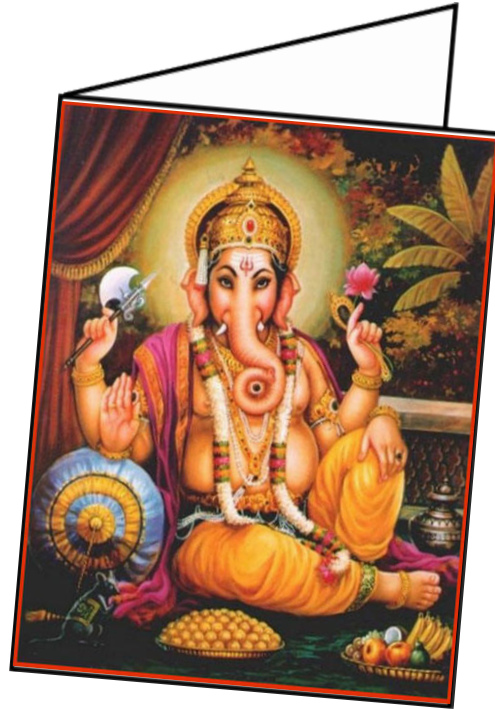
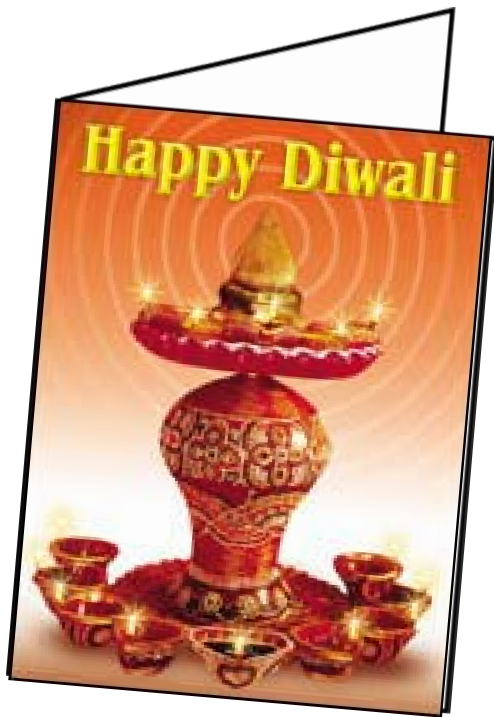
**Christianity**



**Buddhism**

How do Hindus prepare for Diwali?

At Diwali, Hindus send cards to one another. They often have pictures of divas or images of gods printed on them

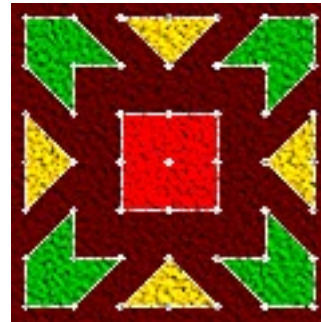
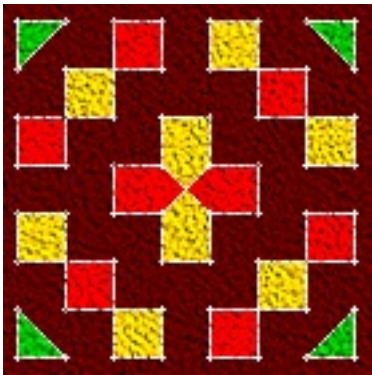
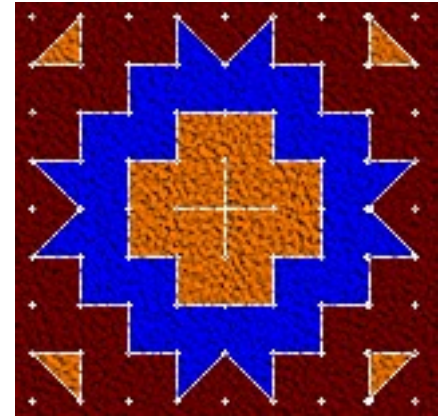
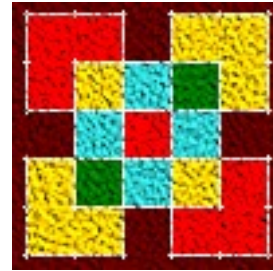
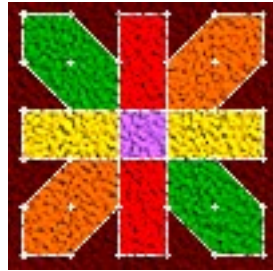


Why do you think cards are sent at Diwali?

Think about occasions when you might send someone a card, and what the reasons are.

## How do Hindus prepare for Diwali?

During Diwali, Hindus decorate their houses with patterns like these. They are called rangoli patterns.



**How do Hindus see God?**

**This is a picture of a Hindu goddess called Lakshmi**

**Lakshmi is the goddess of wealth**

**The gold coins symbolise wealth, as do her fine clothes and jewellery**

**She does not only symbolise money, but also wealth of courage, knowledge, family, and food.**



**Lesson Five:**  
**Four stages of life:**  
**Ashramas**

# Brahmacharya

## (Student)

0-20 years



# Brahmacharya

(Student)

0-20 years

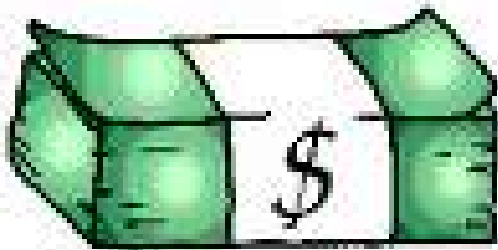
- Once they are born, Hindus are in the student stage of life.
- The Hindi word = Brahmacharya.
- This is when children will learn and get an education.



# Grihastha

## (Householder)

20 – 45 years



# Grihastha (Householder) 20 – 45 years

- Once they are about 20 years old, the next stage of life = householder.
- Hindi word = Grihastha
- The Hindu is expected to get married and take responsibility for a home and a family.

# Vanaprastha (Retirement)

45 – 50 years



# Vanaprastha (Retirement) 45 – 50 years

- Once they reach the age of 45 – 50 the next stage of life is = retirement.
- Hindi word = Vanaprastha
- This is when a Hindu should pass on knowledge and wisdom, spending more time at the temple and in prayer.

# Sannyasa

(renunciation)

50+ years



# Sannyasa (renunciation)

50+ years

- The final stage, 50+ years = renunciation
- Hindi word = Sannyasa
- Give up possessions to travel and teach
- Practise meditation & yoga

## Ashramas: \_\_\_\_\_

Stage in life	What it means	What happens	Examples
<b>Brahmacharya</b>			
<b>Grihastha</b>			
<b>Vanaprastha</b>			
<b>Sannyas</b>			

# The Ashramas

Brahmacharya	The student stage - a time of learning when young. 0-20 years
Grihastha	The householder stage - begins with marriage and then involves taking responsibility for a home and a family. 20-45 years
Vanaprastha	Retirement stage - when the children have grown up there is the chance to spend more time in prayer, reading the scriptures and visiting the temple. 45-50 years
Sannyas	The stage of one who has given up worldly affairs - involves giving up comforts, practising meditation and yoga, travelling and teaching. 50 years +