

# Hinduism



- **Hinduism is the world's third most popular religion, with around 750 million followers.** The religion of Hinduism originated in Northern India, near the river Indus, about 4000 years ago and is the world's oldest existing religion.



- ◉ **Where does the name Hindu come from?**
- ◉ The word "Hindu" comes from the name of the river Indus, which flows 1800 miles from Tibet through Kashmir and Pakistan to the sea.



- ◉ **What is the symbol of Hinduism?**

- ◉ Aum is the main symbol of Hinduism. It is the sound heard in deepest meditation and is said to be the name most suited for God



# What do Hindus believe?

- For many Hindus, religion is a matter of practice rather than of beliefs. It's more **what you do, than what you believe.** Hindus believe in a universal soul or God called Brahman. Brahman takes on many forms that some Hindus worship as gods or goddesses in their own right. **Hindus believe that there is a part of Brahman in everyone and this is called the Atman.**

# What is Karma?

- **Hindus believe that the soul passes through a cycle of successive lives and its next incarnation is always dependent on how the previous life was lived.**
- Karma is the cause of our particular destiny.
- Hindus therefore aim to live in a way that will cause each of their lives to be better than the life before.

# How do Hindus achieve Moksha (to become one with Brahma)?

1 **Moksha** - the release of the soul (Atman) from the cycle of rebirth.

The individual soul (Atman) unites with Brahman the universal soul. There are different ways to Moksha. spiritual - involves acquiring spiritual knowledge through yoga and meditation, devotion to god, **working selflessly for the good of society.**

How a person is reincarnated is determined by karma.

2 **Dharma** - the code for leading one's life.

**Respect for elders is considered important** and many consider marriage as a son's religious duty.

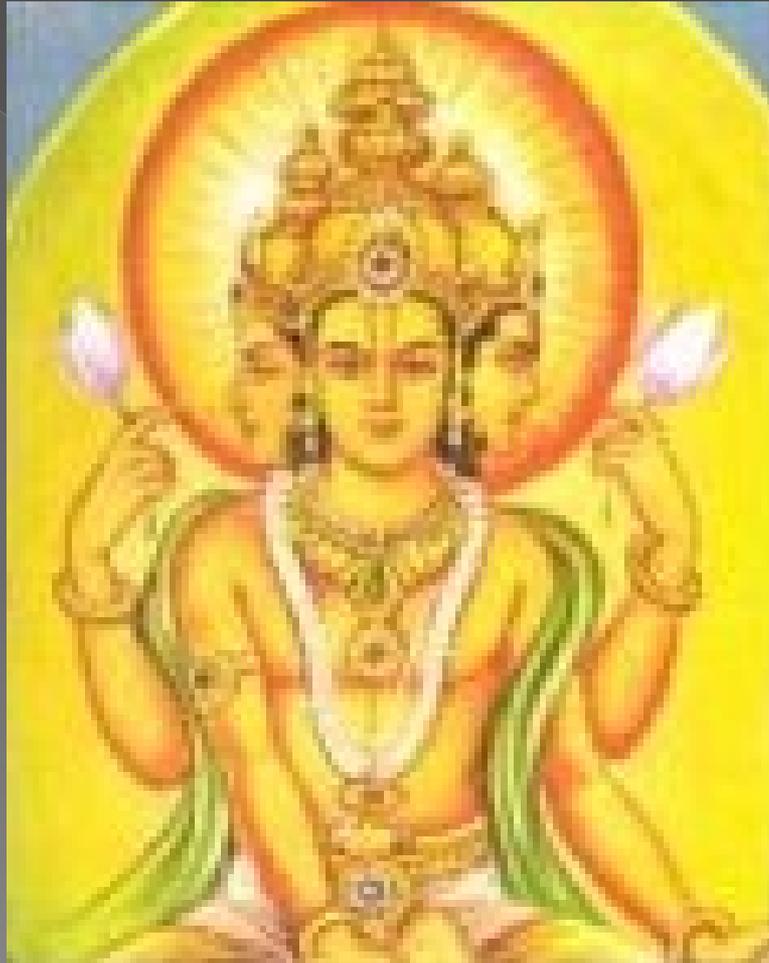
3 **Artha** - the pursuit of material gain by **lawful means.**

4 **Karma**- through **pure acts**, knowledge and devotion, you can reincarnate to a higher level.

# Hindu Gods

- ◎ **Hindus actually only believe in one God – Brahman.**
- ◎ The gods of the Hindu faith represent different forms of Brahman. These gods are sent to help people find the universal God (Brahman).

# Brahma



# Vishnu



# Shiva



# What is the Hindu place of Worship?

- ◉ We will now watch a video of Hindu worshippers at their temple.
- ◉ <http://www.bbc.co.uk/learningzone/clips/worship-in-a-hindu-shrine/3619.html>
- ◉ Water, fruit, flowers and incense are offered to the gods.

# Worship at home

- ◉ Some people choose to worship individually and quietly at home where they have their own shrines.
- ◉ The majority of Hindu homes have a shrine where offerings are made and prayers are said.
- ◉ A shrine can be anything: a room, a small altar or simply pictures



# Talk and thinking time

- Task: Write about a quiet or special place where you like to be alone to think.

- ◉ **Murti** = images of God
- ◉ **bell** = the bell is rung to let God know they have come to worship
- ◉ **Prashad** = blessed food offered to the Gods
- ◉ **Diya lamp** = the light is a symbol of God's presence

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