

Introduction to Hinduism

BRAHMAN: the three main revealed forms in Brahma, Vishnu and Shiva

Hinduism is the oldest of the major world religions. There are many Gods and Goddesses within Hinduism but they are all ways in which the one God named Brahman is revealed in the world. These Gods below represent what Brahman is like: Brahma the creator, Vishnu the preserver and Shiva the destroyer.

Brahman is the ultimate infinite reality both impersonal and personal. Brahman is sometime described as the essence that lives within everything and is everywhere in the entire universe.

Brahman is the CREATOR
Brahman is the PRESERVER
Brahman is the DESTROYER



Brahma - The creator



Vishnu - The preserver



Shiva - The destroyer



AUM or OM is one of the most sacred sounds/words for a Hindu believer. AUM or OM symbolises Brahman the ultimate reality and also the trinity of Brahma, Vishnu and Shiva.

Some key terms and beliefs:

- Atman:** This is considered to be the soul; it is unbound by the body, permanent and above all material things. Its goal is to become merged with the ultimate reality Brahman.
- Dharma:** This is concerned with sacred duty to do righteous and moral things; it may be individual, social, social castes, religious or law. They encompass
- Karma:** Is concerned with the cause and effects of our actions. Karma has an effect on the Atman and its evolvment to become enlightened to the ultimate reality. We can have good or bad karma depending upon our deeds. That determines a Hindu's next life.
- Reincarnation:** The rebirth of a person's Atman into a higher or lower state depending on the way they lived life (Dharma and Karma).
- Samsara:** The sorrowful cycle of rebirth and pain in this world. This is a cycle of continuous birth and death.
- Moksha:** Is the freedom and liberation form the cycle of birth and death and is the ultimate goal for Hindus.