



Living As A Hindu



INTRODUCTION

Hinduism is the oldest of the world's religions. It is now practised all over the world but originated in South East Asia. It is a mix of different beliefs, cultures and traditions dating back over 4000 years. Divali is one of its largest festivals and the Ganges is one of many holy places.

KEY VOCABULARY

mandir	A special place where Hindus worship
puja	An act of worship for Hindus
murtis	Special statues of Hindu gods and goddesses
shrine	A holy place to pray
shruti	Hindu holy scriptures which contain the four Vedas
smriti	Hindu holy scriptures containing myths, legends and history
vedas	Ancient Hindu text
dharma	To do the right thing with good behaviour
reincarnation	Hindus believe a soul cannot be destroyed, so when a Hindu dies, their soul enters a new living being
moksha	Moksha is the ultimate goal. It happens when a soul stops being reincarnated and is reunited with Brahman.
Pilgrimage	A religious journey to a holy/special place
mantra	A short prayer

HINDU GODS AND GODDESSES

Hindus recognise one God, Brahman.

The gods of Hinduism are different aspects of Brahman.

The main three aspects (Trimurti) are: Vishnu, Brahma and Shiva

The three great goddesses (Tridevi) are: Saraswati, Lakshmi and Shakti

Hindus can pray to different gods and goddesses for help with different needs.

DID YOU KNOW ...?

Hinduism started in India

Hinduism is practised by 80% of people in India today

Cows are believed to be sacred, as they give milk to the people

After death, Hindus are cremated and their ashes scattered in a river

