

Big Question: How do Hindus express their faith?



KEY VOCABULARY

Brahm — The Hindu name for the Universal Spirit that is everywhere and part of everything; from which everything comes, and will eventually return.
Atman— This is the "real self", the soul
Puja— A form of Hindu worship which includes a variety of practices e.g. prayers, chants and offerings
Dharma— behaviours that are considered to be 'the right way of living'
Mandir— The Hindu place of worship - a temple. The word literally means "still mind".
Karma— Deliberate actions that affect a person's circumstances in this and future lives.
Trimurti— this refers to three Hindu Gods (Hindus prefer the word "deities") - Brahma, Vishnu and Shiva.
Avatar- the name given to a form taken on by a God (Hindus prefer the word "deity") to come to Earth
Krishna- an avatar of Vishnu - one of the most popular Hindu Gods
The Vedas— a collection of hymns praising the Vedic gods. Veda means 'knowledge'.

You might like to...

- Find out about the avatars of Vishnu or other Hindu deities.
- Research and make your own diva lamps for a puja tray.

KEY FACTS

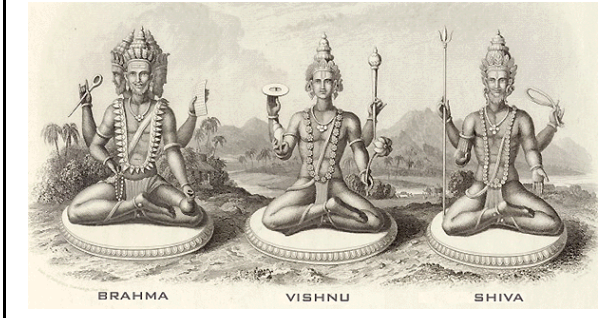
Hinduism is over 4,000 years old, making it one of the world's oldest religions.


Central to Hinduism is the belief in a supreme God **Brahman**. Brahman is present everywhere and there is a part of Brahman in everyone.

Brahman takes many forms. Especially three forms called the **Trimurti**.

- **Brahma** is the **creator**
- **Vishnu** is the **preserver**
- **Shiva** is the **destroyer**

Hindus worship one or more of the deities, but it doesn't matter which because they are all seen as different aspects of the one supreme God. This worship is called puja.





This is the sacred symbol of Brahman known as Om or Aum. It is said to be the most suitable name for god as it is a low sound heard during the deepest meditation.

Further Reading

- <https://www.bbc.co.uk/bitesize/topics/zh86n39/articles/zmpp92p>
- <https://www.theschoolrun.com/homework-help/hinduism>

QUESTIONS TO DEEPEN YOUR LEARNING

Character	Critical Thinking	Creativity	Communication	Citizenship	Collaboration
Which parts of this do I need to try harder to understand?	Why do I need to know about this?	What am I curious about?	How could I present what I understand?	How could this information help people?	What can I learn from others about this?