



What should I already know?

Key Hindu deities and say how they help Hindus describe God.
Understand the stories of Svetaketu, Ganesh, Diwali and what Hindus believe about God.
What Hindu murtis expresses about god.
How Hindus live and how they chose a deity to worship at a home shrine.
Identify other ways in which Hindus worship.

Key learning 1

- Brahman is God (ultimate reality).
- Many Hindus believe that there is only one God (Brahman), the deities each symbolise an aspect of Brahman.
- When Hindus use the word 'God', they do not usually mean the same as the creator God of Judaism, Christianity, Islam etc.
- Brahman could be described as the energy of the universe.
- 'aum' – symbolises the universe and the ultimate reality.

Key learning 2

- Hindu belief shows that all animals and humans have a spark of Brahman inside of them. This spark of Brahman inside each living creature is called 'atman'.
- One sacred text is called Mahabharata and it teaches Hindus about being human.
- Vidura is a central character in the Mahabharata.
- Atman is the eternal self.

Key learning 3

- Many Hindus believe that death means the physical body dies. The atman remains and is reborn into another physical body.
- Actions that have been carried out in past lives determine the new physical body that they atman is born into.
- This cycle of birth, death and rebirth is called samsara.
- The idea that actions have long-term consequences even into the next life, is called karma.
- Dharma – a duty.

Key learning 4

- Ashramas – 4 main stages of life: student, householder, retired and renounced.
- A Hindu might fulfil this duty by developing the correct values and qualities, such as being humble and honest.

Technical vocabulary Mat

deity	A god or goddess in religion.
atman	The spark of Brahman inside each living creature and can be seen as someone's true self.
karma	Actions having a consequence over a long period of time.
Mahabharata	Sacred text that teaches Hindus about being human.
samsara	The cycle of birth, death and rebirth.
Brahman	One God that many Hindus believe in.
dharma	is a duty.
moksha	The concept of liberation
Vidura	a central character in the Mahabharata
ashrama	The four main stages of life.
sewa	A selfless service to humanity

Key learning 5

- Ahimsa – non-violence or harmless.
- Gandhi believed that violence should be avoided and 'whenever you are confronted with an opponent, conquer him with love'.
- Gandhi was that of 'sewa'. Sewa is selfless service to humanity.
- Acts of sewa towards fellow human beings may be long, short, big, small, loud or quiet, but must always be selfless - acts of kindness without expectation of anything in return.