


Key Facts:		Key Beliefs:	Key Practices:
Symbol		<b>Creation:</b> Brahma created the heavens, the earth and the sky by dividing a lotus flower into three parts; and humans by dividing his own body.	<b>Puja:</b> The Hindu word for worshipping a god or goddess, and usually involves giving offerings.
Followers	Hindus	<b>Brahman:</b> The Supreme Being or World Soul.	<b>Shrine:</b> A special place set aside for worship, sometimes beautifully decorated with an image of a god or goddess.
How many gods?	Many gods	<b>The Cycle of Life:</b> Hindus believe that their souls are reborn in an eternal cycle of birth, life, death and rebirth.	<b>Murti:</b> A statue/image of a god or goddess. Hindus believe that the god or goddess inhabits that murti while worshippers pray.
Holy Book	The Vedas	<b>The Trimurti:</b> The three most important gods carrying out the work of Brahman. They are: <b>Brahma</b> - The Creator (birth and rebirth) <b>Vishnu</b> - The Preserver (life) <b>Shiva</b> - The Destroyer (death)	<b>Mantra:</b> A repeated phrase which is chanted during worship e.g. 'Om Shanti, Shanti, Om'. A mantra asking for peace.
Place of Worship	Mandir	<b>Karma:</b> Actions have consequences creating a chain of cause and effect. One's deeds in this life determine the conditions of one's next life.	<b>Mandir:</b> The place of worship has large, very ornate shrines. People can worship at home or at the Mandir.
Key Festivals	Holi Diwali Ganesh Chaturthi	<b>Samsara:</b> The soul moves through a series of steps to enlightenment depending upon Karma.	<b>Yoga:</b> A series of exercises aimed at controlling the mind and body.
Other interesting facts ...	Hindus believe in a supreme being called Brahman, plus many other gods and goddesses.	<b>Moksha:</b> When the soul is released from the Cycle of Life, to become one with Brahman. <b>Gods and Goddesses:</b> There are thousands of different gods and goddesses with different names, powers, and incarnations (appearances) called Avatars.	<b>Meditation:</b> Focusing the mind to achieve a peaceful mental state. <b>Festivals:</b> <b>Holi</b> - the festival of colours in the spring. <b>Diwali</b> - the festival of lights in the autumn <b>Ganesh Chaturthi</b> - Ganesh's birthday.