


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