

Hinduism: How do Hindu beliefs help to shape their everyday lives?

Supreme God

Hindus believe in One Supreme God: Brahman.

Brahman has many forms: Brahma, Vishnu, Shiva.

Hindus show Puja and worship different deities. These are 'parts' of the Supreme God.

Each God teaches Hindus and changes how they live their lives.

When Sudama arrived at Krishna's, he was amazed by all the gold and how well-off people were.

When he arrived, Krishna ran barefoot to his best friend, welcoming him in.

Puja

To show worship to a God, Hindus give offerings, pray, clean themselves and visit a Mandir.

Hindus welcome Gods into their homes, giving them new clothing, flowers, preparing their favorite foods and having drinks available.

Puja takes place at least once a day and can happen at a holy shrine.

The Puja tray includes the five senses: incense to give off a pleasant aroma, a bell to let God know they are ready to worship, kum kum powder placed on their forehead as a sign of respect, a diva lamp lit as a symbol of God's presence and water on a spoon to offer to their God.



Artefacts and symbols

<b>Mandir</b>	Another name for a Hindu temple - a symbolic house for Hindus.
<b>Puja tray</b>	Contains a bell, incense and holder, kum kum powder water and a ghee lamp.
<b>Ghee Lamp</b>	A special oil lamp used during Puja.
<b>Om</b>	The sound of a sacred spiritual symbol.
<b>Tilaka</b>	Markings worn on the forehead representing Shiva's power of will, knowledge and action.



Key Vocabulary

<b>omnipresent</b>	Always there.
<b>Shiva/ Mahadeva</b>	The Auspicious One. He is one of the principal deities of Hinduism.
<b>Vishnu</b>	The god of preservation and provides salvation for humanity.
<b>Krishna</b>	The eighth incarnation of the Hindu god Vishnu. The god of protection, compassion and love.
<b>Rama</b>	The seventh incarnation of Vishnu. Embodies virtue and chivalry.
<b>Brahman</b>	The God of creation and knowledge.
<b>Ganesh</b>	The God of beginnings and remover of obstacles.
<b>Puja</b>	An act or worship including praying to an image of a deity and giving offerings to a God.

