

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

Krishna and Sudama

Sudama and Krishna were childhood friends. Sudama was a poor man who had little food or money. Krishna was a wealthy king whose kingdom was made out of gold.

Sudama's wife persuaded Sudama to talk to his friend and ask for some help as they were worried that they wouldn't be able to feed their children.

When visiting someone, it is tradition not to turn up empty handed, but Sudama didn't have anything to give.

Sudama's wife borrowed some rice from a neighbour.

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.

While Sudama felt embarrassed by his gift, Krishna took it from his friend and proclaimed that he had never tasted anything so good.

They talked and talked but Sudama didn't ask for any help from his friend.

When Sudama got home, his hut had been turned into a palace because Krishna had rid them of poverty.

Moral - true and pure friendship does not distinguish between status and wealth.



Artefacts and symbols

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



Key Vocabulary

Shiva/ Mahadeva	The Auspicious One. He is one of the principal deities of Hinduism.
Vishnu	The god of preservation and provides salvation for humanity.
Krishna	The eighth incarnation of the Hindu god Vishnu. The god of protection, compassion and love.
Rama	The seventh incarnation of Vishnu. Embodies virtue and chivalry.
Brahman	The God of creation and knowledge.
Ganesh	The God of beginnings and remover of obstacles.
Puja	A daily routine, praying to an image of a deity and giving offerings to the deity.

