

# Year 3: What do Hindus believe and how does this affect the way they live their lives?

## What will I know by the end of this unit?

- That Hindus believe in one God (**Brahman**) worshipped in many forms: **Trimurti** (**Brahma**, **Vishnu** and **Shiva**).
- How belief and respect for all living things (**ahimsa**) has an impact on behaviour and actions, e.g., **vegetarianism** and **non-violence**.
- How belief in **karma** has an impact on behaviour and actions, e.g., **seva** (service for others).

Hindus believe that the soul, "**atman**", is reborn again into another living creature and that another life is lived.

The soul may be reborn as a human, animal, insect or plant depending on how well they have behaved in the previous life.

An **avatar** is an appearance, or an incarnation, of a god or goddess on Earth.

Hindus believe that a god or goddess takes the form of a human or animal in times of great need, to save humanity from danger or evil.

This symbol represents God.



Aum



## What is the Trimurti?

The **Trimurti** are the three major gods of the Hindu pantheon. They are **Brahma** the Creator, **Vishnu** the Preserver, and **Shiva** the Destroyer. Other forms include **Ganesh**, **Kali**, **Durga**, **Lakshmi** and **Krishna**.

**Ganesh** is one of the best loved Hindu gods. He is worshipped as the god of wisdom and it is thought he is able to take away difficulties. Hindus ask for the blessing of **Ganesh** when they begin something new, e.g., a new school, a new job, moving into a new house or getting married.

## Vocabulary

ahimsa	Not causing harm to other living things.
atman	Soul or spirit.
Aum	A symbol of the universe and god.
avatars	An appearance or an incarnation of a god or goddess on Earth.
Brahma	The first god, the creator of the universe.
Brahman	Hindus believe in one god, Brahman.
consequence	A result of an action.
food laws	Legislation which regulates the production, trade and handling of food.
Ganesh	The god of wisdom, change and the remover of obstacles.
Kali/Durga	The goddess of time, doomsday and death.
karma	The force generated by a person's actions.
Krishna	The symbol of the supreme beauty and bliss of life.
non-violence	Not causing harm.
Parvati	The wife of the Hindu god, Shiva.
Rama	The incarnation of Vishnu, god of protection.
reincarnation	To be reborn.
seva	To help others.
Shiva	The second god, a destroyer of the universe.
Trimurti	The three forms (Brahma, Shiva and Vishnu).
vegetarianism	Not eating meat.
Vishnu	The third god, the preserver and protector of the universe.

Take time to reflect

Can you believe if you don't see?

CRC Article 14: All children have the right to their own religion.

