

Beliefs	Worship & Teachings	Living as a Hindu
<ul style="list-style-type: none"> <li>➤ <b>Hindu belief about God</b> <ul style="list-style-type: none"> <li>▪ There is one God, who:                             <ul style="list-style-type: none"> <li>- Is seen in different ways and represented through different forms (deities);</li> </ul> </li> <li>▪ Rama &amp; Sita, Krishna, Lakshmi and Ganesh;</li> <li>▪ Stories about Rama and Krishna;</li> <li>▪ The story of Rama and Sita recalled at Diwali;</li> <li>▪ The birth of Krishna;</li> <li>▪ Krishna the butter thief;</li> <li>▪ Krishna and Sudhama.</li> </ul> </li> <li>➤ <b>Values</b> <ul style="list-style-type: none"> <li>▪ Respect all people and living things.</li> <li>▪ The importance of caring for others.</li> </ul> </li> <li>➤ <b>Religious symbols and their meanings</b> <ul style="list-style-type: none"> <li>▪ The diva.</li> <li>▪ Hands in prayer (namaste).</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>➤ <b>Worship in the home</b> <ul style="list-style-type: none"> <li>▪ The shrine and what it contains.</li> <li>▪ Puja.</li> <li>▪ The Arti ceremony.</li> <li>▪ Prasad (food offered, blessed and served after prayer).</li> </ul> </li> <li>➤ <b>Worship in the Temple (Mandir)</b> <ul style="list-style-type: none"> <li>▪ The Mandir is the Hindu place of worship.</li> <li>▪ Respect is shown by removing shoes and sitting on the floor.</li> </ul> </li> <li>➤ <b>Sacred Text: The Ramayana</b> <ul style="list-style-type: none"> <li>▪ The source of stories about Rama.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>➤ <b>What does it mean to belong in Hinduism?</b> <ul style="list-style-type: none"> <li>▪ Love and loyalty between members of the extended family.</li> <li>▪ Respect for:                             <ul style="list-style-type: none"> <li>- other people (shown through namaste);</li> <li>- all forms of life, especially the cow.</li> </ul> </li> <li>▪ Hospitality is important to Hindus.</li> </ul> </li> <li>➤ <b>Festivals</b> <ul style="list-style-type: none"> <li>▪ Dussehra</li> <li>▪ Diwali.</li> <li>▪ Janmashtami</li> <li>▪ Raksha Bandhan.</li> <li>▪ Festival foods.</li> </ul> </li> </ul>

# HINDUISM Part 2



Beliefs	Worship & Teachings	Living as a Hindu
<ul style="list-style-type: none"> <li>➤ <b>God is worshipped in different forms and /or is believed to be formless</b> <ul style="list-style-type: none"> <li>▪ Some forms of God: Hanuman, Lakshmi, Krishna &amp; Radha, Ganesh, Rama and Sita.</li> <li>▪ Ways that respect is shown to God.</li> </ul> </li> <li>➤ <b>Religious symbols</b> <ul style="list-style-type: none"> <li>▪ Aum / Om.</li> </ul> </li> <li>➤ <b>Beliefs about life, death and rebirth</b></li> </ul>	<ul style="list-style-type: none"> <li>➤ <b>Worship is a daily ritual expressing devotion, gratitude and love.</b></li> <li>➤ <b>The Mandir</b> <ul style="list-style-type: none"> <li>▪ Preparations for worship.</li> <li>▪ The shrine.</li> <li>▪ The Arti Ceremony.</li> <li>▪ Puja.</li> <li>▪ Bhajan and Kirtan.</li> <li>▪ The role of the divine images.</li> <li>▪ The puja tray.</li> <li>▪ Meditation.</li> </ul> </li> <li>➤ <b>The importance of sacred places in India</b> <ul style="list-style-type: none"> <li>▪ The Ganges</li> <li>▪ Benares</li> <li>▪ Prayag</li> <li>▪ Ayodhya</li> <li>▪ Mathura</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>➤ <b>Belonging to the Community and how Hindus try to live a good life</b></li> <li>➤ <b>The Journey of Life</b> <ul style="list-style-type: none"> <li>▪ Birth, marriage and death.</li> <li>▪ Four ashramas.</li> </ul> </li> </ul>