

HINDUISM Part 1

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



HINDUISM Part 2

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