



## Key Vocabulary

|               |                                                                                                                                                                                                                                                                                                                                                                            |
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| Hinduism      | Is the world's oldest religion and some traditions date back over 3,000 years. It is now practised all over the world but originated in South East Asia. It is a mix of different beliefs, cultures and traditions dating back over 4000 years. Hinduism has neither a founder nor a central organisation. No one has set down a list of beliefs for all Hindus to follow. |
| Vedas         | An ancient body of sacred literature.                                                                                                                                                                                                                                                                                                                                      |
| Bhagavad Gita | One of the holy books of Hinduism.                                                                                                                                                                                                                                                                                                                                         |
| Ramayana      | The Ramayana is an ancient Sanskrit epic.                                                                                                                                                                                                                                                                                                                                  |
| Brahman       | Brahman is the source of all existence and is present in every thing and every place. The human soul, called atman, is part of the universal Brahman. Hindus generally believe that when someone dies, the atman is reborn in another body. A soul may return many times in human, animal, or even plant form.                                                             |
| sacred        | Something sacred is holy, devoted to a religious ceremony or simply worthy of awe and respect                                                                                                                                                                                                                                                                              |

## Key Learning

### Hindu Gods and Goddesses

Hindus recognise one God, Brahman. The gods of Hinduism are different aspects of Brahman.

The main three aspects (Trimurti) are: Vishnu, Brahma and Shiva.



The three great goddesses (Tridevi) are: Saraswati, Lakshmi and Shakti.



Hindus can pray to different gods and goddesses for help with different needs.



The Dashavatara refers to the ten Primary incarnations of Lord Vishnu, the god of preservation. Vishnu is said to descend in the form of an avatar to restore balance in the world.

The Ramayana is an ancient Sanskrit epic which follows Prince Rama's quest to rescue his beloved wife Sita from the clutches of Ravana with the help of an army of monkeys. It is traditionally attributed to the authorship of the sage Valmiki and dated to around 500 BCE to 100 BCE.

**Big question: Is self-discipline important in life?**