

What does it mean to be a Hindu in Britain today?

Key Vocabulary and Definitions

Arti (or aarti)	Moving lighted candles in a circle to show respect by the shrine.	Dharma	Duty to act in the right way as God teaches.
Atman	Inner spirit or soul.	Karma	Hindu belief that everything you do builds up good or bad karma which is carried over many lives.
Aum (or Om)	Sacred sound and spiritual symbol, representing the Ultimate Reality.	Mandir (or Temple)	Name for Hindu temple or place of worship.
Bhagavad Gita	One of the most important Hindu holy books.	Moksha	Freedom from cycle of birth, death and rebirth. Being one with God.
Bhajan	Devotional song.	Puja	Worship ritual.
Deity	A form of God (god or goddess).	Shrine	A place where Hindu deities are worshipped.

What should I already know?

- Hindus believe in one God, the Ultimate Reality, known as Brahman.
- Hindus believe in a cycle of life, death and rebirth.
- Diwali and Holi are two important Hindu festivals.

What will I know about being a Hindu in Britain today?

Atman, Karma and the Journey of Life	<ul style="list-style-type: none"> • Many Hindus believe all living beings possess a 'spark' of Brahman known as atman, which means that all living beings are sacred and special. • Hindus believe the spark of God is eternal, so when their body dies it will be reborn into another body. Which body it goes into will depend on karma. • Hindu life is a journey through different stages with different duties. • Hindus describe life as a journey towards moksha; freedom from the cycle of birth, death and rebirth towards oneness with God.
Faith at Home	<ul style="list-style-type: none"> • Hindus see their faith as being a complete way of life – all of life is part of their dharma (duty to act in the right way as God teaches). • Hindus show their faith in God through puja (Hindu worship). • During worship, the aarti lamp is lit and offered to the deity. It is then seen as having become filled with the deity's blessings and energy.
Faith in the Mandir	<ul style="list-style-type: none"> • Hindus worship together at a mandir or temple where Puja is performed. • There are many shrines inside the temple. Going to worship at a shrine is like visiting the gods and goddesses. • Hindu worshippers ring a bell at the shrine to awaken God. Prayers are said and offerings such as food are made. • Hinduism has a rich musical tradition. There are many 'bhajans' devoted to different deities; some fast and upbeat, some peaceful and meditative.



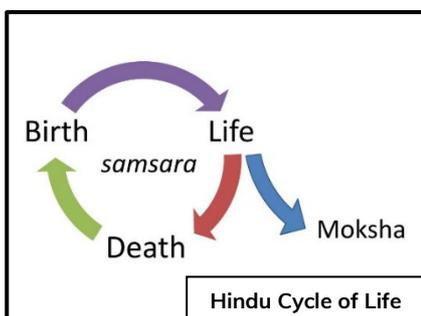
Wellingborough Mandir



The main shrine



Aum Symbol



What should I be able to do by the end of this unit of work?

- Explain that Hindus believe everyone has a spark of Brahman in them, which makes all living things special.
- Describe the stages in the Hindu Cycle of Life.
- Explain how Hindus show their faith at home and in the mandir.
- Make connections with your own life and what is important to you and your family.