

### Key Vocabulary and Definitions

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

<b>Atman, Karma and the Journey of Life</b>	<ul style="list-style-type: none"> <li>Many Hindus believe all living beings possess a 'spark' of Brahman known as atman, which means that all living beings are sacred and special.</li> <li>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.</li> <li>Hindu life is a journey through different stages with different duties.</li> <li>Hindus describe life as a journey towards moksha; freedom from the cycle of birth, death and rebirth towards oneness with God.</li> </ul>
<b>Faith at Home</b>	<ul style="list-style-type: none"> <li>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).</li> <li>Hindus show their faith in God through puja (Hindu worship).</li> <li>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.</li> </ul>
<b>Faith in the Mandir</b>	<ul style="list-style-type: none"> <li>Hindus worship together at a mandir or temple where Puja is performed.</li> <li>There are many shrines inside the temple. Going to worship at a shrine is like visiting the gods and goddesses.</li> <li>Hindu worshippers ring a bell at the shrine to awaken God. Prayers are said and offerings such as food are made.</li> <li>Hinduism has a rich musical tradition. There are many 'bhajans' devoted to different deities; some fast and upbeat, some peaceful and meditative.</li> </ul>



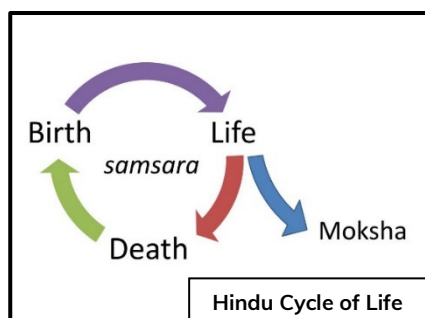
Wellingborough  
Mandir



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.