



# Hinduism

## 'The Eternal Religion'

# What is Hinduism?

**Hinduism is one of the oldest religions in the world...**



***Namaste – “I bow to the God within you.”***

An aerial photograph of a wide, winding river valley. The river is a milky, light green color, flowing through a valley with steep, brownish-tan mountainsides. The sky is overcast with grey clouds. The overall scene is rugged and mountainous.

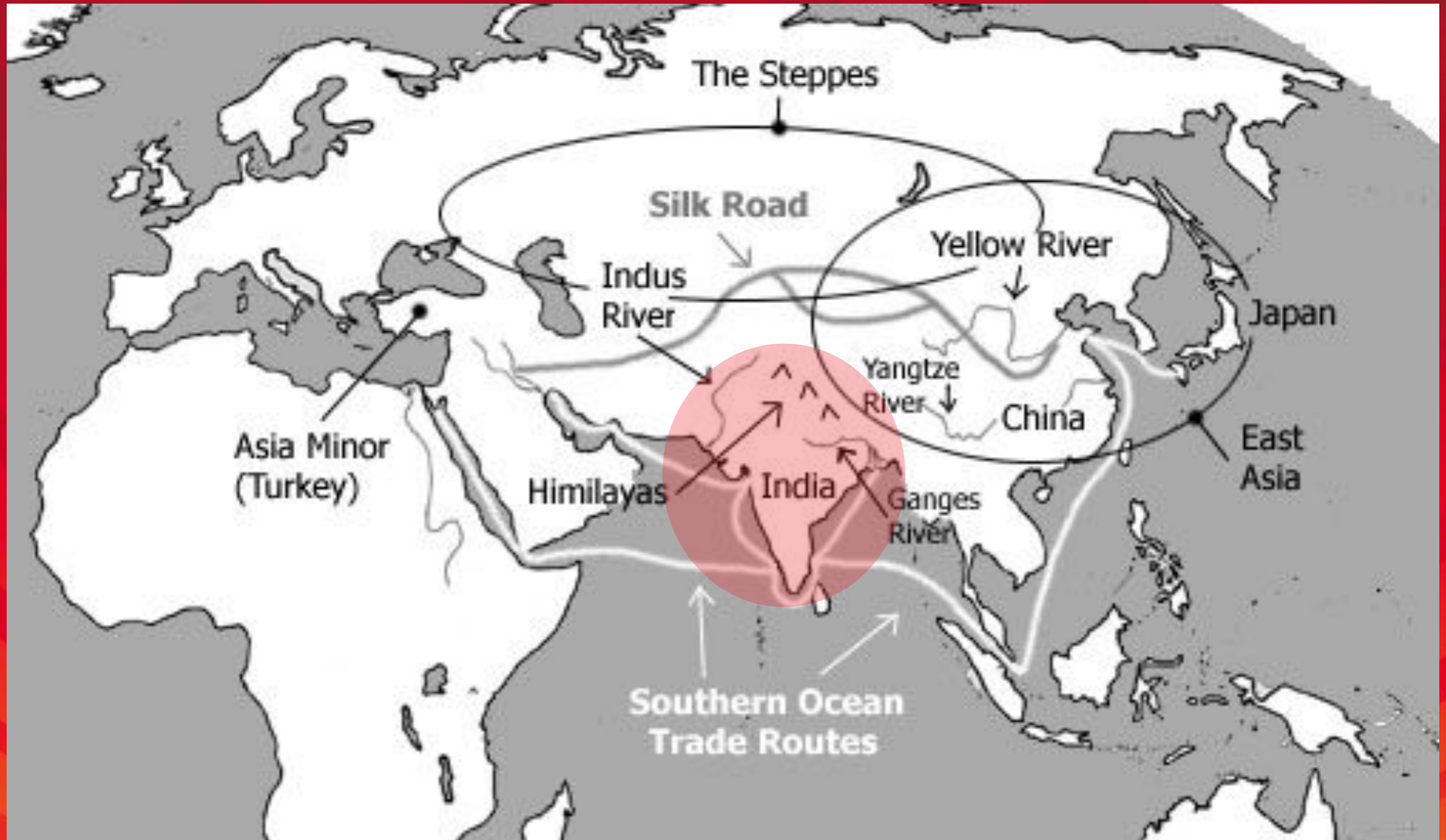
**Hinduism is one of the oldest religions in the world...**

**It is the religion practiced by people that lived to the east of the river Sindhu ...**

**... that's where the name Hindu came from.**

***Originally it was known as Sanatan Dharma – “the eternal religion”*** 4

**It originated in India and is practiced by over 1bn all over the world...**



***That means 1 in every 6 people is a Hindu!***

# It is not from the same family of religions as Christianity, Islam and Judaism...

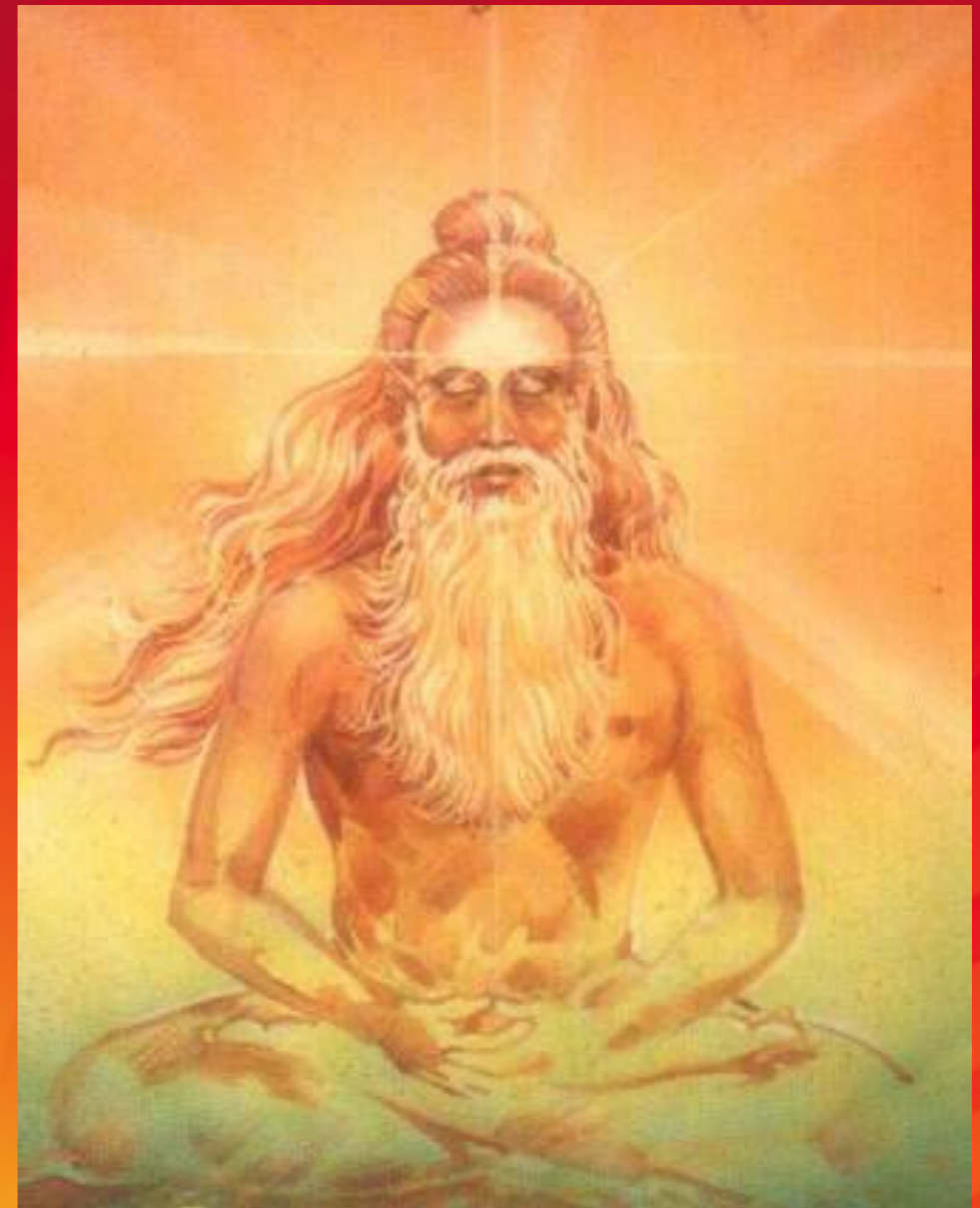
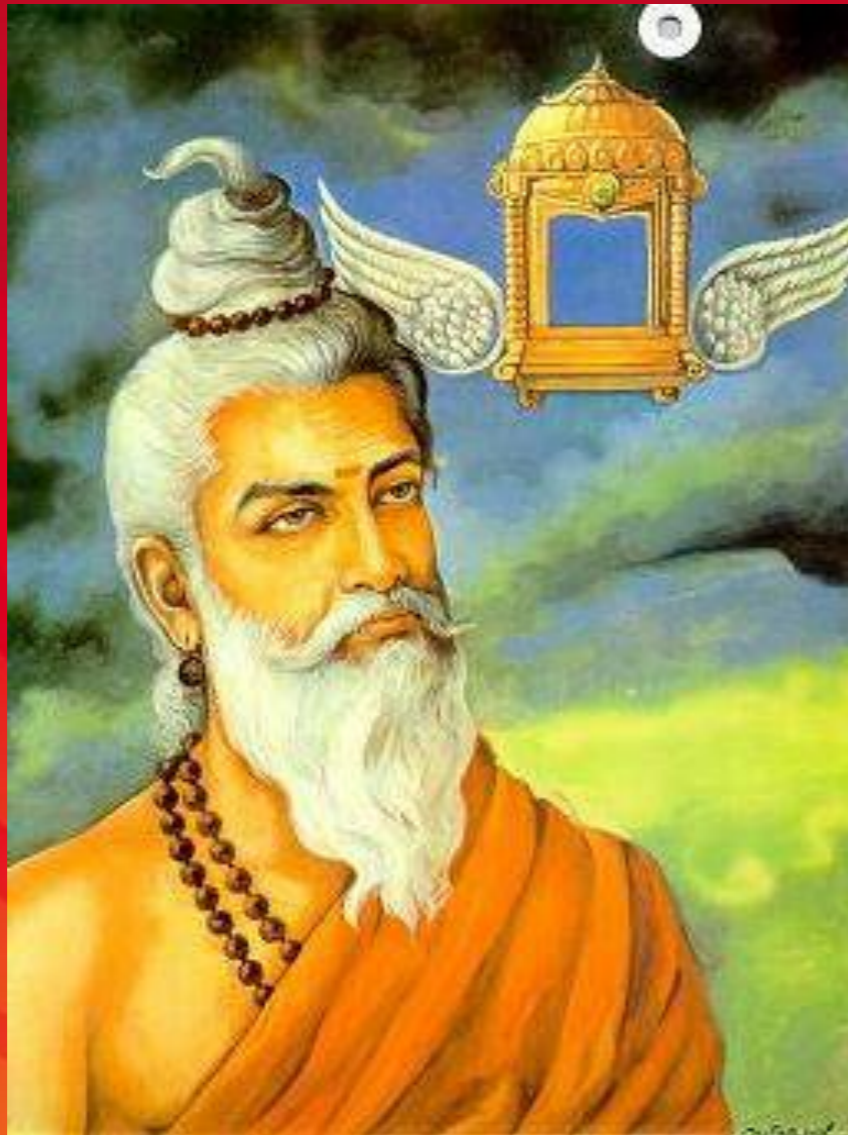
- Hinduism is:
  - A way of worship
  - A way of thinking
  - A way of life...



*Hindus have prayers for waking up, for brushing, showering, eating, sleeping ... it is a way of life!*

**No single man, woman, or God is responsible for founding Hinduism...**

It was founded over many hundreds of years by many wise people of India...



***And it continues to develop today by new saints and seers...***

# Hinduism believes that people are different

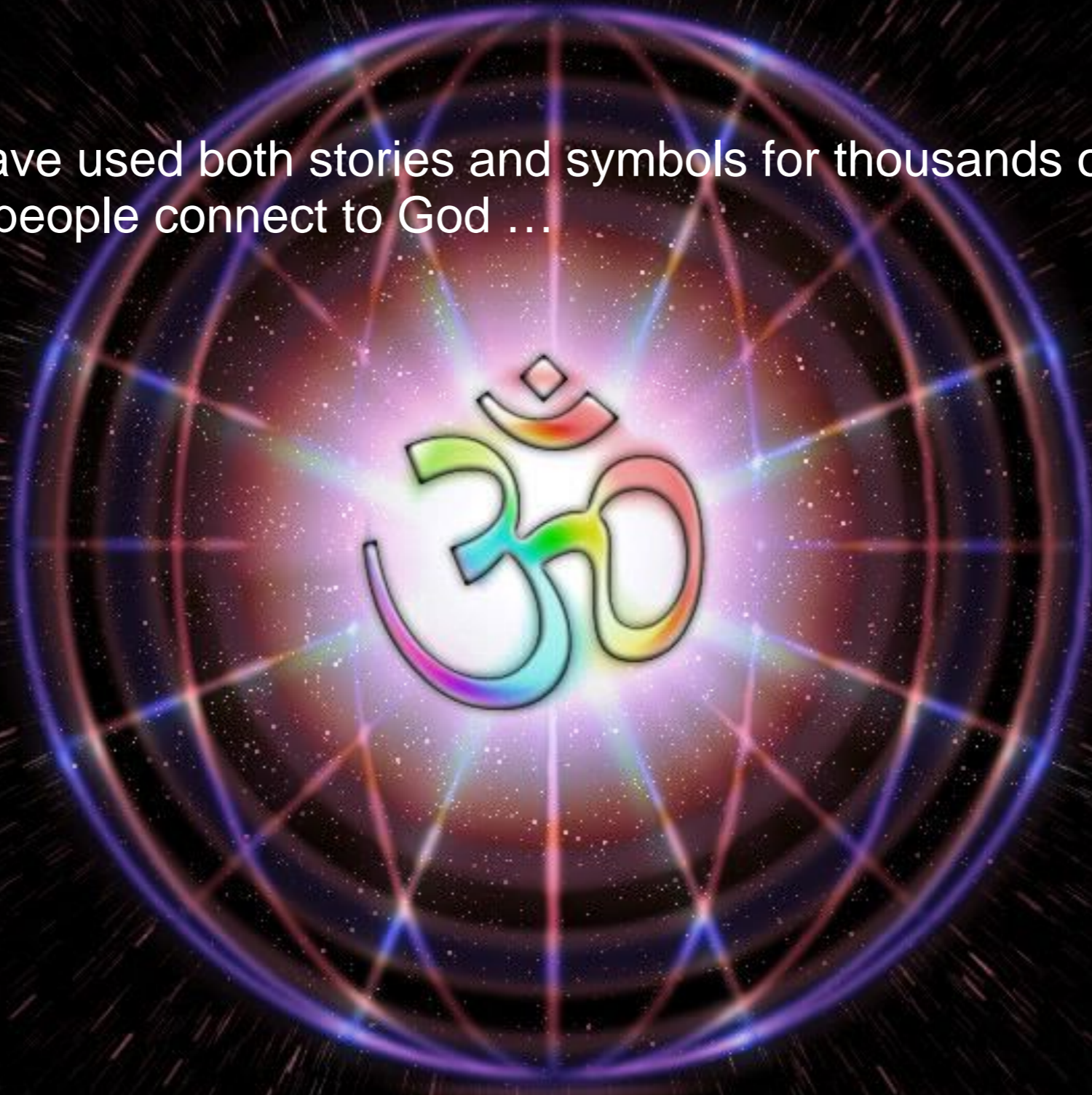
... therefore each person may choose a different path to reach that God



*There is no right or wrong way of practicing Hinduism*

**Stories & Symbols are the doors to all knowledge & memory...**

... Hindus have used both stories and symbols for thousands of years to help everyday people connect to God ...



***Stories & symbols are like an “app” to open up a whole world of ideas to help us understand God better***

## Quiz:

1. What do these Hindu symbols represent?

2. Why do Hindus have so many symbols (and stories)?



**3. Where did the name Hindu come from?**

**4. What is the original name for Hinduism?**

**5. How many Hindu are there in the world?**

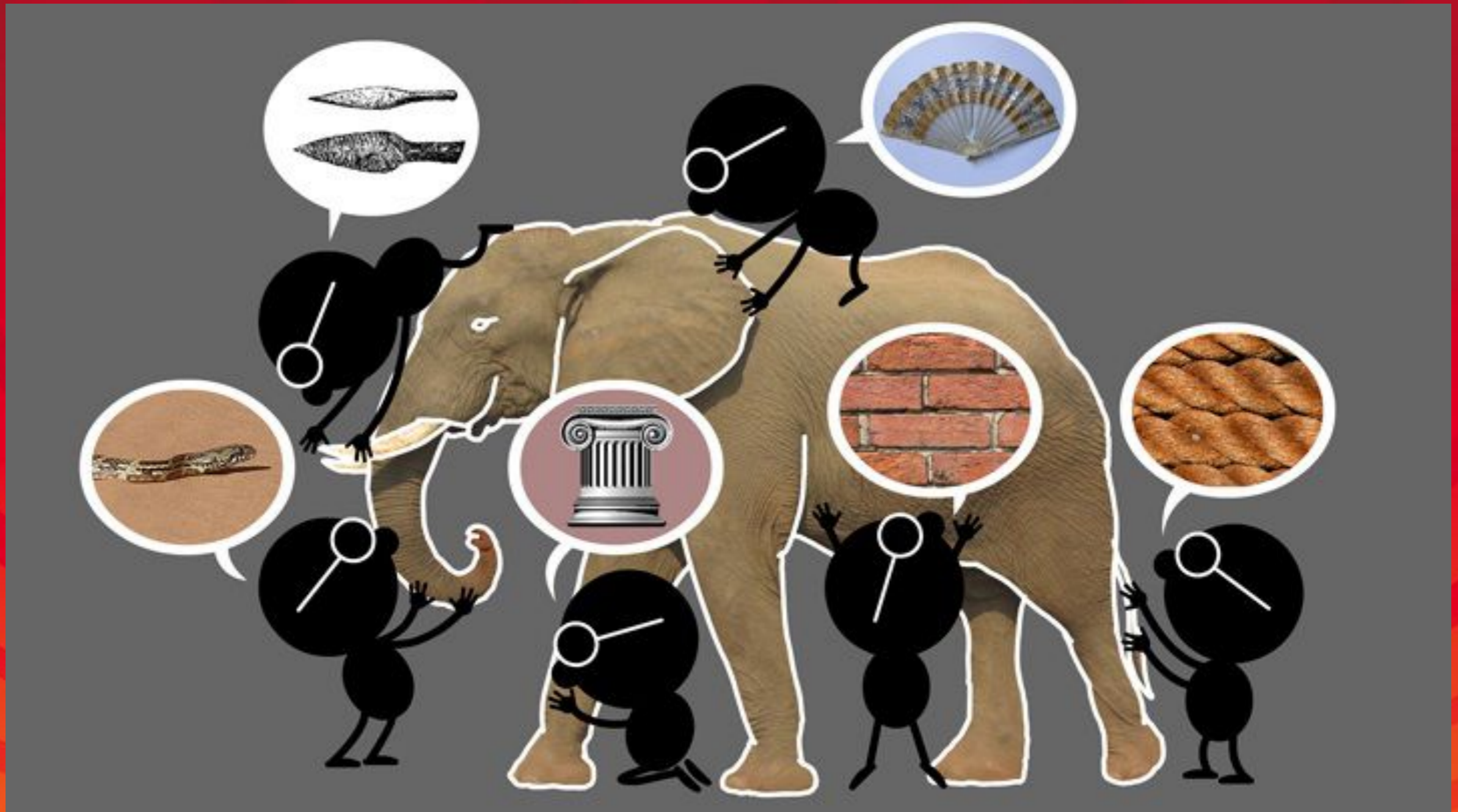
**6. Who was the founder of Hinduism?**

# The Gods of Hinduism....

Once upon a time...



...so what is an elephant like?



*“The elephant is all these things & more...”*

# Truth has many faces...

- Many have tried to experience God...
- ...but people are different so they all describe what they experienced about God differently
- ... and it may sound odd but they are all right

***“God is all these things & more...”***

# Hinduism believes that all rivers flow into the one ocean..

- There is only one God in Hinduism (he is called Brahman) ...
- Each Hindu must try and experience that God for him/herself...
- But he/she may choose any form/path he or she wishes...

***“...all paths ultimately lead to God!”***

**Hinduism encourages us to see God's goodness everywhere... in everything...**



*Hinduism encourages us to learn good qualities from all God's creation*

A bright sun is shining in a clear blue sky, creating a starburst effect. The sun is positioned in the upper left quadrant. Large, fluffy white clouds are scattered across the sky, particularly on the right side and bottom. The overall scene is bright and sunny.

***Light & warmth***

*Cool & calm*



# *Stillness*





*Peace & shelter*





***Fragrance***

**&**

***Beauty***





*Fearlessness*

For a Hindu ... God can be a man, a woman, an animal,  
the sun, or even a sound ...



*Aum...*

# Quiz

**1: Where is God?**

**2. Why do Hindus have so many Gods?**

**3. What can we learn from the Sun?**

**4. Which Hindu Gods do you know?**

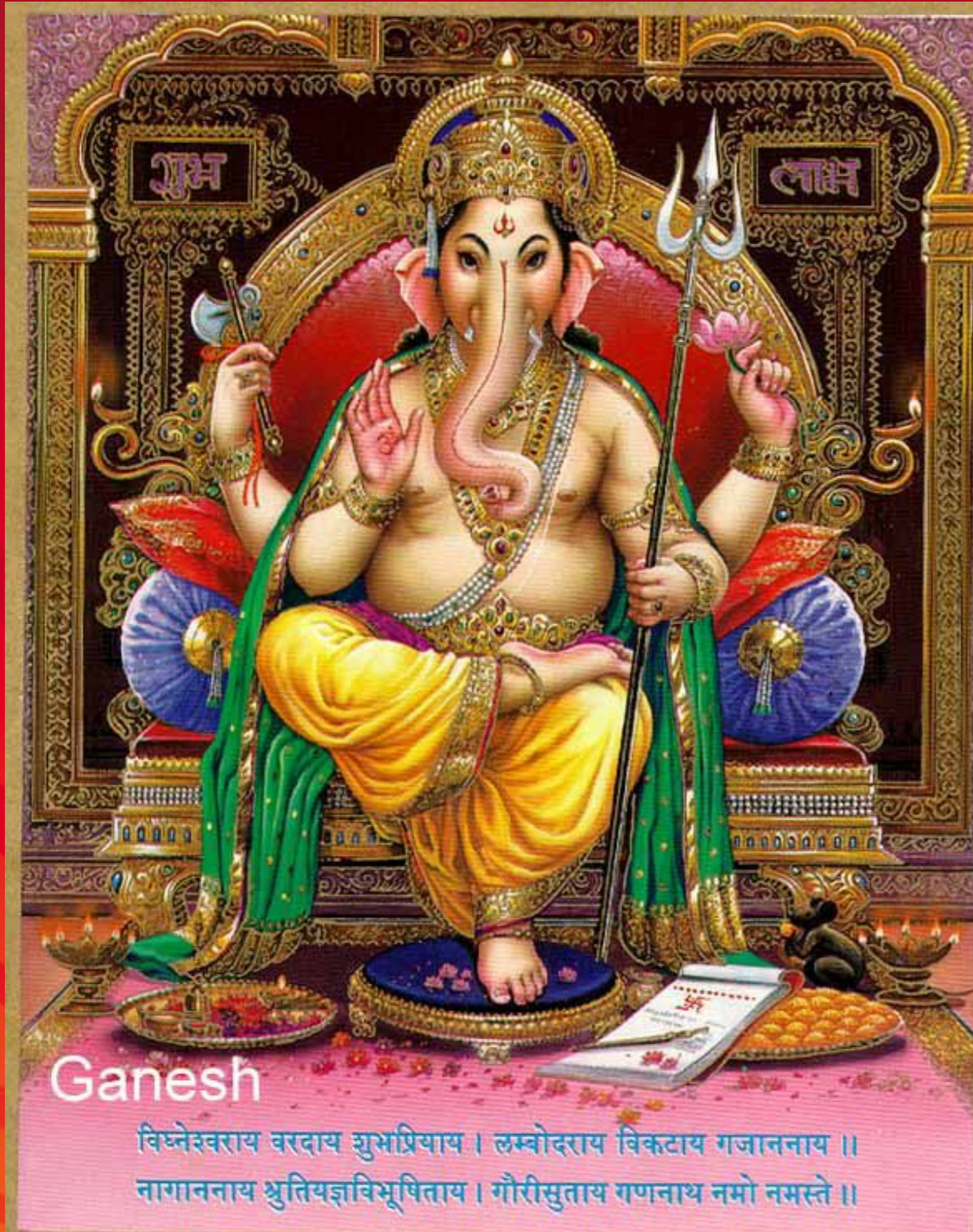
# Appendix

Let us look at the qualities of the famous Hindu elephant God...



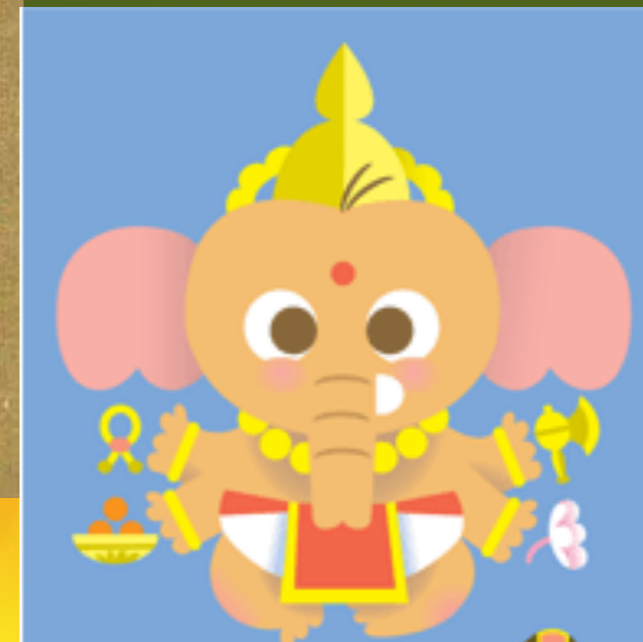
***Ganesh***

Here are some of the most popular forms in which Hindu's saw God...



Ganesh

विघ्नेश्वराय वरदाय शुभप्रियाय । लम्बोदराय विकटाय गजाननाय ॥  
नागाननाय श्रुतियज्ञविभूषिताय । गौरीसुताय गणनाथ नमो नमस्ते ॥



Ganesh



***Krishna***

*Krishna*



*Ram*

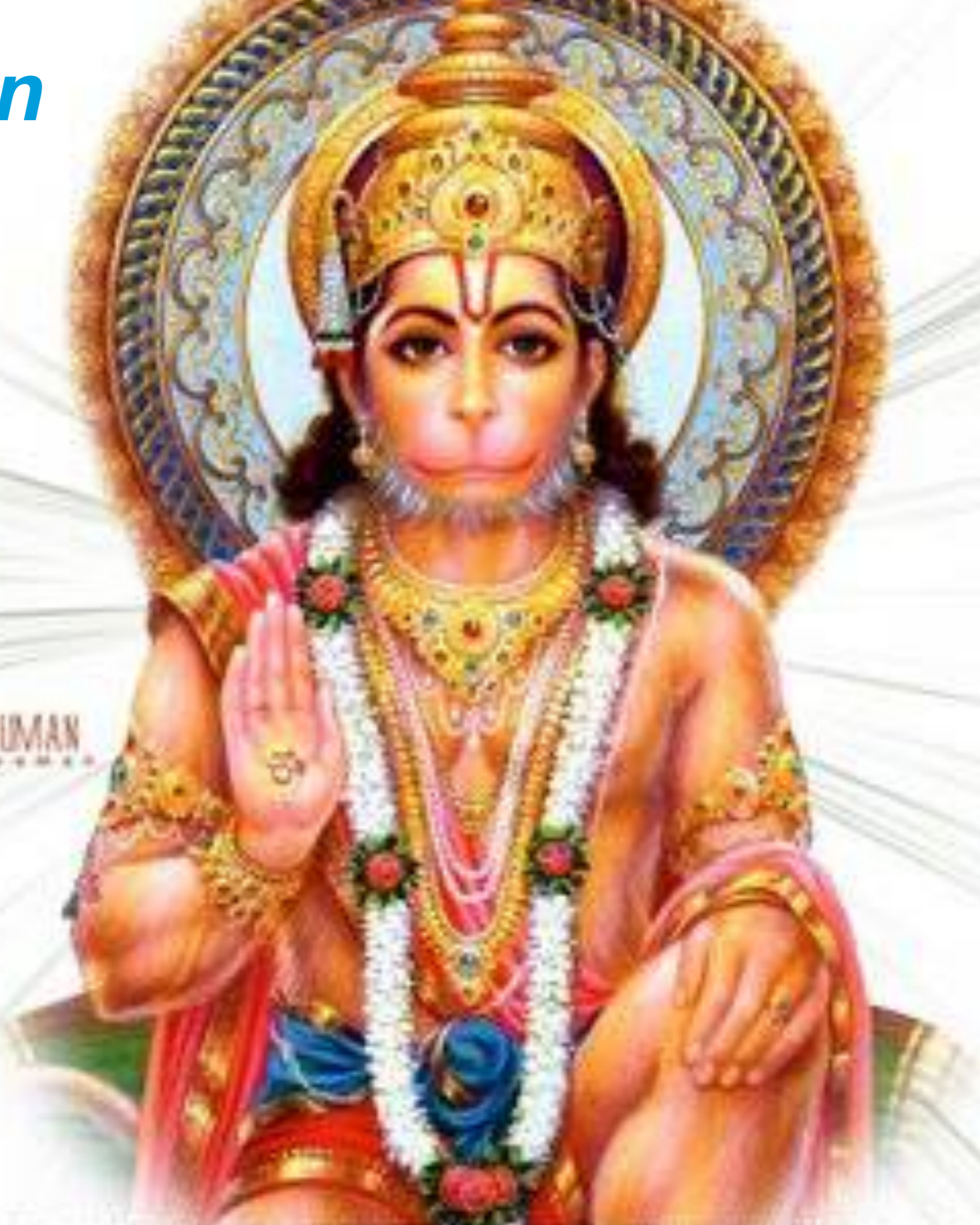


*Sita*



# Hanuman

LORD HANUMAN  
WITH MANGALAM



# *Hanuman*





SHIVA  
(shiv-a)



**LAKSHMI**  
(Luck-shmee)

**36 qualities in particular are described in the Geeta (our most popular holy book) ...**

**Remember - one God, many forms...**

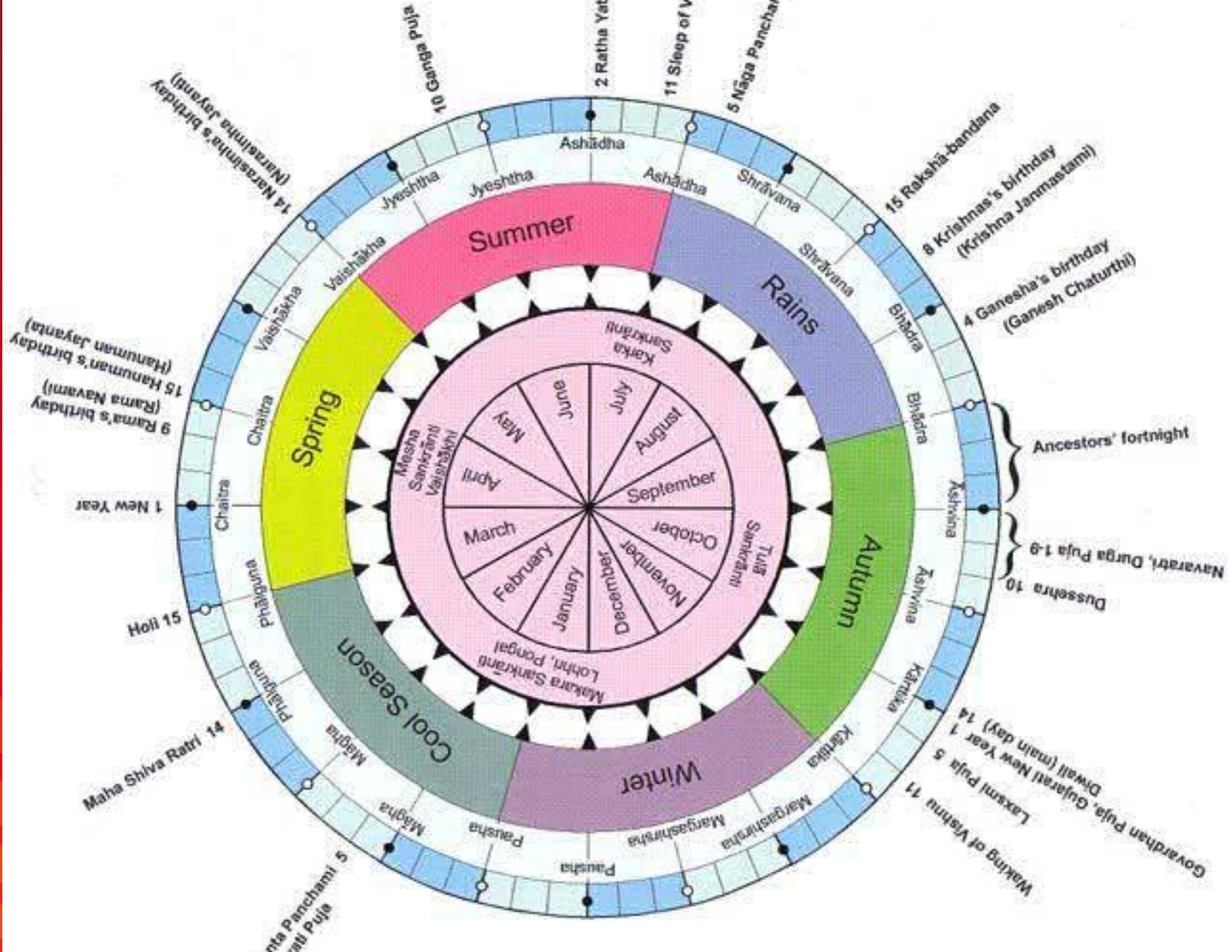
... in fact Hindu's see God in everything

... especially in each & every single one of you!

*When we are kind, when we share, when we love, when we care... that's the God inside reminding us He is there.*

# Quiz 2: So what qualities can we learn from...?

# Hindu festivals....



# Quiz 3: So what can we remember about Hindu festivals...

# Yoga & Meditation

# So...what's YOGA got to do with Hinduism?



*Yoga comes from India...  
& its main purpose is to help us realise God!*

# 'Yoga' means to join

... Since God is within

... Raja yoga is a path to realise/  
experience God

... by learning to make our body  
healthy and mind calm

... so that we can experience God  
within!



**We spend a lot of time to look beautiful on the outside...  
yoga helps us become beautiful on the inside...**



***We need a Healthy body & a healthy mind ...  
In order to have a healthy spirit!***

**Close your eyes...**



**The whole purpose of a Hindu's life is to realize the God within ...**

**What is a Hindu?  
What is Hinduism?**