

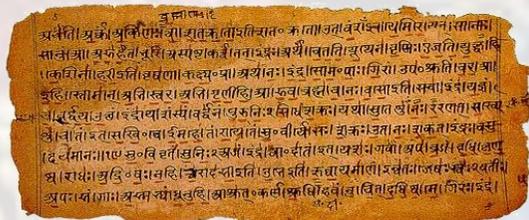
Hinduism

Hinduism is considered the oldest existing religion still practiced today in world dating back to 500 B.C.

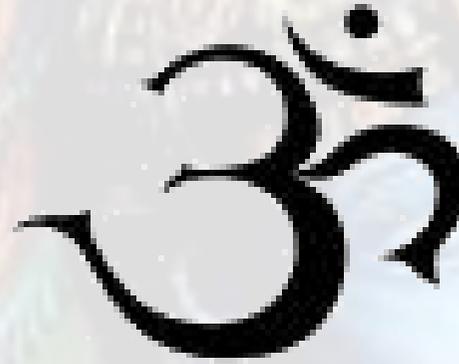
It is believed that the word 'Hindu' comes from the name of the river

Indus, which flows 1800 miles from Tibet through Kashmir and Pakistan to the sea.

The oldest scripture of Hinduism is the Rig Veda, which is believed to be about 3,500 years old



Today, Hinduism is practiced by 900 million people around the world, but primarily in India and the surrounding countries.



What is the symbol of Hinduism?

Aum is the main symbol of Hinduism. It is the sound heard in deepest meditation and is said to be the name most suited for God.

Hindus believe in reincarnation - a belief that the soul is eternal and lives many lifetimes, in one body after another.



What makes Hinduism so different?

It is important to note that Hinduism does not have any particular founder or a single text, but instead combines several ancient traditions and beliefs

Hindus believe in a universal soul or God called Brahman. Brahman takes on many forms that some Hindus worship as gods or goddesses in their own right. Hindus believe that there is a part of Brahman in everyone and this is called the Atman.





Lord Shiva

Represents the aspect of the Supreme Being (Brahman of the Upanishads) that continuously dissolves to recreate in the cyclic process of creation, preservation, dissolution and recreation of the universe.



Lord Vishnu

Represents the aspect of the Supreme Reality that preserves and sustains the universe. Although there are variations in images and pictures of Lord Vishnu, He is generally symbolised by a human body with four arms.



Lord Brahma

Symbolizes the aspect of the Supreme Reality that brings forth the creation. For this very reason, Hindus call Lord Brahma the Creator of the universe.



Lord Ganesha

The Hindu deity in a human form but with the head of an elephant - represents the power of the Supreme Being that removes obstacles and ensures success in human endeavours.