

Wonderful words

Hindu: a follower of Hinduism, sometimes referred to as Sanatan Dharma, the eternal teaching

Brahman: a formless, ultimate reality, one energy or consciousness in the universe, the source of everything

Deity: Brahman channeled into different forms

Namaste: bowing slightly and putting hands together

Shiva: the destroyer of things so new things can begin

Aum: the sacred symbol that describes Brahman; the first sound of creation

Atman; the spark of Brahman in every living creature

Lakshmi: the deity of wealth and prosperity

Vishnu: the sustainer of all living things

Brahma: the creator of things who created the universe, people and creatures

So how does it all work?

Aum



Brahma



Vishnu



Shiva



Lakshmi

Important information

The Hindu tradition is diverse and ever changing and according to the 2021 Census, 1.7% of the population of the UK are Hindus.

The ultimate reality is known as **Brahman** who is the source of everything in the universe. The **atman** is a spark of Brahman in every living creature and the **namaste** welcome is a way of recognising the spark of Brahman inside every living creature. The **Aum** symbol represents Brahman but also the first sound in the creation of the universe.

Brahman can be found in many different forms, known as **deities**. For many Hindus the three most important deities are known as the **Trimurti**. **Brahma** is the creator deity who is responsible for the creation of the universe. **Vishnu** is the preserver deity who maintains the universe and **Shiva** is the destroyer deity so that new things can begin in the cycle of life and death.

Another important deity for Hindus is **Lakshmi**, at Diwali many Hindus will put statues of Lakshmi outside their homes in the hope that she will visit the home and bring the family good fortune for the new year.