KS3 Religious Education: revision notes

# Hinduism

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## Beliefs about God

- Hindus believe in **Brahman**, the ultimate reality, which is in everything.
- **Brahman** is often worshipped through many deities, which show different aspects of God. The Trimurti is Brahma (the creator), Vishnu (the preserver) and Shiva (the destroyer). Ganesh, with an elephant's head, is the remover of obstacles.

## The soul and the cycle of life

- Each living thing has an eternal soul, the **atman**.
- **Samsara** is the cycle of birth, death and rebirth. **Karma** is the law that good and bad actions have consequences, affecting future lives.
- **Moksha** is freedom from **samsara**, the ultimate goal.
- **Dharma** is a person's duty, and ahimsa means non-violence towards all living things, which is why many Hindus are vegetarian.

## Worship, texts and festivals

- **Puja** (worship) happens at home at a shrine, or at a temple (**mandir**), using murtis (sacred images), offerings of food and flowers, and the arti lamp.
- Sacred texts include the Vedas, the Bhagavad Gita and the Ramayana.
- Diwali, the festival of lights, remembers Rama and Sita's return home after defeating Ravana. Holi, the festival of colours, celebrates spring.

## Key terms

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|---|---|
| **Brahman** | The ultimate reality in Hinduism. |
| **Atman** | The eternal soul. |
| **Samsara** | The cycle of birth, death and rebirth. |
| **Karma** | The law that actions have consequences. |
| **Moksha** | Freedom from the cycle of rebirth. |

Your notes

| | |
|---|---|
| **Dharma** | A person's duty. |
| **Puja** | Hindu worship. |
| **Mandir** | A Hindu temple. |

## Quick questions

Cover the answers and test yourself: remembering is what makes it stick.

1. What is Brahman?
2. What is samsara?
3. What is karma?
4. What is moksha?
5. Which deity is the preserver in the Trimurti?
6. What is a mandir?
7. What does Diwali remember?
8. What is ahimsa?

### Answers

1. The ultimate reality in Hinduism
2. The cycle of birth, death and rebirth
3. The law that actions have consequences
4. Freedom from the cycle of rebirth
5. Vishnu
6. A Hindu temple
7. Rama and Sita's return home
8. Non-violence

## What to do next

**Practise 10 questions on this topic**

**Try 3 exam questions, with mark schemes**

**Read the lesson, one step at a time**

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Your notes