

Hinduism

Key Beliefs and Life After Death

ATMAN → This is our individual soul. It is trapped in our bodies and is reborn when we die.

KARMA → Our Atman collects karma. Every action makes good or bad karma. At the end of our lives, our karma is weighed.

REINCARNATION → If we have more good karma, we will be reborn higher up.

SAMSARA → The cycle of **SAMSARA**. We are trapped in this wheel. The aim of Hindu life is to reach a point where the atman can escape this wheel. This freedom is called **MOKSHA**.

When the soul escapes, it joins with God or the universal soul. **Brahman**

The Hindu Trimurti are the 3 main faces of God. Together, they create, preserve and destroy. **Brahma, Vishnu + Shiva.**



The Caste System

An old-fashioned system used to organise Hindu society. You must stay in the caste you were born in. You can only have jobs suited to this caste and you must marry in your own caste.



TRADITION → ALL Hindus used to follow this. Untouchables have always been treated badly but Hindus may argue that it is their own fault. Bad karma is the reason they are in this caste.

COMPARE WITH ↓

MODERN → This system is now illegal in India. It is not used in big cities but may still be seen in more traditional rural areas. It is still hard for Dalits to have great jobs because their families are often still poor and may live in the slums. It is possible though and some dalits have become millionaires!

SIKHISM and EQUALITY

YEAR 8 TERM 1
EQUALITY IN EASTERN RELS

fact file:

Followers - SIKHS
God - WAHEGURU (believe in one God)
Founder - GURU NANAK
Holy place - GURDWARA
Holy book - GURU GRANTH SATHI



Where do Sikh views on equality come from?
GURU NANAK



4 ENTRANCES TO THE GURDWARA...
to show everyone is welcome. This includes everyone from the 4 Hindu castes, or it could be N/S/E/W...



THE LANGAR KITCHEN
After a service EVERYONE, no matter who they are, is offered a free meal in the langar kitchen.

EQUALITY IN THE GURDWARA

WELCOMING ALL
After the 2017 terrorist attack in Manchester, Sikh temples in the city opened their doors to those affected. They offered food and shelter all through the night.



THE GURU GRANTH SATHI
The holy book is the only Guru (teacher). There are no human gurus. This means no human is better or higher than any other.

KARAH PRASAD
At the end of the service, this sweet mixture is shared out to EVERYONE. It is made up of ingredients of equal parts.

SEATING
During services everyone is sat on the floor at the SAME LEVEL

Started to reject Hinduism at a young age - he disagreed with the caste system



Grew up with Hindu and Muslim friends.

As a young man he took great interest in both Islam + Hinduism

Born near India in 1469 to a Hindu family.

He spent lots of time with holy men and in meditation.

He had received an important message for everyone!

THERE IS NO HINDU, THERE IS NO MUSLIM.

Three days later Nanak reappeared. He had seen a vision of God.

One day Nanak went to bathe in the river. After plunging in, he didn't come back to the surface. He was feared dead!

WE ARE ALL EQUAL

What does this mean?

The Guru Granth SathI teaches that we are all the same to God: "All beings and creatures are his, he belongs to all"