

Hinduism

Hinduism is a way of life guided by religious beliefs and practices that developed over thousands of years. Hindus believe that a supreme being called Brahman is the soul of the universe. The same presence, they believe, can also be found within each person. People can be freed from suffering and desires once they understand the nature of Brahman. The religious practices of Hindus include prayer, meditation, selfless acts, and worship of the various Hindu deities.

Today, Hinduism is the major religion of India and Nepal. It also has followers in Indonesia, Africa, Europe, and the Western Hemisphere.

▼ Festival of Diwali

Diwali, the Festival of Lights, is the most important festival in India. Diwali may have begun as a harvest festival in ancient India. Today, it marks the beginning of the year for many Hindus. They celebrate the festival by lighting candles and lamps, as shown in this photograph.



Learn More About Hinduism

Symbol The syllable *Om* (or *Aum*) is often recited at the beginning of Hindu prayers. *Om* is the most sacred sound in Hinduism because it is believed to contain all other sounds. The syllable is represented by the symbol shown below.



▲ Deities

Brahman often takes the form of three deities in Hinduism. Brahma is the creator of the universe. Vishnu is its protector. Shiva is its destroyer. All three deities are represented in this sculpture.



Primary Source

Hinduism has many sacred texts. The Vedas, four collections of prayers, rituals, and other sacred texts, are the oldest Hindu scriptures. They are believed to contain all knowledge, past and future.

The *Bhagavad-Gita* is another sacred Hindu text. In this work, Vishnu takes on the personality of a chariot driver named Krishna. Krishna and the warrior Arjuna discuss the meaning of life and religious faith. In this selection, Krishna explains that Brahman cannot be destroyed.

Weapons do not cut it,
fire does not burn it,
waters do not wet it,
wind does not wither it.

It cannot be cut or burned;
it cannot be wet or withered;
it is enduring, all-pervasive,
fixed, immovable, and timeless.

Bhagavad-Gita 2:23–24

Brahmin Priest

Brahmin priests, like the one shown here, are among Hinduism's religious leaders. These priests take care of the holy images in temples and read from the religion's sacred books.

