

# OVERVIEW OF HINDUISM



## **KEY PERSON, DATE, LOCATION**

NO ONE FOUNDER

BEGAN 1800-1000 BC IN INDIA

MAIN TYPES: VIASHNAVISM, SHAIVISM, SHAKTISM

## **KEY WRITINGS**

MANY WRITINGS, INCLUDING THE VEDAS (OLDEST, ABOUT 1000 BC), UPANISHADS, AND THE BHAGAVAD-GITA

## **WHO IS GOD?**

GOD IS "THE ABSOLUTE," A UNIVERSAL SPIRIT

EVERYONE IS PART OF GOD (BRAHMAN), BUT MOST PEOPLE ARE NOT AWARE OF IT  
PEOPLE WORSHIP MANIFESTATIONS OF BRAHMAN (GODS AND GODDESSES)

## **WHO IS JESUS?**

JESUS CHRIST IS A TEACHER, A GURU, OR AN AVATAR (AN INCARNATION OF VISHNU)

HE IS A SON OF GOD AS ARE OTHERS

HIS DEATH DOES NOT ATONE FOR SINS AND HE DID NOT RISE FROM THE DEAD

## **WHO IS THE HOLY SPIRIT?**

THE HOLY SPIRIT IS NOT PART OF THIS BELIEF

## **HOW TO BE SAVED**

RELEASE FROM THE CYCLES OF REINCARNATION | ACHIEVED THROUGH YOGA AND MEDITATION AND CAN TAKE MANY LIFETIMES

FINAL SALVATION IS ABSORPTION OR UNION WITH BRAHMAN, LIKE A RAINDROP FALLING INTO THE OCEAN

## **WHAT HAPPENS AFTER DEATH?**

REINCARNATION INTO A BETTER STATUS (GOOD KARMA) IF A PERSON HAS BEHAVED WELL; IF BADLY, A PERSON CAN BE REBORN AND PAY FOR PAST SINS (BAD KARMA) BY SUFFERING

## **OTHER FACTS, BELIEFS, OR PRACTICES**

MANY HINDUS WORSHIP STONE AND WOODEN IDOLS IN TEMPLES, AND HOMES  
DISCIPLES MEDITATE ON A WORD, PHRASE, OR PICTURE; MAY WEAR ORANGE ROBES AND HAVE SHAVED HEADS

MANY USE A MARK, CALLED A TILAK, ON THE FOREHEAD TO REPRESENT THE SPIRITUAL "THIRD EYE"

YOGA INVOLVES MEDITATION, CHANTING, BREATHING EXERCISES

SOME GURUS DEMAND COMPLETE OBEDIENCE

FOUNDATION OF NEW AGE, TRANSCENDENTAL MEDITATION