

- Make sure you have your map.
- If you are late, you are late.

Introduction to Hinduism

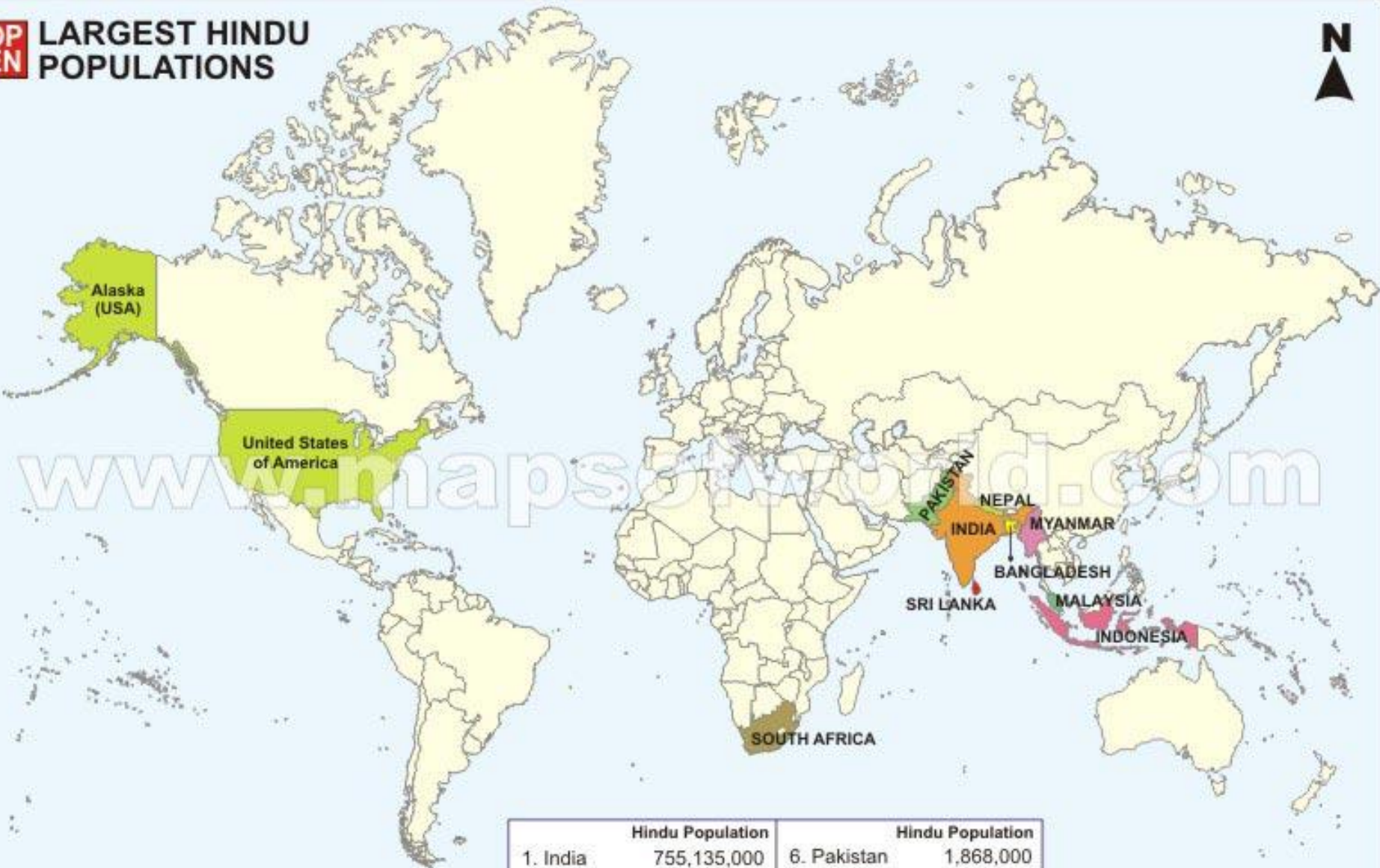


An Introduction

- Hinduism is the third largest religion in the world, with approximately 900 million adherents
- It is also the oldest known religion in the world today
- The origins cannot be ascribed to any single founder or a specific time or a single place

**TOP
TEN**

LARGEST HINDU POPULATIONS



Hindu Population		Hindu Population	
1. India	755,135,000	6. Pakistan	1,868,000
2. Nepal	18,354,000	7. Malaysia	1,630,000
3. Bangladesh	15,995,000	8. USA	1,032,000
4. Indonesia	7,259,000	9. South Africa	959,000
5. Sri Lanka	2,124,000	10. Myanmar	893,000

Map Not To Scale
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3 major texts of Hinduism

- **The Vedas**

- The oldest and most important is the Vedas (*in 4 parts*)
 - First in the form of oral histories

- **The Bhagavad Gītā (400 BCE)**

- It is perhaps the most famous, and definitely the most widely-read text of ancient India.

- **The Upanishads (400 BCE)**

- Focus on 1) meditation and 2) religious instruction with a **guru**

Brahman (the boss)

- The Vedas depict *Brahman* as the Universal Soul, the unchanging, infinite, immanent, and transcendent reality which is the Divine Ground of all matter, energy, time, space, being, and everything, beyond the universe.



**Thousands of deities
in one universal spirit.**

Polytheistic?

- Many Hindus believe in many deities
- **Key**: These very interesting looking gods are not to be taken literally
- The Hindu Trinity (the big 3):
 - *Bramah-the Creator*
 - *Vishnu- the Preserver / Continuer*
 - *Shiva- the Destroyer*
- After this top tier, there is a virtually endless list of second-string deities
 - Kali
 - Ganesha

Brahma

- **Brahma** is the Hindu God of Creation
- Brahma is traditionally depicted with four heads and four faces and four arms.



Vishnu

- **Vishnu** is the *Preserver*, he is most famously identified with his human and animal incarnations (*AKA, avatars*)
 - He manifested Himself as a living being in ten avatars.
- They are (in order of avatar)
 - Fish
 - Turtle
 - Pig/Boar
 - Lion man / from the torso upwards lion, below, human
 - First fully human form as a dwarf sage who has the ability to grow very, very tall
 - Fierce man / Hunter
 - Greatest Warrior/ Ideal man
 - Mentally advanced man
 - Sage who is completely still
 - Prophesied, yet to take place
- For Vaishnavas, he is the Ultimate Reality or God. The *Brahman*.



Shiva

- **Shiva is the Destroyer**
- Even though he represents destruction, Shiva is viewed as a positive force
- Shiva is the supreme God in Shaivism, a sect in Hinduism



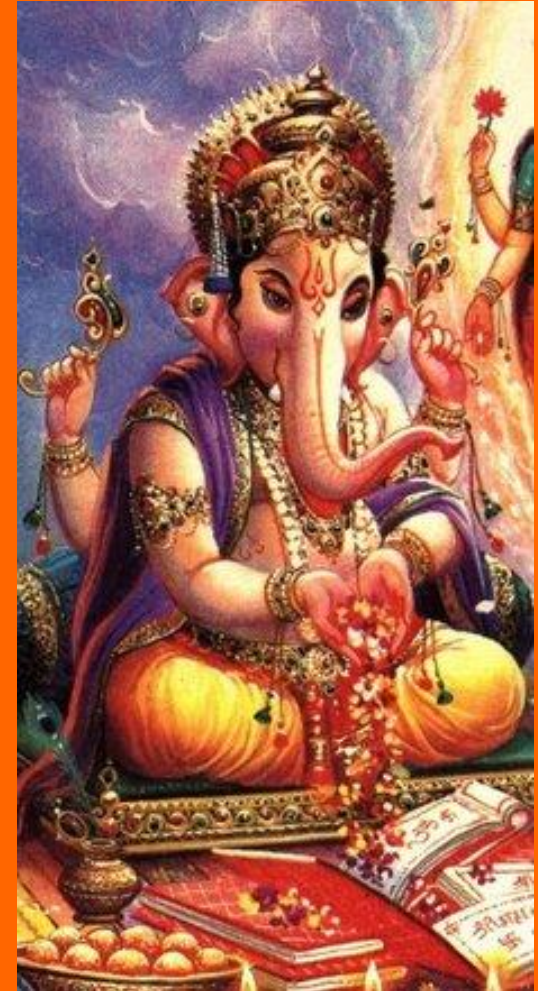
Kali

- Kali is the goddess for the destruction of evil forces
- Kali wears a necklace made from men's skulls
- Consort of Shiva



Ganesha

- Ganesha is one of the most well-known and venerated representations of God
- The *Lord of Good Fortune*



Some Ideas That Unite Hinduism

- **1) Reincarnation**

- Based on the idea that every living being has an eternally existing spirit
- *Reincarnation* is the soul's cycle of birth and death until it attains Mokṣha (Moke-sha) (salvation) and is governed by *Karma* (see below)

- **2) Karma**

- Karma rests on the idea of human free-will (not moved by God)
- One's actions determine the course of one's life cycle & rebirth

*You can't refine your soul overnight, however. Hindus believe it takes many lifetimes to achieve *moksha*

Main Ideas in Hinduism

• 3) Moksha

- When a soul finally escapes the karmic cycle, it becomes one with Brahman when the last bodily incarnation dies.

• 4) Stages of life

- There are stages to “lives” that we all go through —some quicker than others
- All humans seek:
 - 1. *kāma* (pleasure, physical or emotional)
 - 2. *artha* (material wealth)
 - 3. *dharma* (righteousness)
 - happens with maturity
 - learn to govern these desires within the higher framework
 - 4. *mokṣha* (salvation)
 - Results in ultimate happiness
 - Escape from the cycle of births and deaths



• Where's the Beef?

- A large section of Hindus embrace vegetarianism in a bid to respect higher forms of life.
- While vegetarianism is not a requirement, it is recommended as a purifying lifestyle



	REGULAR 11.8 cm (4.7") Serves 1	MEDIUM 25.4 cm (10") Serves 2	LARGE 33.3 cm (13") Serves 4		REGULAR 11.8 cm (4.7") Serves 1	MEDIUM 25.4 cm (10") Serves 2	LARGE 33.9 cm (13.3") Serves 4
	75	180	330	ASSURED HAND TOSSED	130	265	425
SIMPLY VEG	Margherita (Single Cheese Topping) Cheese and Tomato Pizza				Cheese & Barbeque Chicken		
VEG TREAT	130	265	425		175	325	490
	Double Cheese Margherita (Loaded with Extra Cheese) Fresh Veggie (Onion & Crisp Capsicum) Country Special (Onion, Crisp Capsicum & Fresh Tomato) Farmhouse (Onion, Crisp Capsicum, Mushroom & Fresh Tomato)				Chicken Fiesta (Chunky Chicken, Spicy Chicken, Onion & Capsicum) Barbeque Chicken (Onion & Barbeque Chicken) Spicy Chicken (Hot 'n' Spicy Chicken)		
NON VEG SPECIAL					210	370	525
	S Pepper (Capsicum, Yellow Bell Pepper, Red Bell Pepper, Jalapeno & Red Paprika, Sprinkled with Exotic Herbs) Peppy Paneer (Paneer, Crisp Capsicum & Red Pepper) Mexican Green Wave (Onion, Crisp Capsicum, Fresh Tomato & Jalapeno, Sprinkled with Exotic Mexican Herbs) Deluxe Veggie (Onion, Crisp Capsicum, Mushroom, Golden Corn & Paneer) Gourmet (Black Olives, Golden Corn, Jalapeno & Extra Cheese)				Zesty Chicken (Zesty Chicken Sausage, Barbeque Chicken, Capsicum & Red Paprika) Chicken Mexicana (Onion, Fresh Tomato, Red Pepper & Hot 'n' Spicy Chicken, Sprinkled with Exotic Mexican Herbs) Keema do Pyaaza (Onion, Double Keema & Jalapeno) Chicken Golden Delight (Golden Corn, Double Barbeque Chicken & Extra Cheese)		
FEAST PIZZAS							
	Veg Extravaganza (Black Olives, Onion, Crisp Capsicum, Mushroom, Fresh Tomato, Golden Corn, Jalapeno & Extra Cheese) Meatzaa (Black Olives, Onion, Crisp Capsicum, Mushroom, Hot 'n' Spicy Chicken, Barbeque Chicken & Keema) Cheese & Pepperoni (Pepperoni & Extra Cheese) 100% Pure Pepperoni				Veg Extravaganza or to the price of a Non Veg Special Pizza to get a Non Veg Supreme/Meatzaa/Cheese & Pepperoni.		

Minimum order of one pizza for delivery. Limited area of delivery. Open from 11am to 11pm. Prices exclusive of all taxes. Prices subject to change without notice. Pepperoni is a pork item. Tomato based used in our pizzas contains garlic, capsaicin. Weight of pizzas vary with the topping combination shown in print. COCA COLA AND COKE ARE REGISTERED TRADEMARKS OF THE COCA COLA COMPANY. CONTAINS NO FRUIT. CONTAINS NO...

4 Daily Duties

- Each Hindu has 4 daily duties:
 - Revere the deities
 - Respect ancestors
 - Respect all beings
 - Honor all humankind



The End

or is it just a new beginning to be followed
by another end, and another, and

another, and another...