

Discovering Hinduism

Explore the colourful world of one of the world's oldest religions with Max and Nova!

- **Hinduism is one of the oldest religions in the world and began in India thousands of years ago.**
- **Hindus believe in Brahman, the supreme spirit that is present in everything in the universe.**
- **A Mandir is a Hindu temple where people go to pray, meditate, and worship.**
- **The symbol 'Om' is a sacred sound and symbol representing the universe and the essence of all existence.**
- **Karma is the belief that our good and bad actions in this life will affect what happens to us in the future.**
- **Puja is the act of worship, which can happen at a temple or at a small shrine inside the home.**

Did you know? Did you know? Many Hindus celebrate Diwali, the Festival of Lights, by lighting small oil lamps called diyas to show that light and goodness always triumph over darkness!

Key vocabulary: Brahman · Karma · Dharma · Mandir · Om · Reincarnation · Puja