

Hindu Creation Story

Before time began, there was no heaven, no earth and no space in-between.

An enormous cobra floated in the nothingness. Asleep inside its coils was Vishnu.

The sound 'om' began to fill the nothingness and woke Vishnu. As Vishnu woke, a magnificent lotus flower grew from his navel. In the middle of the lotus flower sat Brahma.

Vishnu commanded Brahma to create the world, then the cobra and Vishnu disappeared.

Brahma split the lotus flower into three. He turned one part into the heavens, he made another part the Earth and the third part of the flower became the sky.

Earth was completely bare, so Brahma created flora and fauna and gave the animals the senses of touch, sight, sound and movement.



Garuda



Saraswati



Brahma



Indra



Shakti

Hindu Gods and Goddesses



Krishna



Lakshmi



Shiva



Vishnu



Ganesh

Key Vocabulary

Brahman - The supreme god who controls everything

Vishnu - The god who protects and preserves the Earth

Shiva - The God that destroys things that are old and not needed in order for new things to happen

Brahma - The creator

Trimutri - The manifestation of the supreme God Brahma in the three forms (Brahma, Vishnu and Shiva)

Darhma - The duties that you have during your life

Diwali - The festival of light that celebrates the story of Rama and Sita

Puja

Puja involves praying to an image of a deity (murti) and giving offerings to the deity. Worshippers take off their shoes to worship. They usually begin with the sacred word 'Aum' then repeat prayers (mantras) and the name of their favourite gods or goddesses. Offerings such as fruit, incense, water and flowers are made. Blessed food, which is known as 'prashad', is eaten once the worship has finished

Bell - The worshippers ring the bell to let God know that they are ready to worship.



Kum kum powder - When mixed with water, this powder makes a red paste. Hindu worshippers use it to mark their foreheads as a sign of respect to the gods. They also mark the foreheads of the gods on their shrine.



Incense and incense holder - The incense burns and gives off a pleasant aroma, which purifies the air around the shrine.

