



A visit to Shree Hindu Temple

Key facts about Hinduism

Hinduism embraces many religious ideas. For this reason, it's sometimes referred to as a “way of life” or a “family of religions,” as opposed to a single, organized religion.

Hinduism is the oldest religion in the world.

Hinduism has over 1 billion followers worldwide, with about 95% of Hindus living in India. At the time of the 2011 census, there were over 800,000 Hindus living in the UK.

Most forms of Hinduism are henotheistic, which means they worship a single deity, known as “Brahman,” but still recognize other gods and goddesses. Followers believe there are multiple paths to reaching their god.

Learn more [here](#)



- Hindus believe in the doctrines of samsara (the continuous cycle of life, death, and reincarnation) and karma (the universal law of cause and effect).

- One of the key thoughts of Hinduism is “atman,” or the belief in soul. This philosophy holds that living creatures have a soul, and they’re all part of the supreme soul. The goal is to achieve “moksha,” or salvation, which ends the cycle of rebirths to become part of the absolute soul.

- One fundamental principle of the religion is the idea that people’s actions and thoughts directly determine their current life and future lives.

- Hindus strive to achieve dharma, which is a code of living that emphasizes good conduct and morality.

- Hindus revere all living creatures and consider the cow a sacred animal.

- Food is an important part of life for Hindus. Most don’t eat beef or pork, and many are vegetarians.

- Hinduism is closely related to other Indian religions, including Buddhism, Sikhism and Jainism.



-
- The **Om** symbol (sometimes written as **Aum**) and it is the Hindu word or sound for God. Hindus will say this at the beginning and end of all prayers.



The Three Gods



Brahma is the first of the Trimurti and is the creator of the universe. He has four heads and four arms, and is often shown holding sacred texts, a string of beads called a mala, a lotus flower, and a water pot known as a kamandalu.



Vishnu is the preserver of the universe. He has four arms which hold: a conch shell, a discus, a lotus flower and a mace. He is sometimes shown sitting or standing on a five headed snake.



Shiva is the destroyer of evil. He has pale white skin with a blue throat, and a third eye on his forehead. Shiva carries a trident, and is often shown seated on a tiger skin.

-
- The Bhagavad Gita is an ancient Sanskrit text, taken from Canto 6, Chapters 25-42 of Mahabharat.
 - The Bhagavad-Gita has 700 verses in 18 chapters. It is commonly referred to as the Gita.
 - Krishna, the speaker of the Bhagavad Gita, is Bhagavan, the Supreme Being Himself.
 - The Bhagavad Gita is the holy scripture of the Hinduism. Hindu philosophy and a guide to peaceful life and ever lasting world peace. Here we present the complete Gita without commentaries for the beginners.



- Rama is one of the most widely worshipped Hindu deities, the embodiment of chivalry and virtue. The name is specifically associated with Ramachandra, the seventh incarnation (avatar) of Vishnu. His story is told in the epic poems the [Mahabharata](#) and the [Ramayana](#).

- Rama, Sita and Hanuman represent goodness and light, whilst Ravana represents darkness and evil. As Ravana is defeated by Rama and his army, the message is that with persistence and dedication, goodness will win over bad. Another way that this representation is emphasised is the lighting of the oil lamps at the end, symbolising goodness and celebrating the power of it.

- To celebrate the power of goodness, Hindus celebrate Diwali every year by lighting candles and setting off fireworks. This helps them to remember Rama and Sita's story, and the significance of its message.



The main prayer room- the Mandir

- Everyone is welcome.
 - Young children attend with their parents.
-





Food is important in Hinduism and the Gods are fed every day, apart from if there is an eclipse.

The community hall

- The temple plays a vital role in the community.
- Every weekend over 100 people come to the temple for food.
- Through the week there are lessons to learn Gujarati for children, where they learn the alphabet and have lessons from the scriptures
- There are yoga sessions for adults.



For more information follow the link below

<https://www.shreehindutemple.net/>

