

# Hinduism Notes

## History

- No single founder
- 5,000 yrs old
- Dravidian culture started Hinduism
  - ↳ Aryans expanded
- Dravidian + Aryan = Hinduism
- 700 M Hindus in world today

## Beliefs

- Millions of gods
  - Brahman - one divine being
  - All gods = aspects of Brahman
  - Priest - practice rituals/sacrifices to please the gods
  - Reincarnation:
    - human hope to do better
    - makes person responsible
  - Ascetic - quickest way to stop reincarnating
- ↓  
Holy man
- All life is sacred (many Hindus are vegetarian)
  - Cow = most sacred because it is the most giving animal (provides milk, can be used on farms)
  - Shiva, Vishnu

## Gods

## Practices

- Pooja / Puja
- Pooja - pray / meditate - begin day
  - Meditation: the practice/skill of paying attention

# Holy Places

- Ganges River - poured from heaven to cleanse earth of sin  
Bathe in Ganges - & release of sins
- Varanasi - most sacred city / center of religious life  
(If you die in Varanasi = no more reincarnation)
- Temple - place for personal contact w/ god  
- dedicated to ~~specifc~~ specific gods