

The Hindu faith is more than just a religion. It is a complex blend of the cultural traditions, beliefs, and values of a diverse region. Due to the immense area of land where the faith was born, it quickly evolved into a variety of sects, each with its own ideas and practices. The sects of the faith may be unique, but they each have a few things in common.

Here are a few concepts familiar to each sect of the Hindu faith:

Brahman

The Supreme Cosmic Spirit. Brahman is also described as the unchanging, transcendent reality.

Trimurti

The trinity or the three manifestations of the Supreme Cosmic Spirit.

They are:

Brahma - the creator

Vishnu - the preserver

Shiva - the destroyer

Devas

"The Shining Ones," or heavenly beings

Avatars

An Avatar is a god that descends from the heavens in human-like form to restore peace, or aid in human affairs. It is not uncommon for a god to have several Avatars.

Samsara

The cycle of birth-life-death-rebirth

Dharma

Ethics and duties

Karma

The concept of an action creating a reaction

Moksha

Moksha, or nirvana, is the ultimate goal in life. It is when one is liberated from the Samsara.

OM/AUM

The background of this fact sheet is the OM/AUM symbol of oneness and peace.