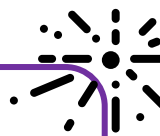




Hanuman

Many different **deities** (gods / goddesses) help Hindus to understand the nature of **Brahman, the Ultimate Reality**.



Lakshmi

Many different **deities** (gods / goddesses) help Hindus to understand the nature of **Brahman, the Ultimate Reality**.

BRAHMAN
One Ultimate Reality or life force
Every living thing contains a spark of **Brahman** that gives it its life: the **atman** or soul



Krishna

Sometimes, deities visit the earth in the form of an **avatar** (incarnation), such as **Krishna & Rama**



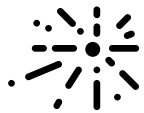
Ganesh

Brahma: the Creator
associated with the beginning of life

Vishnu: the Preserver
associated with the living of life

Shiva: the Destroyer
associated with the ending of life

The Trimurti
Three key deities represent the cycle of life, **samsara** (birth, life, death & reincarnation) to help Hindus understand more about **Brahman**, the One Ultimate Reality.



Moksha

The ultimate goal of the **atman** (soul) is **moksha**: to be released from the cycle of **samsara** and re-united with Brahman. It can achieve this by doing **dharma** (its duty) in each lifetime.

Moksha

release from samsara

death

Samsara
the cycle of life

birth / reincarnation



life

Karma

The **atman** is reincarnated following the law of **karma**. How the **atman** has done its **dharma** (duty) in one life impacts on the next.



Dharma

duties



Virtues

e.g. purity, mercy, generosity, patience, goodwill, honesty, ahimsa (non-violence) etc.



Artha

making a good living and achieving success through honest means



Kama

enjoyment of life



4 Hindu goals (**parushathas**) for living a good life