

Hinduism

Name of god (if any):

Supreme God/Life force

“Brahman”

Main Deities:

Brahma (creator)

Vishnu (protector)

Shiva (destroyer)

Founder (if any):

No founder

Holy Book or writings

(if any):

The Vedas

Bhagavad Gita

The Upanishads

Beliefs:

Reincarnation: many lives; cycle of birth, life, death, rebirth;
higher or lower life form dependent on karma;
ends when there is a mystical union with God

Karma: Good or bad deeds that will influence what will happen in the
next life (“What goes around comes around”)

Spiritual Practices:

Vegetarianism (because animals have the life force in them)

Meditation (to keep mind calm; prayer-like)

Yoga (philosophy with breathing, movement/exercise)

Doing one’s job or duty in life (based on the caste system)

“Om” (aum): sacred sound, usually precedes prayers and
meditation (made up of all other sounds in the universe)

Where practiced:

Mostly India

One life force, many deities: Henotheistic—a major god +
other “smaller” gods