

Hinduism

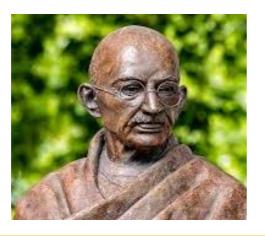
Hinduism is the oldest of the world's religions. It is now practised all over the world. It is a mixture of different beliefs, cultures and traditions dating back over 4000 years.



Hindus recognise one God, **Brahman**. The gods of Hinduism are different aspects of Brahman: Vishnu, Brahma and Shiva.

Learning	Dharma	Reincarnation	Moksha
Hindus are encouraged to learn as truth is eternal.	Dharma means do the right thing with good behaviour.	Hindus believe a soul cannot be destroyed, so when a Hindu dies, their soul enters a new living being.	Moksha is the ultimate goal. It happens when a soul stops being reincarnated and is reunited with Brahman.

A popular Hindu leader and influencer was **Mahatma Gandhi**. Mahatma helped end British rule in India with nonviolence protests. **He had many Christian and Muslim friends as well as taking an active role as a Hindu leader.** He showed that non-violence was an expression of Hinduism.





Sikhism

Sikhism is one of the world's main religions. Sikhs believe there is only one God who is neither male nor female. They created the world and images of God are forbidden.

Guru Nanak is the founder of Sikhism. He is one of the ten Gurus who spread God's message. These are contained in the **Guru Granth Sahib**.

Worship		Names
Sikhs worship together in a gurdwara. Gurdwara means 'door to the guru.'	Dharma means do the right thing with good behaviour.	God is known by many names including Waheguru (Wonderful Teacher), Sath Nam (Eternal Reality) and Akal Purakh (Eternal One). God is both sargun (is everywhere and in everything) and nirgun (is above and beyond everything).



The most famous teachings attributed to **Guru Nanak** are that there is only one God, and that all human beings can have direct access to God with no need of rituals or priests. His most major teachings **criticised the caste system and taught that everyone is equal, regardless of caste or gender**.