1. When did Hinduism begin? 4,000 years ago

2. Where do most Hindus live? India

3. What are some of their holy books? The Vedas, The Upanishads, The Mahabharata, including the Bhagavad Gita

4. Hindus do spiritual training called Yoga. They want to feel one with God.

5. Karma means we will be rewarded for good deeds and punished for bad deeds.

6. Reincarnation is rebirth in a new body either in this life or the next.

7. Samsara is the cycle of life, death, rebirth.

8. Moksha is freedom from Samsara (no more reincarnation) union with God.

9. The general name for God is Brahman.

10. Atman means soul/spark of Brahman inside us.

11. Some other forms of God are Shiva, Vishnu, Brahma (Shakti, Krishna, Rama).

12. Dharma is your role in life.

13. Caste is your social class.

14. What is the only way to change your caste? Performing good karma and being reborn into a higher caste.

15. A mandir is a Hindu place of worship.

16. Puja means worship ceremony.

17. The Ganges River is holy.

18. Hindus like to bathe there and have their ashes scattered there.

Two important Hindu holidays are...

19. Diwali which celebrates the Hindu New Year.

20. Holi which celebrates the coming of spring.
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