

Lesson a - LO: To know the names of the Trimurti and how they connect with the Triguna



Guess what job these people do and which guna it is connected to.

The Trimurti



**Brahma
(Creation)**



**Vishnu
(Maintenance)**



**Shiva
(Destruction)**

What is Creationism?

- It is the belief that the universe and life come from specific acts of divine creation. **Can you think of any clues in the world, that hint to a clever person being behind it?**
- But there are several versions of the creation story according to different beliefs.
- In this lesson we will consider the Hindu version.

Hindu Creation Story: 1) Goloka

- Starting far beyond this universe, on a planet called Goloka, a boy called Krishna lives with his brother Balarama and many other others, all of whom are captivated by Krishna's activities.



2) Vaikuntha Planets



- Surrounding Goloka is the vast spiritual sky, where billions of other shining planets called Vaikuntha planets float.
- The residents of Vaikuntha never experience any suffering like disease, old age or
- Lord Vishnu resides here and Queen Lakshmi, the goddess of wealth, sits by his side.

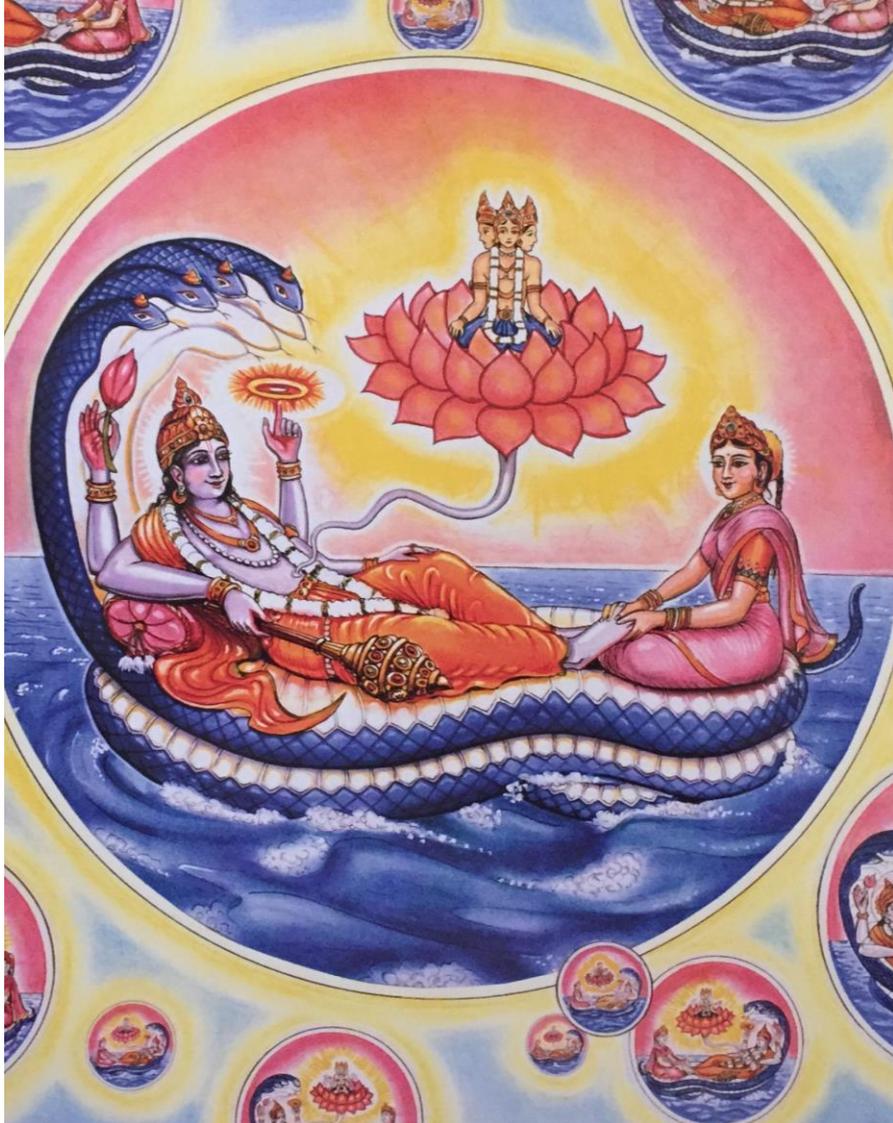
3) Vishnu creates the Universes

- Despite the joy of the spiritual world, some souls insist on leaving to try and enjoy independently.
- To make this possible, Vishnu creates the material world to fulfill this desire.



- Lying in meditation, Maha Vishnu slowly exhales countless universes out of his body, like streams of massive bubbles.

4) The Birth of Brahma



- From Vishnu's navel sprouts a lotus flower. In the centre of its pink petals sat a four-headed being, called Brahma.
- Brahma peered out into darkness and in his confusion, began to meditate, in the hope of finding answers.
- After a long time, Brahma heard the sweet sound of Krishna speaking to him.

5) Brahma Creates Time and Space

- “Brahma, I have created you as the engineer of this universe. Under my guidance, you will construct the worlds.” said Krishna to Brahma.
- From empty space, Brahma made 4 other elements (air, fire, water and earth), the 5 senses, a brilliant sun, a silvery moon, the stars and planets.
- Brahma then introduced time, measured by the rotation of planets.



The Kala-Chakra



- Time is represented by Vishnu's weapon, the disc called "*kala-chakra*" (the wheel of time).
- It shows how time rotates continuously like the hands of the clock or the four seasons.
- Time represents God and no-one can stop it.

6) Brahma Creates the Prajapatis

- Brahma then turned his attention to filling the world with creatures – on land, within water and in the air.
- To help, Brahma created powerful beings, called *Prajapatis* (the masters of creation).



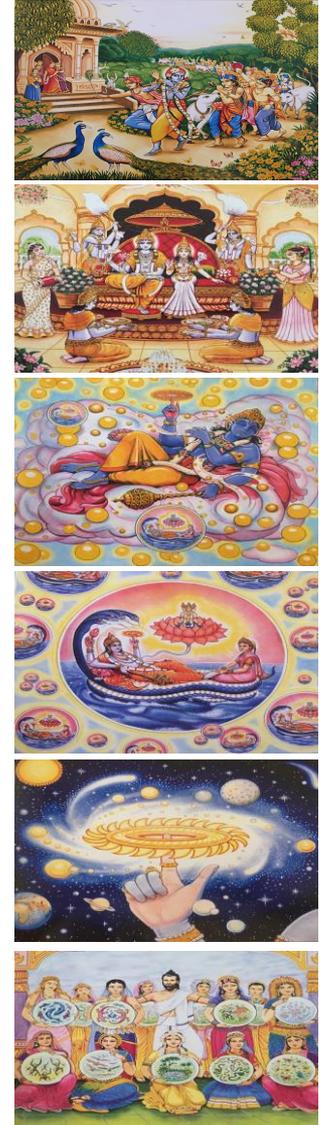
Species created by the Prajapatis

- There were to be 6 main groups of species, as follows:

1. Aquatics	900,000species
2. Plants	2,000,000 species
3. Insects and Reptiles	1,100,000 species
4. Birds	1,000,000 species
5. Animals	3,000,000 species
6. Human Kind	100,000 species

Hindu Creation Summary

- 1) Krishna in Goloka
- 2) Vishnu in Vaikuntha Planets
- 3) Vishnu creates the Universe
- 4) The Birth of Brahma
- 5) Brahma creates Time and Space
- 6) Brahma creates the Prajapatis



How Lord Shiva Destroys



- Lord Shiva is called the destroyer and, through his dancing, brings about universal destruction.
- He is also the male creative principle in the world, injecting the souls into the womb of material nature (*shakti*).

Group work

- In groups, complete Activity A and B
- You can find the information you need in (a) your answers to last week's homework and (b) on the 'Deity Photo Card' you have on your table.

Lessons b - LO: To list a Hindu Deity and produce a 'Deity Card'.

- **Starter:**
- Do you remember the meaning of the word 'Deity'?
- A **deity** is a supernatural being, like a god or goddess, which is worshipped by people who believe it controls some aspect of the world. The word **deity** means "divine nature."

Main Deities in the Story

Brahma - the Creator

Vishnu - the Preserver

Shiva - the Destroyer

the Trimurti

Sarasvati - Goddess of Learning, wife of Brahma

Lakshmi - Goddess of Fortune, wife of Vishnu

Shakti - Mother Nature, wife of Shiva

wives of Trimurti

Rama - *avatar* of Krishna/Vishnu; his wife is Sita

Krishna - original form / *avatar* of Vishnu; girlfriend is Radha

Hanuman - servant of Rama and Sita

Ganesh - remover of obstacles; son of Shiva & Shakti

Skanda - god of war; son of Shiva and Shakti

Surya - sun god; a form of Narayana (Vishnu)

important deities
related to Trimurti

Indra - rain god and king of heaven

Chandra - moon god

Agni - fire god

Vayu - wind god

Varuna - god of the waters

Yama - god of death and justice

lesser gods with
roles in universe

Note: **Parvati**, **Durga** and **Kali** are all forms of Shakti

In pairs choose one Hindu Deity and prepare a 'Deity Card'.

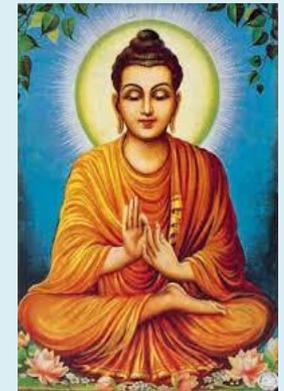
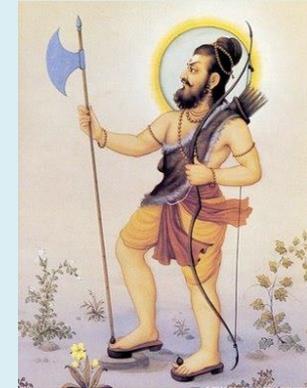
- Choose one Hindu Deity from: Hanuman, Ganesh, Skanda and Surya and produce a deity card.
- **First page:** Colourful drawing of your chosen deity.
- **Second page:** Your answers to specific questions (exercise sheet 7.3.2b) based on your Internet research. It's probably best you do this part first.

Lessons c - LO: To describe what an avatar is.

- **Starter:**
- **What is an avatar?**
- **Avatara** means 'one who descends' or 'one who descends to earth'.
- Sometimes it is translated as 'incarnation', though this is not accurate because God does not take a temporary material body like we do (incarnation means 'to take a material body'), as in the word 'reincarnation'.

The Dasavatara (10 incarnations of Vishnu)

- Matsya, the fish
- Kurma, the tortoise
- Varaha, the boar
- Narasimha, the Man-Lion
- Vamana, the Dwarf
- Parashurama, Rama with the axe
- Ramachandra, the king of Ayodhya
- Krishna, spoke the Bhagavad- Gita
- Buddha, the founder of Buddhism
- Kalki



Dasavatara Presentations.



- In groups of 2/3, you'll be given a story about one of the Dasavatara.
- Read it and consider the main points.
- Now think of a creative way to present it.
- This could be as a story, poem, rap or mime.
- Have fun!