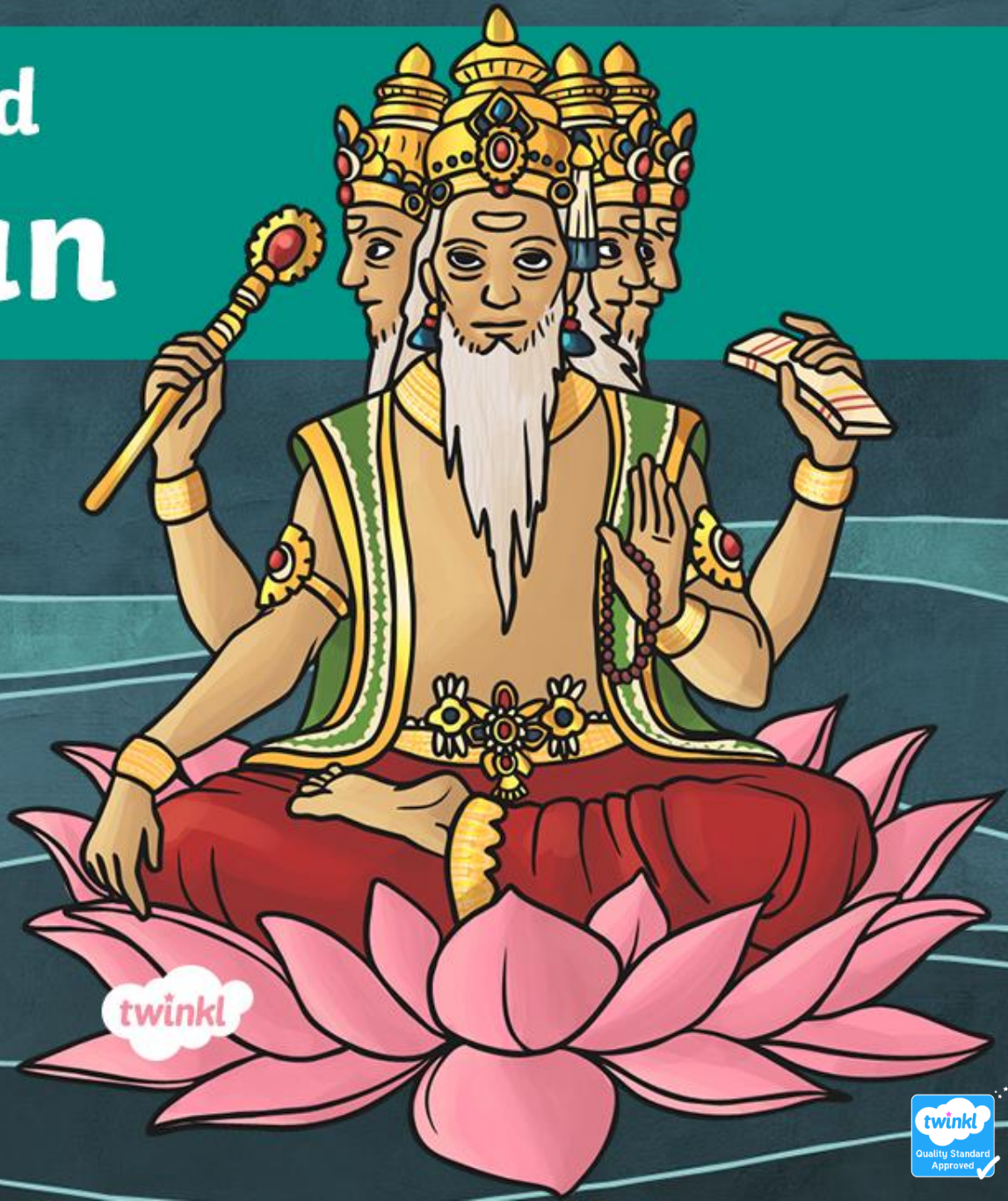


The Hindu God Brahman



Brahman

There are many gods and goddesses in the Hindu faith, but the one true god is Brahman.

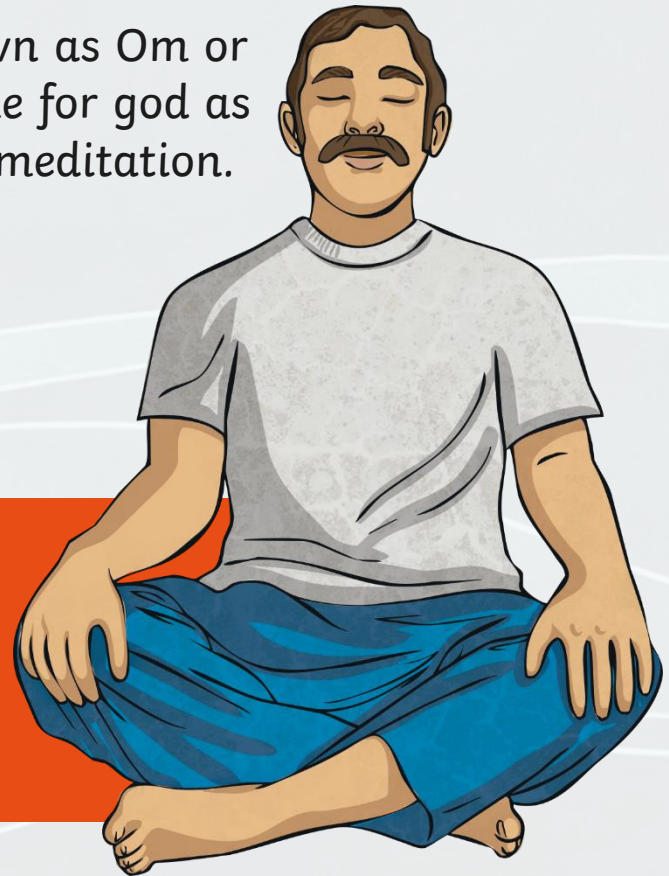
Brahman is the supreme spirit and the other gods and goddesses are different representations of Brahman.

Brahman is the foundation of all life.



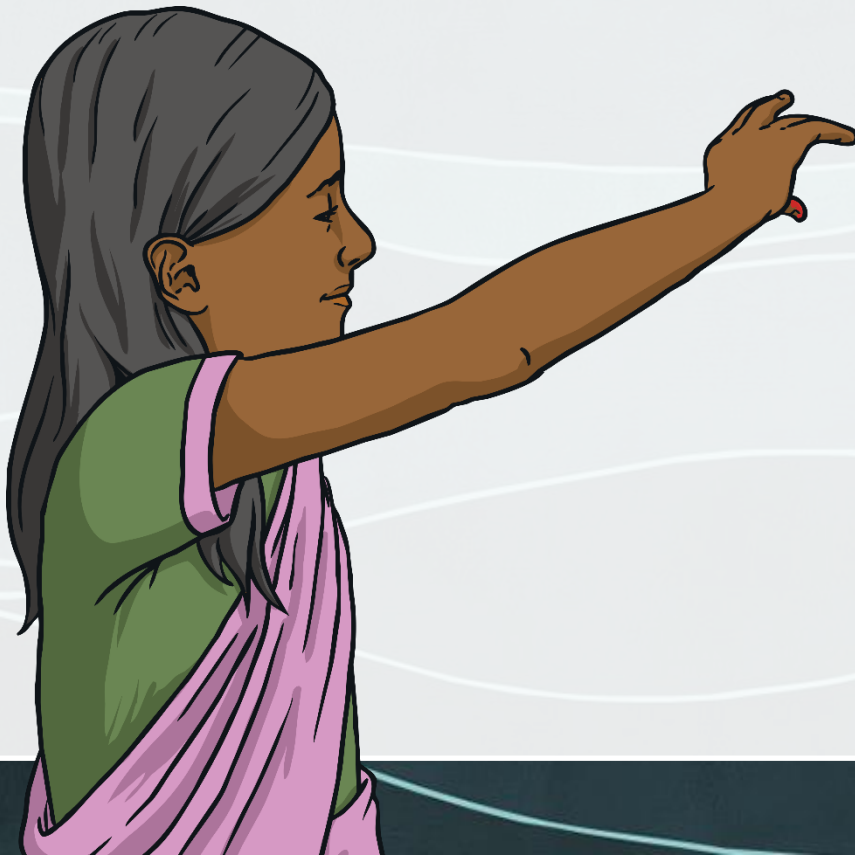
Aum

This is the sacred symbol of Brahman known as Om or Aum. It is said to be the most suitable name for god as it is a low sound heard during the deepest meditation.



Atman

Many Hindus believe that there is a part of Brahman within each person, which forms an individual's soul and is known as the atman.



Living on Earth



In the Hindu faith, it is also believed that a god occasionally appears on earth in a living form, known as an avatar.

Composed of All Aspects

Hindus believe that Brahman is composed of all aspects of life:

- creation and destruction;
- movement and stillness;
- male and female;
- good and evil.



Three in One

Hindus believe that Brahman is comprised of three main forms, known as the Trimurti:



Brahma,
the creator



Vishnu,
the preserver



Shiva,
the destroyer