

### What more can we find out about Diwali?

**Substantive Knowledge - Hindus believe in one God and he has visited Earth in different forms, to know the significance of the Ramayana and recall the story of Rama and Sita. To also know the rituals of the Aarti Ceremony and what a Puja Tray is.**

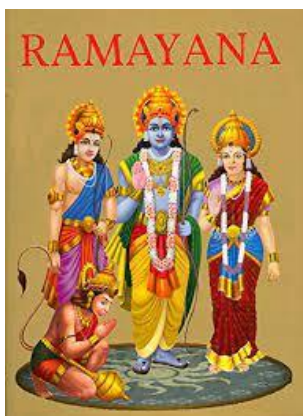
## Hindus and one God.

Hindus believe that Brahman is the one true ultimate / supreme being. However, they also believe that there are many deities. These deities are different aspects of Brahman and each one shows Hindus a part of what Brahman is like. The god of preservation Lord Vishnu descends on earth every time the unrighteous overpower the world. To maintain the cosmic order, God has taken different avatars and helped His creation survive and grow.



Vishnu, who has appeared on Earth in many forms.

## What is the significance of Ramayana?



The Ramayana is an all-popular epic in South and Southeast Asia. It is the story of King Rama who must save his kidnapped wife, Sita. Along the way, it teaches Hindu life lessons. The most important life lesson to learn from the Ramayana is that truth always wins and the good will always win against evil.

## The story of Rama and Sita

In the forest the evil demon Ravana seizes Sita and takes her to his island home of Lanka. Rama follows a trail of Sita's jewellery and then meets Hanuman, the monkey-king. Hanuman uses his magic power of flight to discover where Sita is and then, with Rama, they raise an army of animals and march on Lanka.

Rama kills Ravana with a magic arrow and then, their exile over, he returns to Ayodhya with Sita and Lakshman. The people light their way home with little lamps left outside their homes.



## What is the Aarti Ceremony?



Aarti lamp

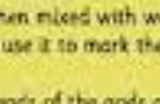
Aarti worship is one of the main ceremonies and can take place during Diwali. During the worship, an aarti lamp is passed around in front of worshippers and sacred images. Hindus then wave their hands over the flame and then over their heads to gain blessings from God.

## What is a Puja Tray?

A tray that is used during worship.  
Items that are used during worship are kept on it.



Puja Tray

| Objects Used in Puja                                                                                                                                                                                                       |                                                                                     |                                                                                                                                 |                                                                                       |
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| Each shrine contains a puja tray, which holds several important items.                                                                                                                                                     |                                                                                     |                                                                                                                                 |                                                                                       |
| <b>Bell</b> – The worshippers ring the bell to let God know that they are ready to worship.                                                                                                                                |   | <b>Incense and incense holder</b> – The incense burns and gives off a pleasant aroma, which purifies the air around the shrine. |   |
| <b>Kum kum powder</b> – When mixed with water, this powder makes a red paste. Hindu worshippers use it to mark their foreheads as a sign of respect to the gods. They also mark the foreheads of the gods on their shrine. |  | <b>Deva lamp</b> – The lamp is lit as a symbol of God's presence.                                                               |  |
| <b>Water containers and spoon</b> – To show respect, water is offered to the gods on a spoon.                                                                                                                              |  |                                                                                                                                 |  |

Portable knowledge - What we need to know.

The Aarti Ceremony takes place during the Hindu festival of Diwali (and most other Hindu ceremonies). Hindus wave lights in front of an image of God.

### Core Vocabulary

**Brahman** - a member of the highest Hindu caste - God or supreme being

**Puja tray** - a ceremonial tray used during worship

**Aarti ceremony** - an important ceremony in the Hindu faith

**Deity** - a god or goddess