Hinduism: Core Concepts

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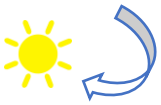
Brahman (Ultimate Reality)

One Ultimate Reality or Life Force

Every living thing contains a bit of **Brahman** that gives it its life = the **atman** (soul)



Brahma

Brahma is the **creator**. He is connected with the **beginning of life**.

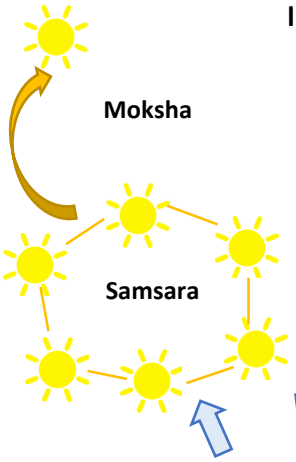
Vishnu

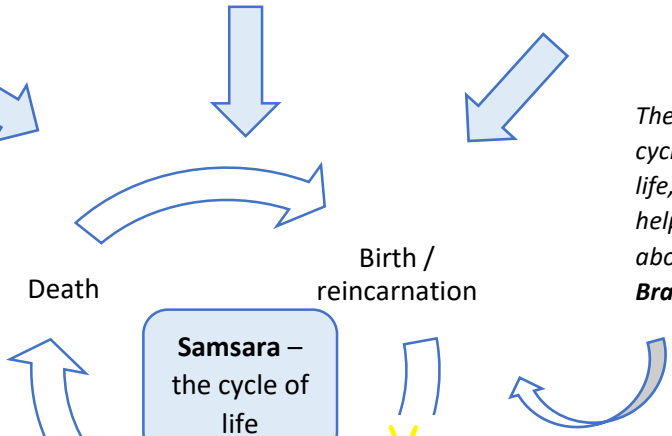
Vishnu is the **preserver**. He is connected with the **living of life**.

Shiva

Shiva is the **destroyer**. He is connected with the **ending of life**.

*Three key deities that help Hindus understand Brahman, the Ultimate Reality: the **Trimurti***





Samsara – the cycle of life

*The **Trimurti** represent the cycle of life, **samsara** (birth, life, death, reincarnation), to help Hindus understand more about the Ultimate Life Force, **Brahman**.*

The ultimate goal of the **atman's** journey around **samsara** is **moksha** (*liberation from **samsara***). It can achieve this by doing its **dharma** (*duty*) in each lifetime.

Hinduism is interested in the journey of the **atman** around **samsara.**

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