**Hinduism, the world's oldest religion, has no beginning--it precedes recorded history. It has no human founder. It is a mystical religion, leading the follower to personally experience the Truth within, finally reaching the highpoint of mindfulness where man and God are one.**

**Hinduism has four main denominations--Saivism, Shaktism, Vaishnavism and Smartism**.

**Hinduism**

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Hinduism: Number: 900 MILLION

Sacred Text: Vedras: Upanishads

Place of Worship: Mandir or temple

Symbol: Aum

Hindus believe that the universe undergoes endless cycles of creation, preservation and dissolution.

* Hindus believe in **karma**, the law of cause and effect by which each individual creates his own destiny by his thoughts, words and deeds.
* Hindus believe that the soul **reincarnates,** evolving through many births until all karmas have been resolved, and moksha, liberation from the cycle of rebirth, is attained. Not a single soul will be deprived of this destiny.
* Hindus believe in temple **worship**, rituals, sacraments and personal devotionals
* Hindus believe in **meditation.**
* Hindus believe that all **life is sacred**, to be loved and revered, and therefore practice ahimsa, non-injury, in **thought, word and deed**.
* Hindus believe that no religion teaches the only way to salvation above all others, but that all genuine paths are facets of God's Light, deserving **tolerance and understanding**.

