



5 Starter Facts About Hinduism

1. Hinduism is a major world religion originating in India. It's roots can be traced as far back as 2nd millennium BCE. There are ~3.2 million adherents in the United States and ~1.15 billion worldwide.
2. Hinduism is described as a way of life more than a religion. Hindus do not follow one text, hierarchy/governing body, deities, or prophets. There is no demand for presence at temples or a specific way of prayer or ritual for all adherents. This nature is from the view that truth cannot be captured in any single way. Thus, Hinduism maintains that truth must be sought from multiple sources.
3. The concept of *Brahman* is the most supreme and divine spirit of all reality. Similar to monotheistic faiths' conception of a supreme deity, *Brahman* is believed to be omnipresent and omnipotent. All of the lesser Hindu deities are expressions of the overarching *Brahman*.
4. The greatest increase of Hindus in the United States came after 1965 with the passing of the Immigration and Nationality Services Act, which opened the borders to high-skilled workers.
5. American Hinduism is unique in that many groups accept converts and some have a missionary component. The question of conversion and intermarriage outside of the United States is highly contested.

Learn more at:

<https://www.history.com/topics/hinduism>

<http://www.bbc.co.uk/religion/religions/hinduism/>

These five points are not meant to be comprehensive or authoritative. We hope they encourage you to explore this spirituality more deeply and seek out members of this community to learn about their beliefs in action. In understanding our differences we will better understand our common humanity.

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