

RE: Spirituality and Symbolism







1. Key Terms

Spirituality 	Being concerned with the human spirit or soul as opposed to material or physical things
Symbolism 	The use of symbols to represent ideas or qualities
Prayer 	A request for help or expression of thanks addressed to God or another deity
Worship 	Reverence offered a divine being or supernatural power
Icons 	a devotional painting of Christ or another holy figure

2. More Key Terms

Enlightenment 	Understanding the truth about life
Nirvana 	Reaching a spiritual place where they are no longer affected by suffering
Numinous 	Things that are numinous or seem holy or spiritual and mysterious.
Divine 	Of or like God or a god
Shrine 	A holy or sacred site dedicated to a specific god
Murti 	Statue of a god that serves as a focus for Hindus

3. A Few More Key Terms!

Puja 	Puja is the act of worship which shows that a Hindu is devoted to a god, through prayers, songs, and rituals
Mandal 	Symbols that represent harmony, wholeness, and the infinite nature of the universe
Mudras 	A symbolic hand gesture used in Hindu and Buddhist ceremonies
Rupas 	Rupas are statues used by Buddhists to inspire them to achieve enlightenment
Calligraphy 	Decorative handwriting or handwritten lettering.
Geometric shapes 	Basic shapes are put together and repeated to make patterns

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4. Spirituality - Overview

- ❖ Spirituality is being concerned with the human spirit or soul as opposed to material or physical things.
- ❖ Some examples are :
- ❖ Something that you feel when you are really peaceful and quiet inside.
- ❖ Something to do with ghosts and spooky things.
- ❖ Numinous means seem holy or spiritual and mysterious.



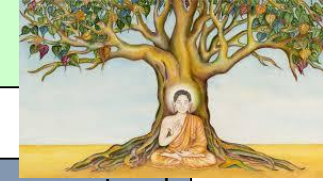
5. Prayer – Overview

- ❖ Prayer is a way believers connect with God
- ❖ Prayer can be done in private or public
- ❖ This can be done by
- ❖ Asking
- ❖ Confessing (saying sorry)
- ❖ Thanking
- ❖ Supplication (asking or begging)
- ❖ An example of a prayer is the Lords Prayer



6. Worship - Overview

- ❖ Worship is showing adoration to something divine (God or gods)
- ❖ Some examples include:
- ❖ Prayer – Lords Prayer
- ❖ Using special objects – Cross
- ❖ Reading from a holy book – Bible
- ❖ Making offerings – Money (tithing)
- ❖ Making ritual movements (Raka'ah)
- ❖ Use of worship – Hymns



8. Images of Jesus-Overview

- ❖ Images of Jesus are used as Icons to help believers connect and worship.
- ❖ The use of icons dates back for hundreds of years and can be seen in many religions including Christianity.
- ❖ At this time few people could read or write so the images used in iconography were used to represent messages too.
- ❖ Pictures are traditionally decorated in a particular way with symbols and colours.
- ❖ Red – Divine Life
- ❖ Blue – Human life
- ❖ White – Essence of God
- ❖ Gold – Radiance of heaven
- ❖ Lamb (Jesus), dove (peace), rainbow(God's promises) baby Jesus (human and divine), ring(holy) and scales(Jesus as judge).



10. Mudras and Rupas-Overview

- ❖ Rupas are statues used by Buddhists to inspire them to achieve enlightenment. They represent the qualities that the Buddha possessed and which all good Buddhists try to develop.
- ❖ Some Buddhists believe that focusing on these images will help them reach the spiritual place known as Nirvana.
- ❖ Mudras are hand gestures. You can learn a lot about these statues and what they mean from the position of the hands.
- ❖ Each of these hand positions has a special meaning.

11. Mandala- Overview

- ❖ The mandala helps facilitate meditation. The creation of mandalas requires intense focus, stillness, and attention to the present moment –key components of mindfulness meditation. Mandalas always begin from the epicentre (middle), and grow outwardly.
- ❖ This form of art therapy is a relaxing exercise that can take your mind off of other things.

7. Puja - Overview

- ❖ Puja is the act of worship which shows that a Hindu is devoted to a god, through prayers, songs, and rituals.
- ❖ The act of worship involves a Puja plate
- ❖ This contains things to awaken all 5 senses
- ❖ Hearing - Bell
- ❖ Touch - Talit Powder
- ❖ Taste – Food
- ❖ Smell - Incense
- ❖ Sight – Diva Lamp
- ❖ Puja is used to help Hindus focus on a Murti to pray for something specific e.g Ganesh (wisdom)



9. Islamic Art-Overview

- Muslims think it is wrong to try to represent Allah's work.
- For this reason, Muslims do not believe in making pictures of humans or animals.
- It is a very serious crime in Islam to try to draw Allah or his messenger Muhammad.
- Geometric patterns and calligraphy are used

