

### **Richard N. - Lived religion and belief**

I believe in all religions, and I respect all religions, so I volunteer and work with a Sikh faith charity. And I work with them on a regular basis, so I adopt a lot of their cultural beliefs within my own. But I find that in the world itself, religion tends to divide us more often than it does bring us together. Not to say that there should be a single one world religion or anything, but it is more a case of accepting each other's cultural and faith differences. Technically I am a Hindu, but some elements of what I do, like I fasted for Ramadan with friends of mine, that does not make me Muslim, but it means I am following certain parts of their faith. Even as a Hindu, I was born a Hindu, but I do not practise a lot of things that other Hindus do.