

Year: 6

Term: Autumn 1

Topic: Why do Hindus want to be good?

St Dennis Primary Academy

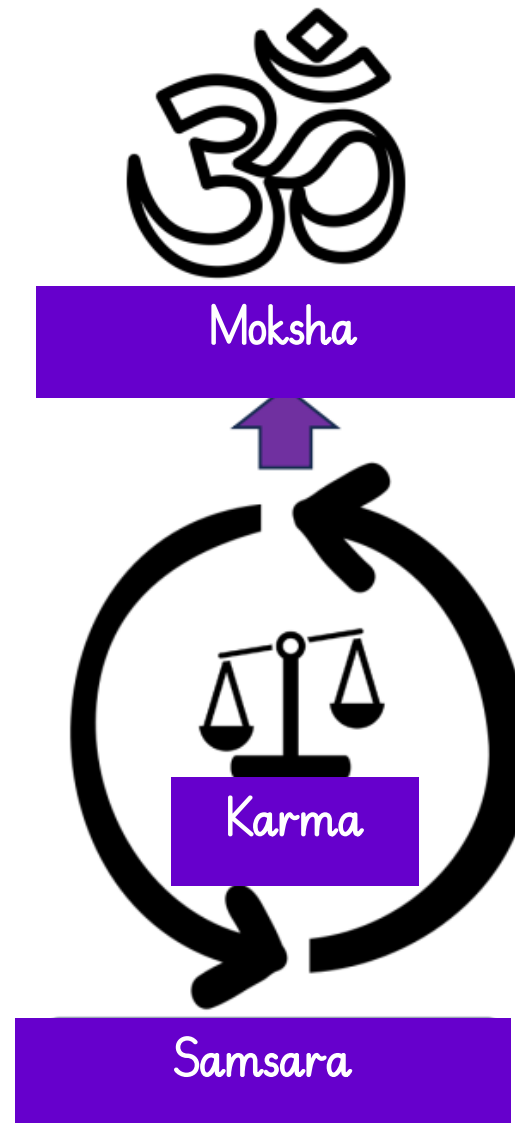
"Everyone matters, everyone succeeds, every moment counts"



In the Hindu Dharma all animals and humans have a spark of **Brahman** inside them and this is called atman. Brahman is represented in the form of many **deities**. The atman is pure, eternal and unchanging. This is someone's true self, but is tangled up with a creature's physical body.

The belief in **reincarnation** is that the atman moves from one living creature to the next in a cycle which is called **samsara**. **Karma** is the law of cause and effect, someone's positive actions lead to good karma and negative actions lead to bad karma and these will have consequences in the next life.

Your karma is linked to your **dharma** and if you fulfil your **duty** you will have good karma. The Hindu stories help people to understand what their dharma is and how they would live their life. A key part of everyone's dharma is not to cause harm to any living creature and this is known as **ahimsa** and is a very important belief for Hindus. If someone fulfils their dharma, understands the atman and leads a good life they will attain **moksha**, a release from samsara.



Glossary

atman	The spark of Brahman in every living creature.
Brahman	The one supreme God in Hinduism.
Brahma	The creator God.
deity	Brahman channelled into different forms.
duty	An obligation you have because of who you are.
reincarnation	The rebirth of the atman in another body.
karma	The total of all a person's actions which decides their future existence.
samsara	The cycle of death and re-birth.
moksha	The release from the cycle of life, death and rebirth.
ahimsa	The belief not to cause harm to any living creature.

