Preston Primary School Knowledge Organiser

Preston Primary School

Religious Education: Why do Hindus want to be good?	Term: Autumn 2	Unit 4 – Year 5 & 6	Duration: 7 Weeks

Hinduism ॐ

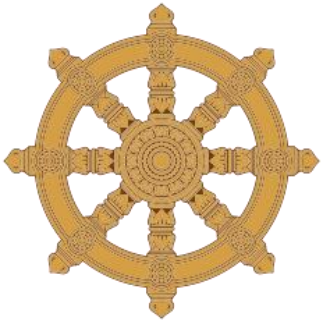
Dharma

The Right Way of Living

Many Hindus believe that Dharma is leading a good life through duty and actions. It is about making good choices and showing kindness. Some Hindus believe that the below five daily duties help them achieve Dharma, but each person's Dharma looks different.

Worship through prayer and meditation (Deva Yagna)	
Studying the Hindu sacred texts (Brahma Yagna)	
Reflecting on the teachings of wise teachers, saints, holy people and ancestors (Pitri Yagna)	
Providing food for the needy (Bhuta Yagna)	
Welcoming Guests (Nara Yagna)	

Five Daily Duties



Karma

Cause and Effect

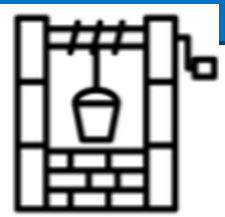


Many Hindus believe life is a cycle of birth, death and rebirth, with our actions in this life, our karma, effecting our future incarnations. Kindness leads to good karma, whilst selfishness leads to bad karma.



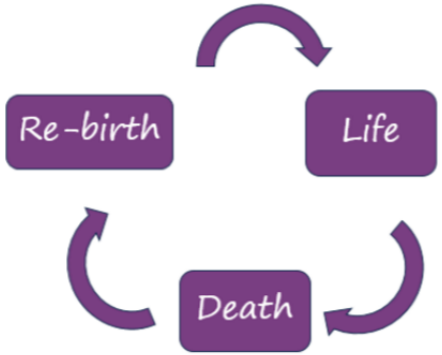
The Story of the Man in the Well

The story of the **Man in the Well** teaches Hindus not to tempted by temporary pleasures. It helps them make good choices by showing that true happiness comes from understanding the cycle of life (samsara) and seeking eternal freedom (moksha).



Samsara

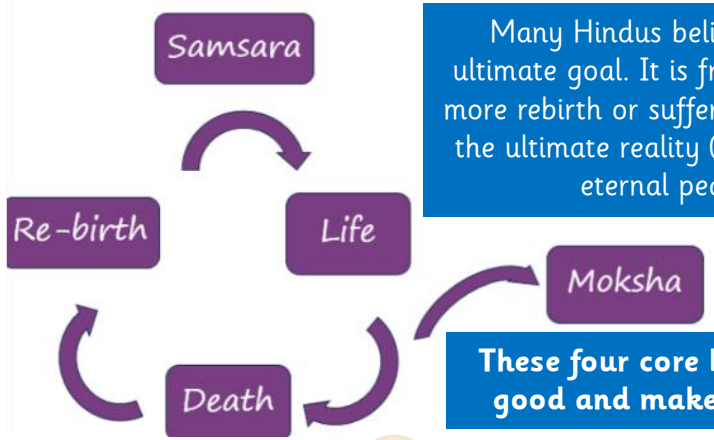
Cycle of Life, Death and Re-Birth



Many Hindus believes that Samsara is the endless cycle of birth death, rebirth. The soul (atman) is reborn in different lives (human, animal or other forms) according to its karma until it achieves Moksha.

Moksha

Freedom from Samsara

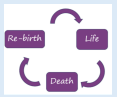


Many Hindus believes that Moksha is the ultimate goal. It is freedom from Samsara – no more rebirth or suffering. The soul is united with the ultimate reality (Brahman) and experiences eternal peace and freedom.

These four core beliefs help Hindus be good and make good choices in life.



Key Vocabulary

Brahman		The one ultimate God in Hinduism.
Atman		Hindu word for a person's soul or spirit.
Dharma		The duties a Hindu should follow in life.
Karma		Our actions have consequences. Poor choices lead to bad karma. Good choices lead to good karma.
Samsara		The cycle of life, death and rebirth.
Moksha		Escape from the cycle of reincarnation.
Reincarnation		The rebirth of the atman in another body.
Ahimsa		The belief not to cause harm to any living creature.
Deity		Brahman in different forms (Gods).