

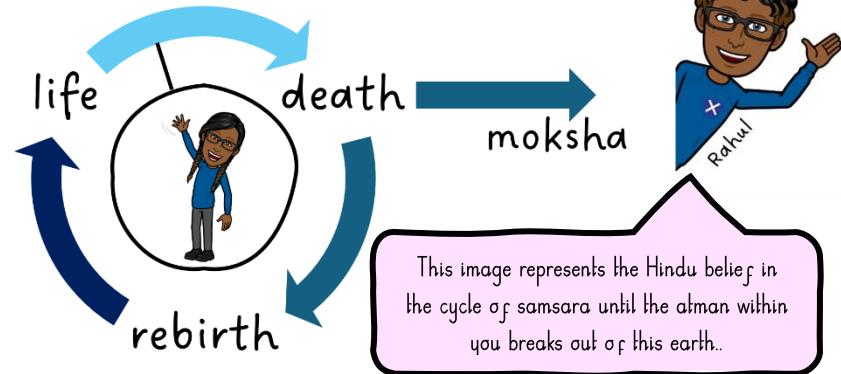


Hinduism

Why do Hindus try to be good?

Key Vocabulary

atman	The spirit or soul that has a spark of Brahman in it
Brahman	Hindus recognise Brahman as one God who takes many forms.
samsara	The cycle of death and rebirth that Hindus believe in.
moksha	The end of the cycle of death and rebirth. Hindus believe you are made one with God and set free from having to be reborn on this Earth again.
dharma	The spiritual law for human beings. It is a way of goodness, truth and duty.
Sanatan dharma	The eternal and absolute duties every Hindu must follow no matter their class, sect or caste.
reincarnation	The belief that when your body dies, your soul does not die but moves on to another body.
karma	Actions that could be either good or bad that impact rebirth. Also known as the law of 'cause and effect' and the idea that all of our actions have consequences.
puja	The act of worship in Hinduism
Trimurti	The three most notable forms of Brahman: Brahma, Vishnu and Shiva



Key Questions and Golden Nuggets

What do Hindus believe?	Hindus worship at mandir. Hindus believe in one God called Brahman who is represented through many different forms.
What is Brahman?	Hindus believe that Brahman is in everything and takes many forms. Brahman could be described as the energy of the universe.
What can be learned about atman through a Hindu story?	The story of the man in the well helps Hindus understand the idea that the 'atman' – the spark of Brahman inside them – wants to escape this world but it is trapped because people are too busy with 'honey'.
Samsara: Why is atman important? What else is important?	Atman is important to samsara because Hindus believe it is the spark of Brahman within them that desires to break free of the endless cycle of rebirth – known as samsara – on earth. Part of this breaking free is by building good karma by completing Hindu duties known as dharma.
How does dharma affect the way that someone might live their life?	Hindus believe that they must follow their own dharma or duties in life. Their dharma will change as they move through the four different stages of life: student, householder, retired and renounced.
Why do Hindus try to be good?	I believe that Hindus try to be good because...

My dharma will change over the course of my life as I move through different stages.



Student	Householder	Retired	Renounced
<ul style="list-style-type: none"> Learn from my teacher. Study the Vedas (which are the oldest sacred texts in Hinduism) Collect money and food that others donate to my teacher and serve my teacher as well as I can. Develop the correct qualities and values (such as being clean, humble, disciplined etc). 	<ul style="list-style-type: none"> Worship God at my home shrine or at the mandir. Study the holy texts and reflect upon teachings of wise people. Earn money. Look after my family and also give food to other humans and animals who are in need. Serve guests with love and respect 	<ul style="list-style-type: none"> Think about spiritual ideas. Not own many possessions or money. Possessions and money that I used to own can be given to my children. Think about the things that I have done wrong in the past and be properly sorry for them. Go on pilgrimage 	<ul style="list-style-type: none"> Focus on Brahman. Stop contact with friends, family and stop any unnecessary contact with anyone else Rely on Brahman to protect me Teach others about the importance of focusing on Brahman and truly understanding about Brahman and atman. Try to achieve moksha

Religious Education Knowledge Organiser – Year 6

Hinduism

Why do Hindus try to be good?

The Man in the Well



The wise and trusted adviser, Vidura, tells a story:

A man is on a journey and comes to a dense forest. The forest is full of carnivorous beasts: ravenous lions, tigers and elephants, more terrible even than death.

The man is deeply disturbed and his hair stands on end. In terror he runs about looking for shelter, trying to escape from the beasts.

As he runs, he realises that the forest is wrapped up in a huge net, and the net is embraced in the arms of a monstrous woman. There is no escape.

Suddenly, the floor of the forest gives way and he plunges through some creepers into a concealed well. His feet become tangled up in the creepers and he is suspended upside down, like an enormous fruit.

Looking down he sees that a powerful snake is waiting at the bottom of the well.

Looking upwards he sees that a great elephant is slowly circling the edge of the well – an elephant with six blackened mouths and twelve feet. As he looks he notices some fearsome bees coming from a tree overhanging the well. In the midst of the tree he sees a stream of honey flowing down towards him. He reaches out to drink it, his thirst for its sweetness overwhelming his fears. With each mouthful he is left unsatisfied and needs more.

Out of the corner of his eye he notices some black and white mice nibbling on the creepers... Despite the great and terrible dangers he is in, the man does not get tired of living or give up hope of life. And there he stays, thrown into the ocean of existence.

What might the honey represent for you?

A man in this world without learning is as a beast of the field.

Hindu proverb

1

Hindus are encouraged to have a moderate appetite, to avoid over-eating, and to follow a simple diet avoiding rich and fancy foods.

2

Do not do to others that which, if done to you, would cause you pain.

*Mahabharata
Anusasana Parva
113.8*

3

The desire for wealth can never bring happiness.

*Mahabharata
Shanti Parva 177*

4

Ahimsa is nonviolence. Respect all life as sacred. Practise nonviolence in thought, word and deed, not only to people but also to the world of nature.

5

Be kind to people, animals, plants and the earth itself. Practise forgiveness. Sympathise with those who are suffering and are in need – the poor, the elderly, the sick. Oppose cruelty and abuse.

6

Take nothing for yourself which has not been given or gained as a result of your own efforts.

7

To know that God is all, and all is God, gives one courage.

8

It is said that the beauty of a tapasavi, or saintly person, is forgiveness.

*Srimad Bhagavatam
4.6.48*

9

There is nothing noble in being superior to some other man. The true nobility is in being superior to yourself.

Hindu proverb

10

There is nothing noble in being superior to some other man. The true nobility is in being superior to yourself.

Hindu proverb

11

I know what is good but I am not inclined to do it; I know also what is bad, but I do not refrain from doing it. Mahabharata

12

Hindus are encouraged to be honest. Do what is right in difficult times. Reject deception and wrongdoing. Avoid cheating or deception. Face and accept your faults without blaming others.

13

By devotion to one's own particular duty, everyone can attain perfection. By performing one's own work, one worships the creator who dwells in every creature. Such worship brings that person to fulfilment.

Bhagavad Gita 18 44-45

14

Look at these statements of Hindu wisdom. Many of these pieces of wisdom come from Hindu holy texts called Vedas.