

Hinduism

Main Values



twinkl

Hinduism

Hinduism is the world's third most popular religion, with around 750 million followers.

The religion of Hinduism originated in Northern India, near the river Indus, about 4000 years ago and is the world's oldest existing religion.



What do Hindus believe?

For many Hindus, religion is a matter of practice rather than of beliefs. It's more what you do, than what you believe.

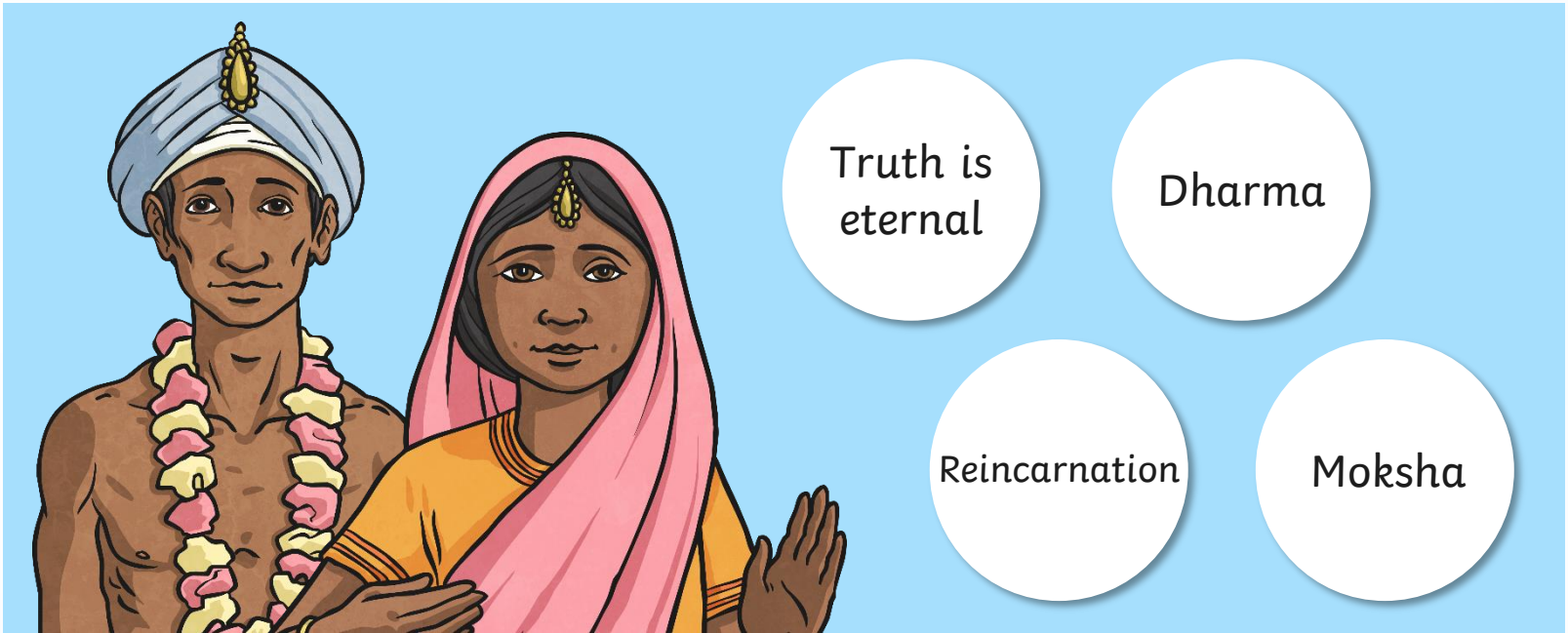
Hindus believe in a universal soul or God called Brahman. Brahman takes on many forms that some Hindus worship as gods or goddesses in their own right.

We will learn more about these gods and goddesses in our next RE session.

Main Beliefs

Hinduism is a religion that has fused many different traditions and practices. There is no one way to be a Hindu.

However, there are some core beliefs that all Hindus share.



Main Beliefs - Truth Is Eternal

Hindus believe that they should pursue knowledge and understanding of the truth.

Truth is the only reality.

There is one truth, but the wise can express this in many ways.



Main Beliefs – Dharma

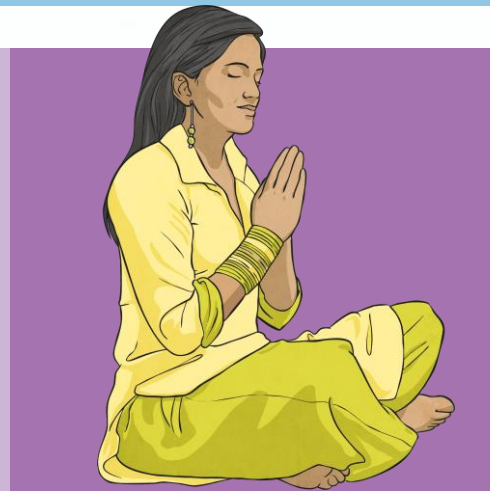
Hindus believe that there are right and wrong ways to behave.

Dharma is a complex idea that includes the right behaviour, following the moral law (and not just what you feel like doing) and taking ones duties seriously.

Dharma is a central part of a Hindu's daily life.

According to this belief, it is necessary to do the right thing at all times.

For example, a pupil's dharma is to work hard at school; the parents' dharma is to raise and support their family; and the dharma of the police is to protect others. At different stages of a Hindu's life, their dharma will change, however, it is everyone's dharma to be kind, honest, religious and to be a good person in society.



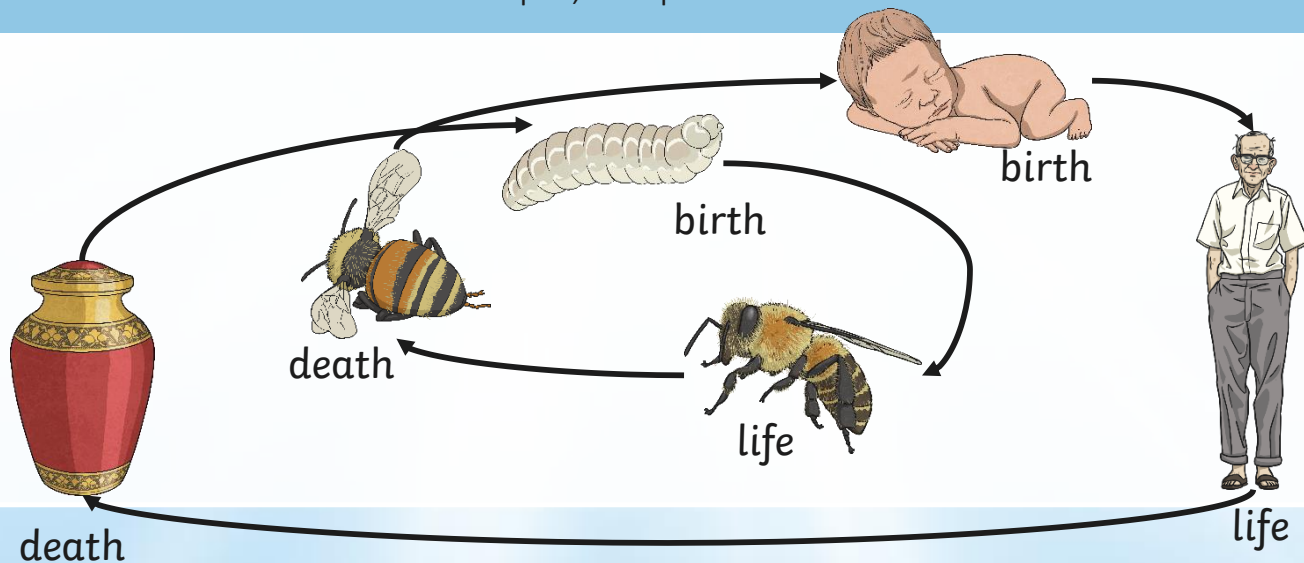
Main Beliefs – Reincarnation

Hindus believe that all living things have a soul (athma).

They believe that the soul cannot be destroyed.

Instead they believe in reincarnation, which means the soul exists in the body. When a person dies, they are then reborn as another living thing. This cycle can go on for thousands of lifetimes.

Karma – good and bad actions committed during one's life – affects which living thing the soul will be reborn into. For example, it is possible for a human soul to be reborn as a cat!

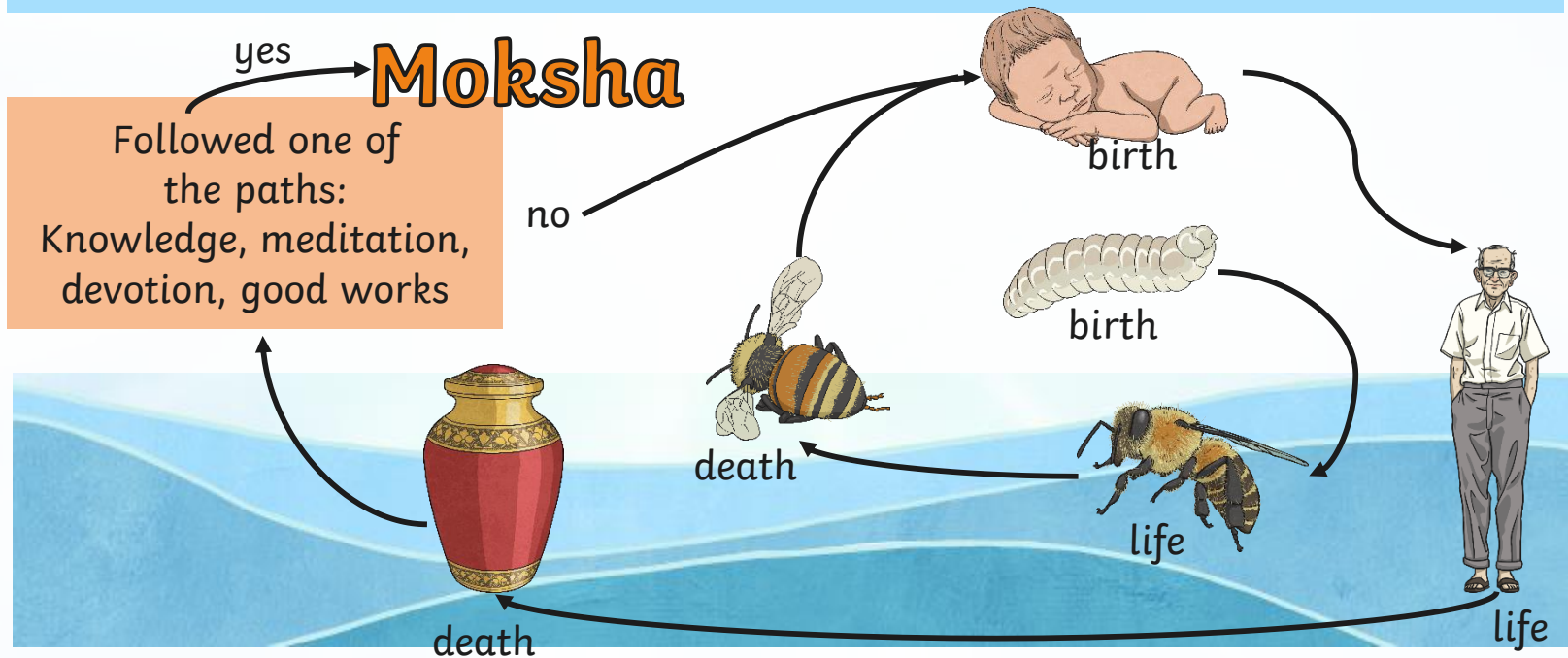


Main Beliefs – Moksha

Hindus believe that the ultimate goal for all Hindus is Moksha.

Moksha means liberation of the soul from the cycle of death and rebirth.

It occurs when the soul reunites with the god Brahma.



For more information on Moksha:

<https://www.bbc.co.uk/teach/class-clips-video/religious-studies-ks2-my-life-my-religion-hinduism-cycle-of-birth-and-rebirth/zn68qp3>

Simran, who is 14 and Vraj, who is 11, explain the complexities of Hindu belief in reincarnation.

They 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 soul may be reincarnated thousands of times.

If you wish, you could draw your own **circle of life** diagram, showing key moments in your life so far, such as birth, learning to walk, going to school. You could continue your circle of life with your aspirations for the future, e.g. getting a job, getting married, becoming a parent, retiring...

Activity

Think about how you have spent your time this week, think of at least three really good actions you have committed. What were they? Who did they benefit? Why did you do them?

Make a 'help' diary for next week and write down how you plan to help others.