

Year Group 6	Worldview: Hindu Dharma (Hinduism)
Strand:	Beliefs and Questions (Theology)
Key Question:	What is the significance of Karma and Moksha for a Hindu?
Focus of study:	Explore the concepts of Samsara, Karma and Moksha looking at the impact on the life of Hindus. Read the stories that expound this teaching.
Background information for teachers:	
<p>Sacred Texts</p> <p>Hindus do not have one sacred text but there are many, which were added to over thousands of years. They are mainly written in Sanskrit but divided into two: shruti (which is heard or revealed truth) and smriti (which has been spoken or the remembered truth). Shruti texts have been revealed to rishis (sages) and passed on, whilst smriti texts have historical, human origins. The shruti contain the Vedas (knowledge), and they are made up of:</p> <ul style="list-style-type: none"> • The Rig Veda • The Samaveda • Yajurveda • Atharvaveda <p>The smriti help to interpret the stories and teach about the values, family and friendship. They contain many epic stories and poems such as the Mahabharata, Ramayana, Brahmana and Puranas.</p> <p>Hindu people also have a series of fundamental concepts that are laid out in the sacred texts and show believers how to live their lives. These concepts are:</p> <ul style="list-style-type: none"> • Dharma (the overarching moral law of Hinduism) • Purushartha (the main goals for life) • Varna (the Hindu social classes) • Atman (the soul) • Karma (cause and effect of your actions) • Samsara (reincarnation) • Moksha (becoming one with the Brahma) • Brahman (the ultimate power in the universe) <p>Dharma is a term which is very difficult to translate in one or two words but is so fundamental to Hinduism that 'Hindu Dharma' is often preferred over 'Hinduism' as a term for the tradition as a whole. The basic meaning of Dharma is 'that which supports or upholds', and it has both a descriptive and prescriptive sense in describing what is and prescribing what should be.</p> <p>Dharma means duty, virtue, truth and morality. It outlines a moral law of right and wrong that Hindus follow in everyday life, behaving correctly and taking their duties seriously. This Hindu belief brings stability to a person's life. Dharma is a universal concept but outlines a slightly different law for everyone depending on their age, gender and social position. What is correct for a woman might not be for a man or what is correct for an adult might not be for a child. A child's dharma is to work hard at school, whereas the dharma of a parent, is to raise their children and support their family.</p> <p>Every person's dharma is called sva-dharma. To act against your dharma is known as adharma. Correct action in accordance with dharma is also understood as service to humanity and to God. The idea of what has become known as sanatana dharma can be traced back to the <i>puranas</i> - texts of antiquity.</p> <p>All Hindu beliefs and concepts are founded on living in accordance with dharma. Dharma is also an important concept in Sikhism, Jainism and Buddhism.</p> <p>Purushartha refers to the four main goals of life within Hinduism. These are:</p> <ul style="list-style-type: none"> • Dharma - moral values; • Artha - economic values; • Kama - pleasure; • Moksha - liberation. 	

Using the Purushartha to provide structure to your life will allow a person to live a meaningful life. Working with the Purushartha allows a person to make good decisions and live a meaningful life.

Artha refers to having the materials you need to support yourself and your family. It's the basis for dharma and kama.

Kama relates to pleasure in general. To practice kama, a person's pleasures, such as art, music or kindness, must align with that person's life purpose and duty.

Moksha is a liberation achieved when dharma is lived by and artha and kama are practised correctly.

Varna refers to social classes within Hinduism. A part of Dharma, Hindu's also believe in Varna, which outlines the different social classes, and their duties. The Four Varnas are:

- Shudras - workers;
- Vaishyas - merchants;
- Kshatriyas - protectors or society;
- Brahmanas - provide education and leadership.

Related to Varna is Ashrama - the four stages of life stated in ancient Indian texts. People in the top three classes, Vaishyas, Kshatriyas and Brahmanas, are known as 'twice-born'. This refers to them being born once, then born again when males receive a sacred thread as a symbol of their status. They will go through the Ashramas, these are:

- Brahmacharya - student;
- Grihastha - householder;
- Vanaprastha - retired;
- **Samsara** - reincarnate.

Atman refers to a person's 'soul' or 'spirit'. Hindus believe that atman is part of the spirit of Brahman, their ultimate God. Hindus also believe the atman is eternal, meaning it never dies.

Karma means 'action', and refers to the Hindu law of cause and effect. This is where the actions of a person, influence the future of that person. Within Hinduism, Hindu's believe that good behaviour that corresponds with dharma will have positive outcomes. Poor behaviour, against dharma, will result in bad outcomes.

Karma has also become an important spiritual concept to many people, regardless of what religion they belong to.

In Hinduism karma operates not only in this lifetime but across lifetimes: the results of an action might only be experienced after the present life in a new life.

Hindus believe that human beings can create good or bad consequences for their actions and might reap the rewards of action in this life, in a future human rebirth or reap the rewards of action in a heavenly or hell realm in which the self is reborn for a period of time.

Karma is central to **samsara**, which means 'reincarnation'. It refers to the law that every action has an equal reaction either immediately or at some point in the future. Good or virtuous actions, actions in **harmony** with dharma, will have good reactions or responses and bad actions, actions against dharma, will have the opposite effect. This is a core Hindu belief and is defined as a continuing cycle where the soul (**atman**) is reborn and life renews over and over as a result of **karma**. If you behave in accordance with **dharma**, this will result in positive outcomes that allow your soul to be reborn. A soul can be reborn into a physical body, or an animal.

Reincarnation is a central belief in Hinduism.

Moksha is the ultimate goal within Hinduism, to leave this cycle of rebirth (**samsara**) and become one with the god **Brahman**. Hindus believe that in order to achieve moksha, they must follow one of the three paths, the path of duty, the path of knowledge, or the path of devotion.

Brahman is a Sanskrit word meaning transcendent power. The Hindu belief in Brahman is the belief in a power that upholds the world. Particular Hindu deities are manifestations of Brahman. **Brahma** is the Hindu **creator god** and creator of the Vedas.

Prior learning:	<p>Many Hindus believe in one God, Brahman. Brahman is in everything and everywhere. There are many murtis that express different aspects of Brahman. Many Hindus see murtis as helping them to focus on different aspects of God. Deities can come to earth as avatars often to help humans overcome evil. One of Vishnu's avatars is Krishna. Symbolism is important to help understanding, including the lotus flower. Hindus worship in the Mandir and at home. Many Hindus will worship daily, offering prayers and gifts to the Murtis. Arti and puja often help Hindus to cope with challenges of life. Worship and meditation form part of daily duties.</p>
Building Blocks:	<p>Most Hindus believe:</p> <ul style="list-style-type: none"> • Life is a cycle of birth, death and rebirth, called samsara; • The good or bad you do in this life, karma, determines your presence in the next cycle of life; Karma is an inevitable consequence of the way we live or lives. • Moksha (breaking the cycle of samsara) is the ultimate goal for a devout Hindu in being at one with Brahman. • Hindu dharma is more a way of life than a system of beliefs. • Belief in reincarnation is a central tenet of Hindu dharma for many. • The five daily duties contribute to the understanding of life for a Hindu.
Outcomes:	<p>I can show understanding that stories can inspire Hindus to make good choices. I can explain how dharma is a way of life for Hindus. I can give examples of how the five daily duties link to dharma. I can make clear connections between the deeds of past lives / this life and the consequences for the next life, for Hindus. I can weigh up how far the goal of moksha inspires Hindus to achieve good karma.</p>
National Statement of Entitlement (NSE)	a, b, d, f, g, i, j
Resources:	<p>Religious Studies KS2: The cycle of birth, death and rebirth - BBC Teach Rama Facts for Kids (kiddle.co) Hindu creation stories BBC Radio 4 - A History of Ideas, Jessica Frazier on Creation Myths, Hindu Creation Stories Hindu creation story - YouTube Hindu Mythology Creation Story Explained in 15 Minutes - YouTube</p>
Vocabulary:	Karma, moksha, dharma, samsara, Veda, Shruti, Smriti, Rishi, Brahman, Brahma, Vishnu, Shiva, avatar, Rama, Sita, Ganesha, duty
Learning Question:	What was Gandhi's inspiration?

Engage

Look at a picture of Gandhi. What questions do you have? Record any answers for later.

Making sense of the text

Choose a selection of quotes from Gandhi [Quotes from Hindu Leaders – Heart Of Hinduism \(iskconeducationservices.org\)](#) , such as 26, 36, 42 onwards.

What do these tell you about him?

What sort of person was he?

What did he believe?

How might he have behaved / thought in different situations?

Add any more questions to the picture.

Understanding the impact

Find out who Gandhi was.

How did his life begin?

What was the turning point that changed his behaviour?

What did he want to achieve? How did he try to do this? Did he succeed?

There are some ideas on [What Price Justice? Three Extraordinary Peace builders - RE:ONLINE \(reonline.org.uk\)](http://reonline.org.uk) about producing creative posters to show these answers.

Making connections

Can you answer your original questions now?
 Why did Gandhi behave like this?
 Which religion / belief system did he follow?
 What do you know about Hinduism / Dharma? What would you like to find out?

Learning Question:	How do stories help Hindus live good lives?
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Engage

Look at a picture of Ganesha. What do you notice? What symbolism is there? How might this support Hindus in their lives?

Making sense of the text

Read the story of Ganesha getting his head.
 What qualities did he show? What do Hindus believe?

Understanding the impact

Watch [KS1 Q2 Hindu Temple - YouTube](#) (teacher info [Real People Real Faith KS1 Hindu 2.pdf \(natre.org.uk\)](#))

How does Ganesha inspire?
 'Hindus love stories.'
 What other words / stories were mentioned?
 Where do the Hindu stories come from?
 How do they inspire Hindus?
 Explore Shruti compared to Smriti. Shruti are the most ancient, passed down, and contain the four Vedas; Smriti texts interpret the shruti texts and explain how they can be applied in life, for example stories in the Puranayas, Ramanaya and Bhagavad Gita. The story about Ganesha is found in the Shiva Purana.

Making connections

Why is worshipping Ganesha important? ([Watch | PM Modi Offers Prayers at Union Minister Piyush Goyal's Residence on Ganesh Chaturthi \(msn.com\)](#))
 How does worshipping Ganesha inspire Hindus?

Learning Question:	How do Rama and Sita inspire dharmic behaviour?
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Engage

Turn out the lights in the classroom. Light some diva lights in the classroom (ideally lighting a pathway). Silently record how you feel in the darkness and then seeing a path lit up. What is the symbolism of light? What does light represent? (Think of several ideas. Which ones are universal and which are specific?) These lights are part of the end of today's story.

Making sense of the text

Rama is the seventh avatar of Vishnu and Sita is an avatar of Lakshmi. Who are these deities? Together they are protectors of the universe and dharma (the law). Each of her arms depicts one of the goals to a successful life – dharma (righteous living), kama (worldly pleasure), artha (prosperity), moksha (spiritual freedom).

Watch the story of Rama and Sita from the Ramanaya [Rama and Sita | Religious Studies - Stories for Collective Worship - YouTube](#) or [\(P\) The Story of Rama and Sita – Heart Of Hinduism \(iskconeducationservices.org\)](#)

Understanding the impact

What difficulties did Rama and Sita endure?
 How did they overcome each of them?
 How did they behave?
 What does Rama killing Ravana symbolise?
 Think back to the real people, real faith video from last week (or watch it again). How did this story inspire?

Making connections

All Hindus have duties. What is a duty? What duties do you have?
 Hindus have self dharma (sva dharma) – the expectations of how to behave depending on their age and job - and social dharma (santana dharma) – duties which everyone is expected to do such as being honest, merciful, generous, patient and having self-control.

Watch [KS2 Q1 Hindu Temple - YouTube](#) ([Real People Real Faith KS2 Hindu 1.pdf \(natre.org.uk\)](#)) especially the second and fourth speakers.

How did Rama and Sita follow santana dharma? Sva dharma?

Are the duties the same for everyone? Why not? How does that link to the story?

Hindus see dharma as a way of life.

Find out about the dharma and 5 daily duties.

Dharma is one's duty to follow the right path and complete the 5 daily duties, which are:-

- Worship God (linked to year 4 unit)
- Study the scriptures – need to look at those.
- Listen to the wise ones – Hindus often house their elderly relatives as a sign of respect for their knowledge.
- Provide food to those in need – charity.
- Show hospitality to others – with love and respect, welcome people.

Which of these duties are expected in the classroom / at home? How are they similar to Hindu dharma?

What happens if you don't follow your duties? What happens if Hindus don't achieve their duties?

Look at how this story is important as it is remembered at Diwali.

Learning Question:

How does present behaviour link to the past and future reincarnations for Hindus?

Engage

How do you behave? What happens if you do something wrong? Does that affect your choices? What inspires you to make the right choices? What inspires Hindus?

Making sense of the text

Watch the video to understand the samsara cycle linked to dharma, karma and moksha [Religious Studies KS2: The cycle of birth, death and rebirth - BBC Teach](#)

Listen to the Indian story to explain karma in past, present future lives [Story of Karma.. Indian Tale explaining how Karma... | by Shivangi Patel | ILLUMINATION | Medium](#)

[Microsoft Word - Download 02.01 The Sadhus Blessing.doc \(hinduismre.co.uk\)](#) is another story that could be used.

Understanding the impact

What does this story teach Hindus?

Represent the lives of the four people in their past, present and future lives showing their deeds and how these impact in their future reincarnations. This could be a story board, cartoon, symbols, artwork. Try to explain it to younger children (year 4?).

Making connections

How does this story show the impact that karma has?

Watch [KS2 Q2 Hindu Temple - YouTube](#) ([KS2 Q2 Hindu Temple - YouTube](#)) particularly the last speaker.

How might believing that God is in everything and everyone make a difference to the way people behave?

How does this impact on their life?

What should they / shouldn't they do?

How should they behave?

What is the impact of bad behaviour?

What is the impact of neither good nor bad deeds?

Learning Question:

What do Hindus learn from stories about how they can achieve moksha?

Engage

Show the picture related to the story [Gajendra Moksha Stotra Benefits and Lyrics - HindUtsav](#)

What do they notice?

Are there any symbols / characters that they recognise?

What questions do they have?

What are their suggestions for what is happening?

Making sense of the text

Read the story of Gajendra Moksha.

Can they identify the symbolism and characters now?

The story teaches Hindus through the symbolism of the crocodile being samsara, achieving moksha through karma.

Understanding the impact

By submitting to Lord Vishnu, he obtained moksha.
 Look at the previous incarnations of Gajendra and King Huhu to understand the former lives through samsara.

Making connections

Explain how the story links to samsara, karma and moksha.
 What would Hindus learn from this story?
 How might this affect their thoughts and actions?

Learning Question:

How might the karma of Gandhi have affected his samsara?

Making sense of the text

Listen to / read some different stories about creation. Why isn't there one story, as some other religions have? (Think about the cyclic nature of Hinduism.)

Making connections

Think about the key words / concepts for Hinduism. (Brahman, karma, moksha, samsara, dharma, deities, puja...). Place each word on a diagram (possibly cyclic) and explain the significance of karma and moksha for Hindus, linked to other important Hindu concepts.
 So, what do you think Gandhi could have been reincarnated as or do you think he may have achieved moksha? Why?

Assessment opportunities:

Mind map / diagram and explanation of the different Hindu concepts, including how they relate to each other.

Notes

There are many different stories which could be used to portray / explain the main Hindu concepts.