

# RE

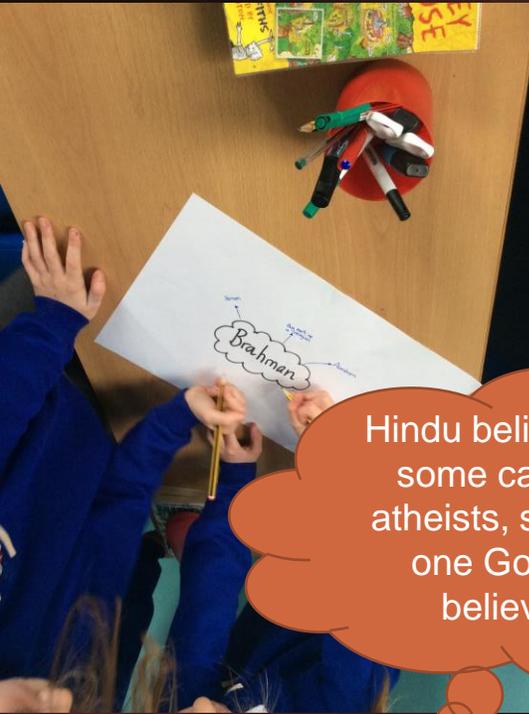
HINDUISM: WHY DO HINDUS TRY  
TO BE GOOD?

# I understand what Brahman is to Hindus

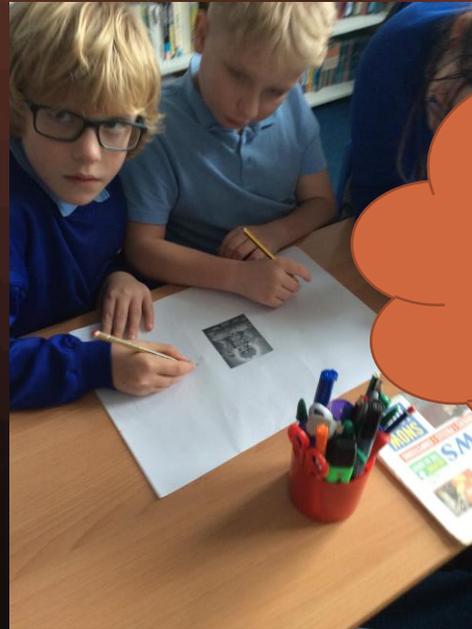
Brahman is more than a God or even a creator to Hindus, he is everything and in everything.

Christians believe their God created the world, but Hindus see that Brahman is the world, he is everything.

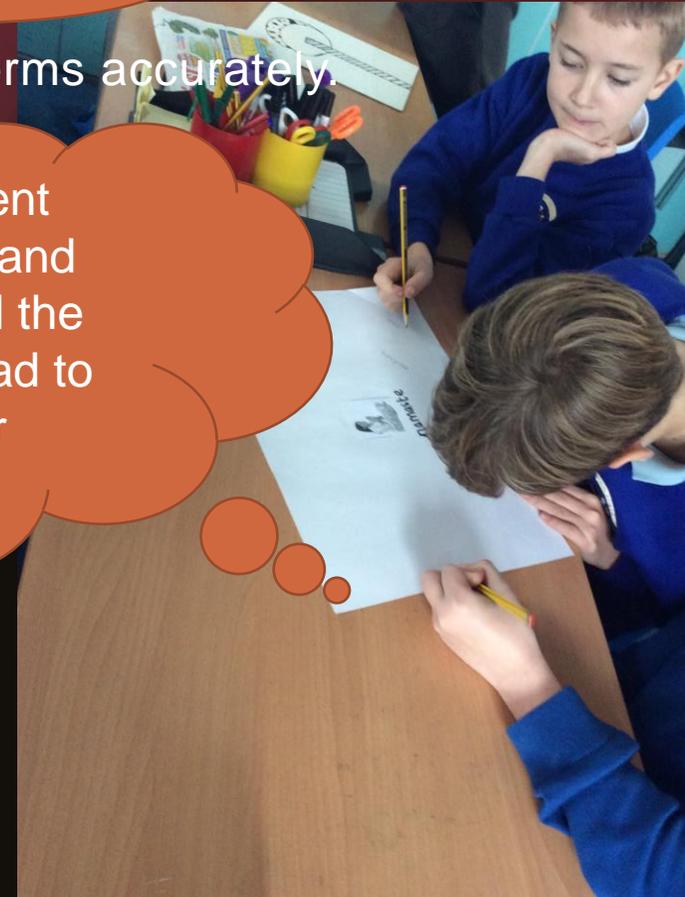
- We identified and explained Hindu belief about Brahman using technical terms accurately.



Hindu beliefs are diverse, some call themselves atheists, some believe in one God, and some believe in many.



We had different images, words and symbols around the room, and we had to find out their connection.



# I can identify and explain Hindu belief about atman using technical terms accurately.

We looked at the story of the man in the well and what it symbolised.

Hindus believe atman is the spark of Brahman in everyone. Sometimes it gets stuck as they focus on wants not needs. Like mobile phones!

They hope their atman will finally be released and they can return to Brahman – I think of it like their soul needs to return to it's body.

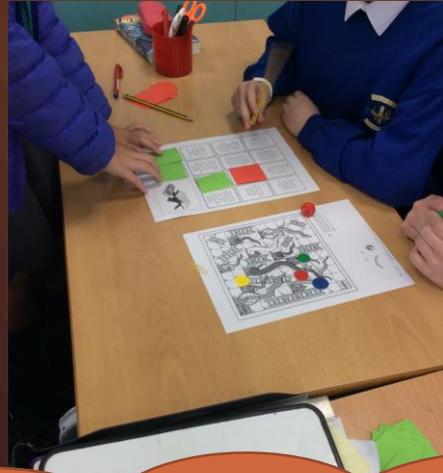


	The wise and trusted adviser, Vidura, tells a story.	<b>the man in the well</b>
	A man is on a journey and comes to a dense forest. The forest is full of carnivorous beasts: ravenous lions, tigers and elephants, more terrible even than death. The man is deeply disturbed and his hair stands on end. In 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.	Entering the forest
	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.	Plunging into the well
	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.	Seeing the elephant
	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.	Tasting the honey
		There he stays...

(c) Stephen Pett RE Today Adapted from Book 11, Chapter 5 of the Mahabharata, from a translation by Dermot Killingley

# I understand Samsara, karma and dharma and how they are connected

Karma can be good or bad – what goes around comes around.



We played snakes and ladders using red cards to go down the snakes and green cards to climb the ladders to reach Moksha which is going back to Brahman. We put on the red cards when wisdom is not followed (bad karma) and on green cards when it is followed - so doing our duty (dharma). If Hindus were good and did their duty, they will be free, and their atman will return to Brahman, and they won't be reborn



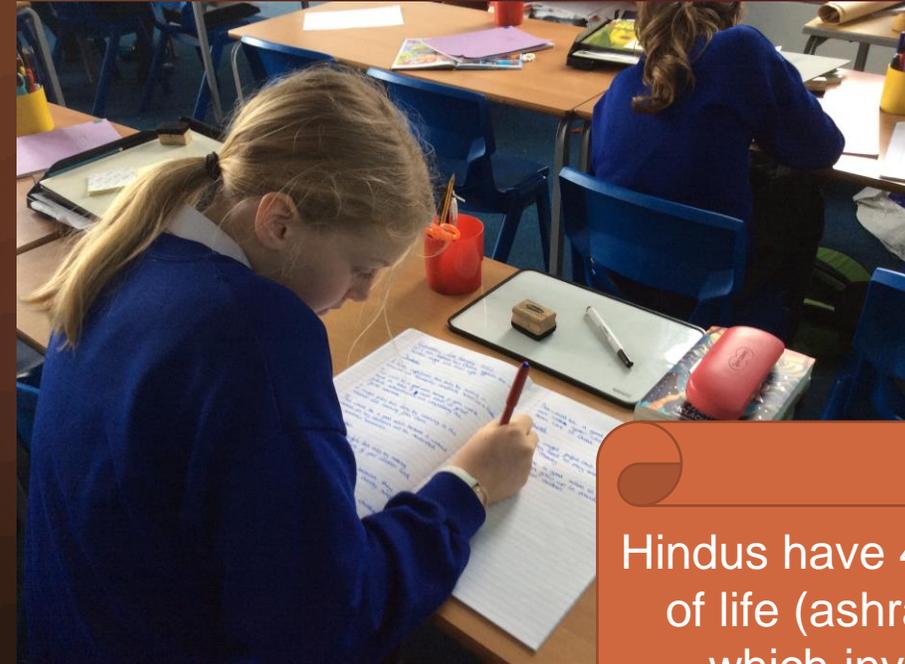
Dharma is a Hindu duty. Samsara is the life cycle of birth – death – rebirth.

A man in this world without learning is as a beast of the field. <i>Hindu proverb</i>	Hindus are encouraged to have a moderate appetite, to avoid over-eating, and to follow a simple diet avoiding rich and fancy foods.	Do not do to others that which, if done to you, would cause you pain. <i>Manabharata Anusasana Parva 113.8</i>	The desire for wealth can never bring happiness. <i>Manabharata Shant Parva 177</i>
Ahimsa is non-violence. Respect all life as sacred. Practice non-violence in thought, word and deed, not only to people but also to the world of nature.	Be kind to people, animals, plants and the earth itself. Practice forgiveness. Sympathize with those who are suffering and are in need – the poor, the elderly, the sick. Oppose cruelty and abuse.	Take nothing for yourself which has not been given or gained as a result of your own efforts.	To know that God is all, and all is God, gives one courage.
It is said that the beauty of a tapasvi, or saintly person, is forgiveness. <i>Almaar Bhagavatam 4.4.48</i>	There is nothing noble in being superior to some other man. The true nobility is in being superior to yourself. <i>Hindu proverb</i>	Always speak the truth, even if it does not make you popular, but do so in a friendly and agreeable manner.	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. <i>Manabharata</i>
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.	By devotion to one's own particular duty, everyone can attain perfection. By performing one's own work, one creates the creative who dwells in every creature. Such worship brings that person's attainment. <i>Bhagavad Gita 18.42-48</i>		

# I know how dharma can affected the way someone lives their life.



We looked at the duties we need to do in our life like keeping our bedrooms tidy.



Hindus have 4 stages of life (ashramas) which involve different duties (dharma).

Student, householder, retired, renounced. We needed to identify which duties would happen at each stage.

I thought about what my duty would be at each stage - except renounced - as we discovered only a few Hindus in the UK follow this stage.

Student	Householder	Retired	Renounced
<ul style="list-style-type: none"> <li>Learn from my teacher.</li> <li>Study the vedas (which are the oldest sacred texts in Hinduism).</li> </ul>	<ul style="list-style-type: none"> <li>Worship God at my home shrine or at the mandir.</li> </ul>	<p>(Note: you must wait until your children have grown up and will be able to live)</p>	<ul style="list-style-type: none"> <li>Focus on Brahman.</li> <li>Stop contact with friends, family and stop any unnecessary</li> </ul>

A unit of work for upper KS2 Unit U2.7 Why do Hindus try to be good? © RE Today Services 2019 Only for use in p

<ul style="list-style-type: none"> <li>Save money and food that others donate to my teacher and serve my teacher as well as I can.</li> <li>Develop the correct qualities and values (such as being clean, humble, disciplined etc).</li> </ul>	<ul style="list-style-type: none"> <li>Study the holy texts and reflect upon teachings of wise people.</li> <li>Earn money.</li> <li>Look after my family and also give food to other humans and animals who are in need.</li> <li>Serve guests with love and respect.</li> </ul>	<p>without you before entering this stage):</p> <ul style="list-style-type: none"> <li>Think about spiritual ideas.</li> <li>Not own many possessions or money. Possessions and money that I used to own can be given to my children.</li> <li>Think about the things that I have done wrong in the past and be properly sorry for them.</li> <li>Go on pilgrimage</li> </ul>	<ul style="list-style-type: none"> <li>contact with anyone else.</li> <li>Rely on Brahman to protect me.</li> <li>Teach others about the importance of focusing on Brahman and truly understanding about Brahman and atman.</li> <li>Try to achieve moksha.</li> </ul>
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I can talk about how Hindus' beliefs shape the way that they live their lives. To do this, I will use examples of at least two Hindu people that I have found out about.

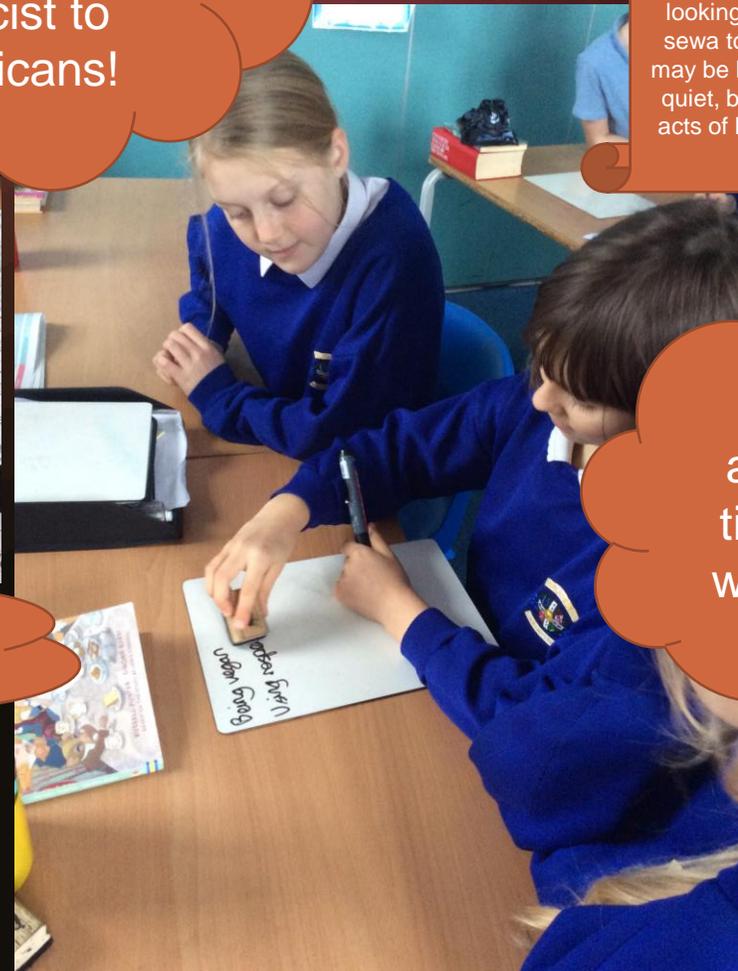
We looked at the life of Gandhi and he experienced racism in his life but promoted non-violence. This is called Ashima.

Challenge! He was also racist to Africans!

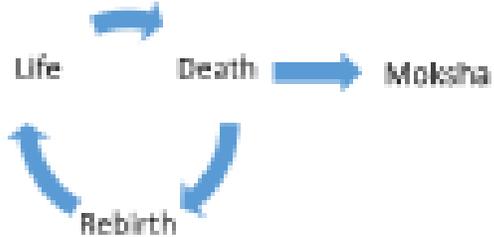
Sewa is selfless service to humanity. Service to God (in Hindu life, the gods and goddesses) may include worship. Service to humans may include giving money to charity or looking after those in need. Acts of sewa towards fellow human beings may be long, short, big, small, loud or quiet, but must always be selfless – acts of kindness without expectation of anything in return.

We watched a video of two Hindus – they were vegetarian because they believed Brahman is in everything and they must respect living things

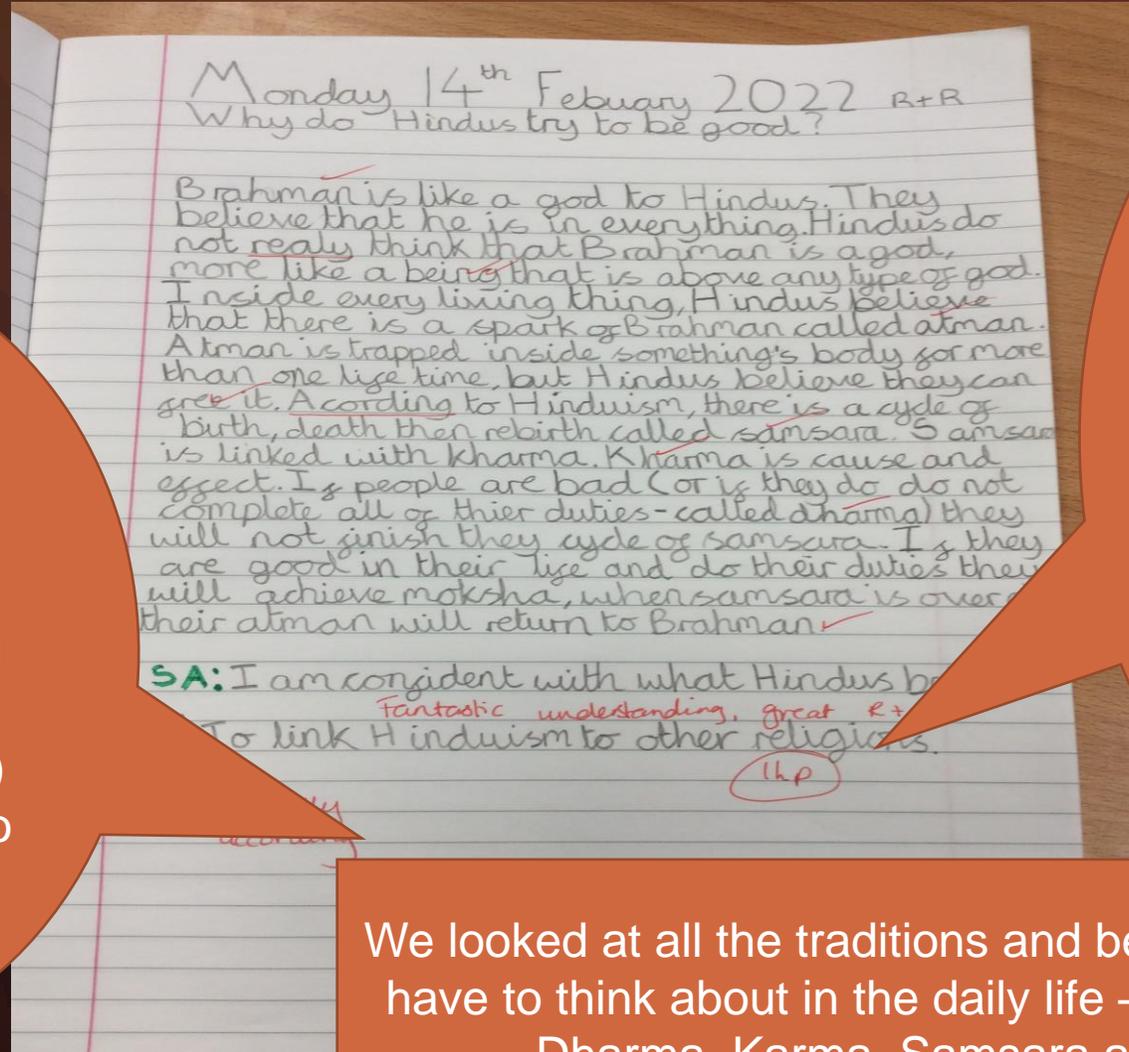
We thought about the last time someone was kind to us.



# I know why Hindus try to be good.



Hindus aim is to return their atman to Brahman and therefore shorten/break their Samsara. They need to be good and fulfil their Dharma (duties) throughout their life to get them closer to achieving this.



This means they can finally achieve Moksha and return to Brahman

We looked at all the traditions and believes most Hindus have to think about in the daily life – Brahman, Atman, Dharma, Karma, Samsara and Moksha.

What I have learnt in LKS2: they focused on the concept of Brahman/God in Hinduism.



### Facts within religion

Hinduism is very diverse, and so there is hardly anything that we can say 'all Hindus believe ...'

Gandhi came from a rich family but dressed like a poor Indian. He wore simple white cotton clothes that he made himself, even when he came to England to meet the King at Buckingham Palace.

Hinduism is the oldest of the six major world religions. It has no single founder but developed gradually over a period of time.

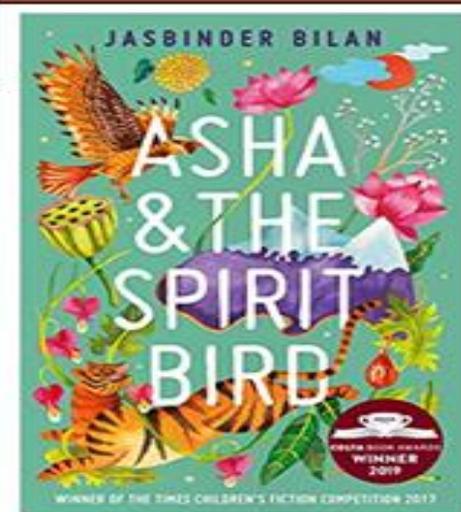
### Skills

Make clear connections between Hindu beliefs about dharma and ways in which Hindus live.

Explain Hindu beliefs in context, using technical terms accurately.

Give meanings for the story of the man in the well and explain how it relates to Hindu beliefs about *samsara*, *moksha*, etc.

### Exciting Books



### Our Endpoint

I understand why Hindus try to be good, through the unit

### Subject Specific Vocabulary

Karma	the law of cause and effect, and how actions bring good or bad <i>karma</i>
Atman	The eternal self - like a soul or spirit
Dharma	To Hindus this can mean their duty.
<u>Ashramas</u>	four main stages of life: student, householder, retired and renounced
Samsara	the cycle of life death and rebirth

### Culture Capital:

Including developing awareness of their own and others' beliefs, increasing ability to reflect on the impact of faith in people's lives, and an increasing desire to explore their own and others' views