



# RE – Why do Hindus try to be good?



Living a Good Life - Understand how moral codes shape how people lead their lives and how they express their identity. Understand the value of this diversity and how it strengthens society.

## Vocabulary

- **Dharma:** The moral duty or righteousness that governs an individual's life. Understanding one's dharma is crucial for Hindus in determining how to lead a righteous life.
- **Karma:** The concept of cause and effect, where one's actions have consequences that affect their present and future lives.
- **Moksha:** The ultimate goal of Hinduism, liberation from the cycle of birth and death (samsara).
- **Ahimsa:** The principle of non-violence and compassion towards all living beings. Ahimsa is a central virtue in Hindu ethics, encouraging kindness, empathy, and peaceful coexistence.
- **Seva:** Selfless service or volunteering, performed without any expectation of reward.

Lesson 1 – Can I explain what Hindu beliefs in god(s) are?

Lesson 2 – Can I identify Hindu deities?

Lesson 3 – Can I compare how Hindus worship with other religions?

Lesson 4 – Can I describe the gods Durga and Ganesha?

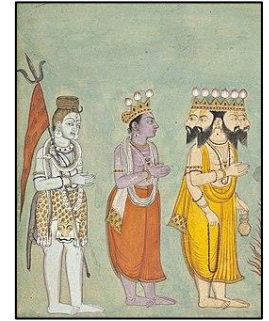
Lesson 5 – Can I explain Hindu practices?

Lesson 6 – Can I explain why Hindus try to be good?

Hinduism is a religion that has fused many different traditions and practices. There is no one way to be a Hindu. However, all Hindus believe in four core beliefs: dharma (righteousness), kama (desire), artha (wealth) and moksha (liberation).



The Trimurti are the most prominent deities of contemporary Hinduism. This consists of Brahma- the Creator, Vishnu- the Preserver, and Shiva- the Destroyer. Their feminine counterparts are Saraswati- the wife of Brahma, Lakshmi- the wife of Vishnu, and Parvati (or Durga)- the wife of Shiva.



Mandir

The elephant-headed Hindu god Ganesha is considered to be the remover of obstacles. He is the first god to be invoked at the beginning of worship or of a new enterprise. He is a patron of intellectuals, bankers, scribes, and authors.



Daily prayer and devotions are an important daily practice for many Hindus. These may take place in temples, but more often occur in shrines within family homes.



Hindus try to be good at every stage of their lives in order to eventually be freed from 'samsara' and to become united with Brahman.

