



## HINDUISM - Why do Hindus try to be good?

### Our Learning

The 'atman' is pure, eternal and unchanging. It is someone's true self - how we think and feel inside. Hindus try to be good at every stage of their lives in order for their 'atman' to eventually be freed from 'samsara' and to become united with Brahman. 'Samsara' is the cycle of birth, death and re-birth.

### Specific learning:

The story of 'The Man in the Well' teaches Hindus a lot about being human. Through the story, Hindus learn that:

- Life is limited
- We may face disease or old age
- Temptations, desires and unimportant pleasures may distract us in life
- The important thing is to focus on the true nature of ourselves and the universe
- The path back to Brahman is one without these distractions

KEY VOCABULARY	MEANING
Aum 	The symbol is a representation of the holy trinity of gods (Trimurti): Brahma, Vishnu and Shiva
Brahma	The god of creation
Vishnu	The god responsible for preserving and protecting the universe
Shiva	Shiva is the god of destruction. His role is to destroy the universe in order to re-create it
Brahman	Brahman is in every single living thing. The universe was not created by Brahman, it actually is Brahman. You might describe Brahman as the energy of the universe
atman	The true nature of oneself (Hindus might say this is a spark of Brahman within every living thing)
karma	The law of 'cause and effect'; how our actions have consequences. Good and bad karma can affect our current life and any lives to come
dharma	Duties (these may differ depending on what stage of life you are in)
samsara	The cycle of birth, death and re-birth (affected by karma - our actions in our current life)
moksha	release from the cycle of samsara, and union with Brahman

