



Year 3 Autumn 1



Sanatan Dharma

Hindu Worldviews

Knowledge Building Blocks:

- Brahman is a creative conscious and eternal force or energy, worshipped as one God but in many forms.
- Those with Hindu worldviews often worship God in the form of the Trimurti: Brahma (creator), Vishnu (preserver) and Shiva (destroyed). They might also worship murti representing other gods and goddesses (called avatars).
- Most people with Hindu worldviews believe the atman (soul) is born and reborn in a cycle of birth and death called samsara and to leave this cycle they must achieve moksha.
- Dharma is a Hindu concept which means 'righteous path' or 'eternal duty'. It is the way to good karma, achieve moksha (liberation) and avoid punar janma (rebirth).
- Kala is the Hindu concept of time and offers an explanation for different periods of time in world history.
- The Bhagavad Gita is an important story for those with Hindu worldviews and it tells the story of the great battle between cousins and an epic conversation between Arjuna and Krishna.
- Many people with Hindu worldviews do puja (worship) at home or in the mandir (Hindu place of worship).
- Puja involves the worship of murti (deities), chosen by the Hindu family. Items used in puja include:
Bell (rung to let the deity know the worshippers are ready to begin their puja), incense and incense holder (to purify the air), kum kum powder (paste used to mark the forehead of a worshipper), Aarti lamp (lit to symbolise God's presence, water, container and spoon (offered to show respect)

Karma: The actions in life can have good, bad or neutral consequences.

Ahimsa: Non-violence/no injury. It can be a guiding concept for many with Hindu worldviews.

