

Wonderful words

Dharma: Duty, by fulfilling their dharma Hindus believe they will attain moksha

Samsara: the cycle of life, death and rebirth

Reincarnation: the rebirth of the atman in another body

Atman: the spark of Brahman in every living creature

Duty: an obligation you have because of who you are

Karma: the total of all a person's actions which decides their future existence

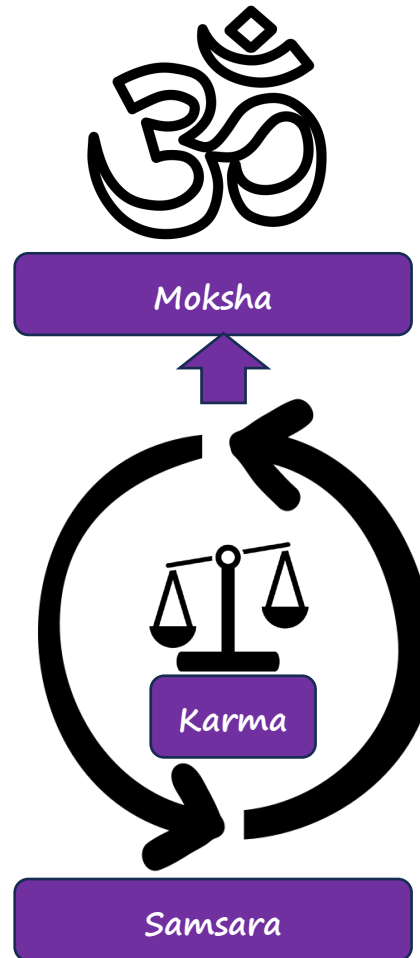
Moksha: the release from the cycle of life, death and rebirth

Brahman: a formless, ultimate reality, one energy or consciousness in the universe, the source of everything

Ahimsa: the belief not to cause harm to any living creature

Deity: Brahman channelled into different forms

So how does it all work?



Important information

In the Hindu Dharma all animals and humans have a spark of **Brahman** inside them and this is called **atman**. Brahman is represented in the form of many **deities**. The atman is pure, eternal and unchanging. This is someone's true self, but is tangled up with a creature's physical body.

The belief in **reincarnation** is that the atman moves from one living creature to the next in a cycle which is called **samsara**. **Karma** is the law of cause and effect, someone's positive actions lead to good karma and negative actions lead to bad karma and these will have consequences in the next life.

Your karma is linked to your **dharma** and if you fulfil your **duty** you will have good karma. The Hindu stories help people to understand what their dharma is and how they would live their life. A key part of everyone's dharma is not to cause harm to any living creature and this is known as **ahimsa** and is a very important belief for Hindus. If someone fulfils their dharma, understands the atman and leads a good life they will attain **moksha**, a release from samsara.