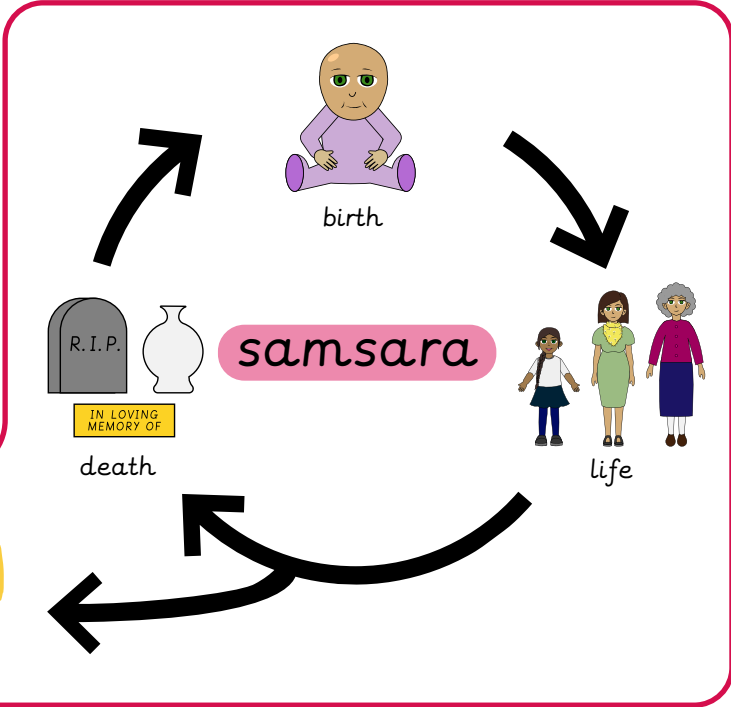


# R&W - What happens when we die? (Part 2)

bodhisattva	An enlightened being who decides to delay reaching nirvana to help others achieve enlightenment.	karma	A person's actions affecting the soul's journey.		
		liberation*	Becoming free.		
Bodhi tree	A type of tree in India significant to many Buddhists.	margas	Paths often used to guide people to reach moksha		
Dharmic*	Religious groups that originated in South Asia who have similar ideas about life and death.		Karma marga	Bhakti marga	Jnana marga
			action	devotion to God	knowledge
enlightenment*	In Dharmic worldviews, gaining a very deep spiritual understanding and breaking free from the cycle of rebecoming or reincarnation.	reincarnation*	The belief that after death, the soul is transferred into a new body or form, continuing through different lives.		
Hukam*	The Sikh belief that everything happens according to God's plan.	varna	A Hindu concept categorising society into different groups, each with specific religious and social duties.		

- Hindus generally believe all living beings have an **atman** which is a part of God (Brahman).
- Sikhs generally believe all living beings have an **atma** which is a spark from God (Waheguru).
- Buddhists generally believe in a consciousness rather than a soul, referred to as the **anatta**.



Orange is considered a sacred or holy colour by many Hindus. When karma is gained, some people believe different varnas can contribute different colours to the atman, with the goal being to create orange.

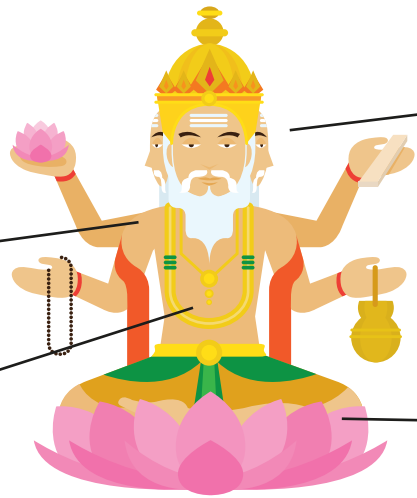
The cycle of birth, life, death and reincarnation is often referred to as **samsara**. Some people believe the soul or consciousness moves to a new body or form when a person dies.

moksha

\*key vocabulary Y5/6

# R&W - What happens when we die? (Part 2)

Some people believe that karma can be gained by experiencing different roles in life, called varnas.



**Kshatriyas**  
warriors and rulers

**Vaishyas**  
merchants

**Brahmins**  
priests or religious teachers

**Shudras**  
labourers



## Enlightenment

When ready, a person will no longer experience the cycle of life, death and reincarnation and will gain a complete understanding of the universe.

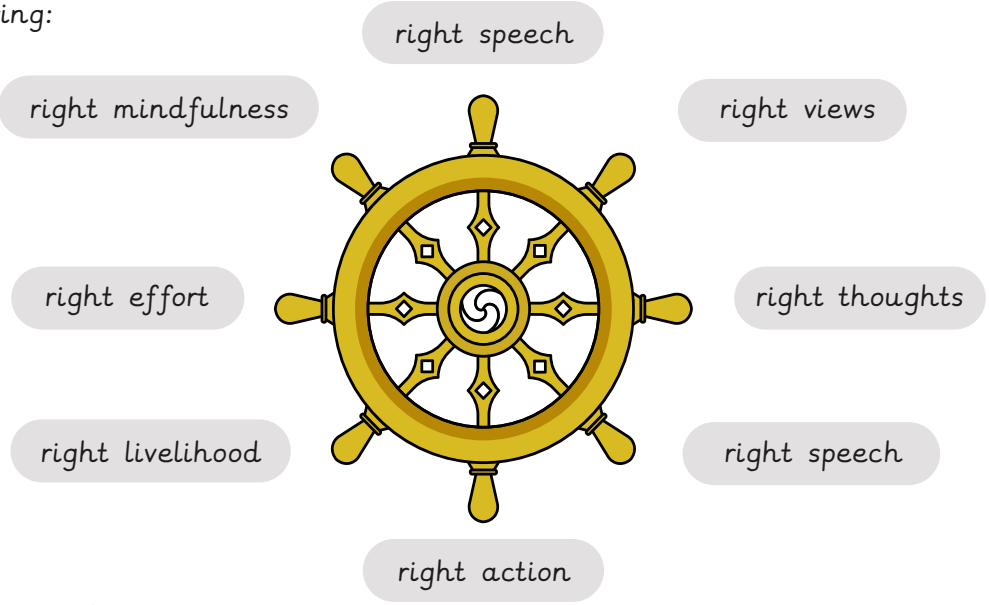
Hindus refer to this as **moksha\*** and believe that their soul (**atman**) is reconnected with Brahman.

Buddhists refer to this as **nirvana\***; some Buddhists believe they can reach nirvana but choose to delay this to help others achieve it.

Sikhs believe when they are liberated from reincarnation, they unite with God like rays of light merging back with the Sun, and call this **mukti\***.

Many Buddhists follow the Buddha's teaching to eventually be freed from the cycle of samsara and suffering:

- ▶ **The Four Noble Truths\***: Core Buddhist teachings to support the understanding of life's challenges.
  1. life involves suffering, or dukkha.
  2. suffering is caused by cravings and attachments.
  3. there is a way to end suffering.
  4. the path to end suffering is through the Eightfold Path.
- ▶ **The Eightfold Path\***: Eight practices that many Buddhists try to follow to live a fulfilled life.



Buddhists refer to the concept of reincarnation as rebecoming.

\*key vocabulary Y5/6