Learning Objectives

To consider Hindu beliefs about life after death.
To reflect on the concept of reincarnation.
Key words

Karma
Samsara
Moksha
Reincarnation

RE
Key Word Definitions

**Reincarnation**
The belief that the soul, upon death of the body, comes back to earth in another body or form.

**Karma**
The principle that people are rewarded or punished in one incarnation according to their deeds in the previous incarnation.

**Samsara**
The endless series of births, deaths, and rebirths to which all beings are subject.

**Atman**
The World Soul, from which all individual souls derive, and to which they return as the supreme goal of existence.
Starter

What do you think happens when we die?

Write few sentences or start a mind map using illustrations and words. This can be extended throughout the lesson.
Hindus believe that each human has an *atman* (soul) which passes through a long cycle of existence occupying different bodies and experiencing repeated births, deaths and rebirths.

This *transmigration of the soul* is known as *reincarnation*. 
'As a man casts off his worn-out clothes and takes on other new ones, so does the embodied soul cast off his worn-out bodies and enters other new.' Bhagavad Gita 2:22
Infinity means endless, in Hinduism. This symbol represents the endless cycle of Samsara, (reincarnation).
The Hindu Cycle of Life aka Samsara
Rebirth might sound like a good thing but actually, Hindus believe that going around and around in the cycle of samsara is keeping humans souls (atman) trapped in the material world away from the sublime spiritual one.

'Re' means 'again'  
'in' means 'in' (!)  
'carn' means 'flesh'  
Meaning, 'again in flesh'.
Okay! So what's keeping us trapped?
Hindus believe this is a law of the universe just like the law of gravity.

Karma means action. It refers to the law of cause and effect, i.e., actions and their consequences.
If your actions are good you will get a good rebirth into pleasant circumstances; if they are bad you will get a bad one...

Karma

The law: Every single action has an affect on something else. Karma decides where you come back and what you come back as.
In a lifetime people build up karma, both good and bad, based on their actions within that lifetime. This karma affects their future lives and existences...
Some Hindus believe you can even come back as a flower!

There are lots of different types of rebirth in Samsara. You can come back as a human or a pig; as a god or a ghost; in heaven or in hell.
Moksha is ...

Liberation - from samsara: the cycle of birth, death and rebirth.
Moksha is ...

Salvation - of the soul which is rescued from the material world and delivered into the spiritual.
Though many accept this might not happen for their next carnation they aim to build up positive karma in the hope of a good rebirth that might be a little closer to moksha.
In a nut shell

**SAMSARA** is the cycle of life.

Reincarnation is a result of previous **karma**.

Karma relates to actions and their consequences.

**Moksha** is liberation from Samsara.
Exercise 1

Draw a diagram to illustrate the idea of reincarnation.
Exercise 2 Answer these questions

What would be the worst thing you could be reborn as and why?

How do you think a belief that they will live again affects Hindu’s attitudes and actions?

What about the belief that they have lived before? How would this affect the way Hindus viewed the good things and bad things that happened to them in life?

If you thought that this life was only one of many, do you think it would make life less important or more important? Why?
In quiet before we leave, I want you to reflect in silence about how you conduct yourselves.

If karma is real what sought of karma are you building up?

What can you change?

Focus on the candles I am about to light or simply sit with your thoughts.

YOU MUST SIT IN SILENCE WHETHER YOU WISH TO PARTICIPATE OR NOT!