

## Dharma Reading Comprehension



Read the text about Dharma and answer the questions into your home learning workbook.

### Dharma

Hinduism is a religion which has mixed together many different traditions and practices. However, all Hindus share similar core beliefs.

#### Reincarnation

Hindus believe that all living things have a soul, and that it cannot be destroyed. Instead, Hindus believe in reincarnation, which means that the soul lives inside the body until this body dies. The soul then enters a new living thing.

Karma, good and bad actions carried out during your life, affects which living thing the soul will be reborn into. For example, Hindus think it is possible for a human soul to be reborn as a cat.

#### Moksha

Moksha means freedom of the soul from the cycle of death and rebirth. For a Hindu, this is the end goal.

#### Dharma

In Hinduism, 'dharma' means religion and duty; it is a very important part of a Hindu's everyday life. Hindus believe that there are right and wrong ways to behave: they must behave correctly; follow the moral law (and not just do what they feel like doing); and take their duties seriously. According to this belief, Hindus must always do the right thing. For example, a student's dharma is to work hard at school, and the dharma of the police is to protect others. At different times in a Hindu's life, their dharma will change; however, it is everyone's dharma to be kind, honest, religious and to be a good person. Hindus believe that when they follow their dharma, they feel good about themselves. Not to act in accordance with your dharma is believed to be wrong and called 'adharma'.

Karma is the law that every action has a reaction in the future. Therefore, actions in accordance with dharma will have good reactions. If a Hindu follows their dharma, they can expect to be reincarnated into a higher form in the next life, or good luck will come their way.

#### Did you know?

Hinduism is often referred to as Sanātana Dharma, a Sanskrit phrase meaning 'the eternal law'.



1. How is Hinduism described in the text?
2. What is reincarnation?
3. What is Karma?
4. What does Moksha mean?
5. Find one piece of evidence to show why Hindus believe a soul cannot be destroyed.
6. To not act in accordance with your dharma is called what?
7. Why do Hindus want to try and live in accordance with their dharma?
8. What does Sanātana Dharma mean?