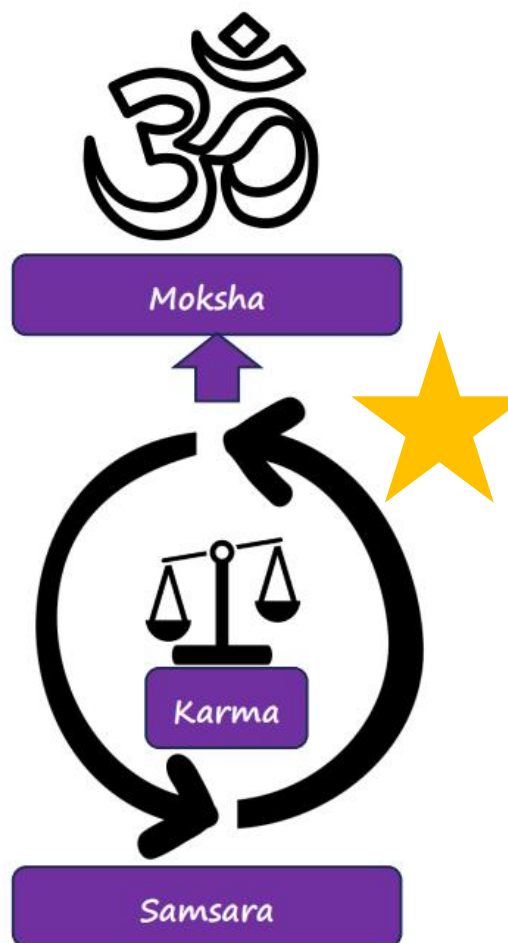


Why do Hindus want to be good?

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 channeled 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.