



Learning Journey Map

Year: 5

Term: Summer 2

Subject: RE

Topic: Sanatana Dharma

Driving Question: See Vikings and Anglo-Saxons
Power Skill: Critical Thinking

BCP SACRE Learning Objectives

- Belief: How could Sanathani beliefs help to make the world a better place?

Key Vocabulary

Sanatana Dharma	Hinduism	Santhani	ahimsa	virtue
moksha	samsara	Brahman	Atman	karma
Lord Krishna	Mahatma Gandhi	Fairtrade	Cow	charity

Key Learning

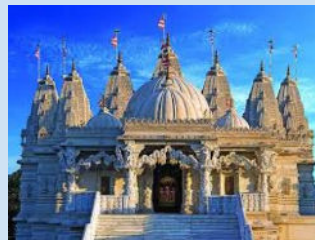
REVISIT AND REVISE FROM YEAR 3 LEARNING

What is Sanatana Dharma?

Sanatana Dharma (also known as Hinduism) is a worldview first founded in the Indus River Valley which runs through northwest India into Pakistan. Hinduism is over 4,000 years old, making it one of the world's oldest religions. It is made up of a variety of different religious beliefs and practices. It originated near the Indus River in India. The name 'Hindu' comes from the word Indus.

Sanatana Dharma facts:

- Deity: Brahman
- Holy books: The Vedas
- Place of worship: Mandir
- Symbol: Aum
- Approximate worldwide followers: 1.2 billion (3rd most popular)
- Countries where Santhani people live: Afghanistan, Bangladesh, India, Iran, Maldives, Nepal, Pakistan and Sri Lanka.



What is Hinduism (Sanatana Dharma)? : <https://www.bbc.co.uk/bitesize/articles/zmpp92p>

Who is a Hindu/Santhani?

A Hindu/Santhani is a person who believes in the religion called Hinduism. Many Hindus live in India. You can use the term Hindu/Santhani to talk about someone who follows the teachings and practices of Hinduism/Sanatana Dharma, or who has a cultural connection to Hinduism.

THINKING POINT: What is Sanatana Dharma/Hinduism? What are the main facts about Sanatana Dharma/Hinduism? Who is a Hindu/Santhani? Where do most Santhanis/Hindus live?

What is Ahimsa?

Santhanis believe that they have a moral responsibility to act in the right way and to make choices that are helpful to everyone. If a Santhani follows their personal dharma and the dharma within Sanatana Dharma, they can make the right choices that are morally correct.

One of the key concepts in Sanatana Dharma is ahimsa, which means harmlessness or non-violence. This is a virtue all Santhanis should follow. It is important that Santhanis ensure that they do not inflict pain upon others. They should try to live their lives in a compassionate and caring way. For example, they might give charity to others or help those in need. Not only will this follow the concept of ahimsa but it will also help Santhanis to achieve their ultimate goal of moksha by gaining good karma. For many Santhanis, ahimsa is the best virtue and should be followed to ensure freedom from samsara.



Key Learning

Santhanis believe that they should show respect to all living beings because they all have a part of **Brahman** in them, known as the **atman**. Santhanis feel that they should respect animals as well as humans. They see the cow as a sacred animal that should be protected as well as respected. This is because they believe that a cow is vital to life as traditionally it could work the land and provide food in the form of butter and milk.

Santhanis are encouraged to act with empathy, love and humility at all times so that they are doing the right thing. They should try to show empathy through considering how others are feeling and how they would feel if they were in the same situation. They should then try to do things to help others. They should try to show love to others in a compassionate and caring way through giving help when needed. This might be giving to charity or giving to those who do not have enough food or water. They should try to do all these things with humility, which means not doing things in a boastful way but for the right reasons. For example, they should help somebody because the person needs help, not in order to feel good about themselves.

Doing things with humility is one way for Santhanis to gain good **karma** and therefore achieve **moksha**. This is because doing things for the wrong reason would give them bad karma and affect their chances of a better rebirth or achieving moksha.

Santhanis also understand that controlling their minds and senses is an important way to control their thoughts and to stop themselves wanting material possessions. Santhanis believe that spiritual thoughts are more important than material thoughts. If a Santhani has good control of their mind and senses, they will focus on what is important rather things that are not.

THINKING POINT: What do Santhanis believe about looking after others/the world? What is ahimsa? Are there any similarities between these beliefs and the beliefs of any other religions you have studied?

How does a Santhani's belief in ahimsa influence the way they live their lives? Diet (vegetarianism), honesty, charity, Fairtrade and a belief in no violence

Diet (vegetarianism)

Because of the importance of cows, many Santhanis do not eat beef, and many are vegetarians.

The Mahabharata states:

'If there were nobody who ate meat there would then be nobody who kills living creatures. The person who kills living creatures kills them for the sake of the people who eat meat. — Mahabharata 13:115

However, some Santhanis may eat fish and meat because they interpret teachings differently and because traditionally, different castes (social orders) had different rules about what could be eaten.

In Sanatana Dharma, the cow is a symbol of life and of the Earth, and thought of by many as a mother, because she gives food and nourishment through her milk. Many Santhanis perform worship rituals in praise of their own cows or using symbolic cows. This extends to bulls and calves as well as female cows because the bulls are used widely in rural India for farm work and pulling carts.

Lord Krishna is often pictured as a cow-herder and some Santhanis try to follow his example by caring for cows in particular, as well as respecting other animals.

Mahatma Gandhi said that: 'Cow Protection takes the human being beyond his species... (It) is the gift of Hinduism to the world; and Hinduism will live as long as there are Hindus to protect the cow.' — Mahatma Gandhi.

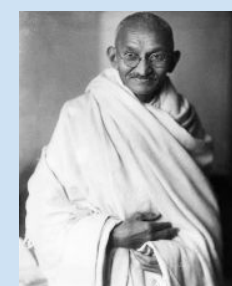
For many Santhanis, a guiding principle is a respect for all life. This comes from the belief that humans were not created to dominate other forms of life but have evolved from these forms and are therefore part of the whole of creation.

Santhani belief in the principle of Ahimsa might be applied to this issue in a variety of ways, eg campaigning against animal testing and being vegetarian.

Honesty

For many Santhanis in the householder stage, earning money is important, but it must be done honestly. This can be interpreted as:
not cheating or lying to create wealth
not actively harming other creatures in what you do
taking care to be fair and environmentally conscious in what you do

'Earth provides enough to satisfy every man's needs, but not every man's greed.' — Mahatma Gandhi.



Sannyasin

Some Santhanis believe that living in a state of poverty is an important part of sannyasin vows. Material life is left behind and the focus is on attaining moksha. For those who undertake sannyasa, it means giving up all of your possessions and wealth, including your home.

Charity work

Santhani teaching includes the concept of karma or 'intentional action'. Many Santhanis see involvement in charity work as good action and a means of fulfilling their duty to help those in need. The Bhagavad Gita (Santhani text) teaches:

Key Learning

'Charity given out of duty, without expectation of return, at the proper time and place, and to a worthy person is considered to be in the quality of goodness.' – Bhagavad Gita (17.20).

Sewa UK is a charity organisation inspired by the Santhani tradition of 'service before self'. The organisation encourages people from all backgrounds and beliefs to help with the main task of helping people in need and gives help to all people, regardless of their beliefs, backgrounds or status.

Sewa UK aims to provide humanitarian relief by sending technical assistance to relief operations and by investing in building Infrastructure and services in the aftermath of disasters.

BAPS (Bochasanwasi Shri Akshar Purushottam Swaminarayan Sanstha) is a religious movement that places emphasis on charity that offers practical help to people affected by natural disasters. The organisation is said to be underpinned by the Vedas. BAPS claims to have over a million members worldwide who devote part of each day to helping others and live by five 'lifetime vows':

- no alcohol
- no addictions
- no adultery
- no meat
- no impurity of body and mind

Fair Trade

Santhani teachings support fair trade principles because teachings on dharma emphasise charity and compassion. Many Santhanis and Santhani organisations support the fair trade movement in the following ways: mandirs stocking fair trade products and supporting and making donations to fair trade charities.

THINKING POINT: How does a Santhani's belief in ahimsa affect the way they live their lives? What rules do they live by? What/who influences their view? Is this view similar/different to any other religions you have studied? Do you think it would be difficult to live life as a Santhani?