

# Do beliefs in Karma, Samsara and Moksha help Hindus lead good lives?

## Hinduism Recap

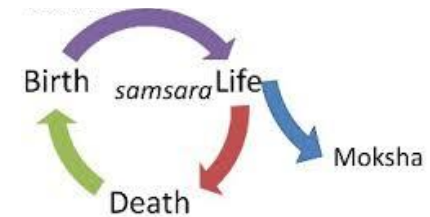
- Hinduism is the world's third-largest religion after Christianity and Islam?
- 90% of Hindus live in India!
- Worldwide, there are over 1.1 billion Hindus - that's around 16% of the global population!
- The River Ganges is a river in India that many Hindus believe is sacred and can wash away sins.
- Hindu places of worship are called *mandir*.
- In 2013, 30 million Hindus celebrated Kumbh Mela, which is a special pilgrimage that only happens every 12 years. This meant it was the largest gathering of humans ever witnessed!
- Unlike Christianity and Islam, Hinduism doesn't have a singular holy book but instead has many ancient texts and scriptures.
- Hinduism is one of the oldest religions in the world - some Hindu traditions started over 3000 years ago!

## Karma

Hindus believe in karma. This is the idea that for every action, there is a reaction or consequence. If you are kind and considerate, you will have good karma; however, if you are selfish, you will have bad karma. This will affect how you will live in the next life. Hindus believe that good actions lead to a more desirable rebirth, while bad actions lead to a less desirable rebirth in the Samsara cycle.

## Samsara

The cycle of life in Hindu beliefs consists of birth, life, death and then reincarnation back to birth again. This cycle is known as Samsara.



## Reincarnation and Moksha

Hindus believe a soul cannot be destroyed, so when a Hindu dies, their soul enters a new living being (reincarnation). Moksha is the ultimate goal. It happens when a soul stops being reincarnated and is reunited with Brahman.

### Reincarnation

'Re' means 'again'  
'in' means 'in' (!)  
'carn' means 'flesh'

