

RE – What spiritual pathways to moksha are written about in Hindu scriptures?

Bhagavad Gita	The sacred text which tells Hindus the 4 pathways to achieve moksha. Bhagavad Gita means 'The song of the Lord'.
guru	A Hindu teacher.
Hindu	Someone who follows the Hindu faith and believes that all life is sacred. The word Hindu comes from Sindhu, a river in North West India, which in Sanskrit means 'a vast expanse of water'.
Hinduism	A collection of ancient traditions with more emphasis on doing the right thing than agreeing a particular set of rules or teachings.
moksha	Hindus believe that moksha is like reaching the final goal by choosing the right path for each individual.
smiriti texts	Smriti texts are important stories for Hindus. Smriti means 'remembered'. The two most famous are the Ramayana and the Mahabharata.
Upanishads	Hindu scriptures which pass on wisdom from religious teachers or gurus.
yogas	Spiritual pathways to be with God. There are 4 yogas.

The 4 yogas to be one with God are:

Jnana yoga (the discipline of knowledge). Hindus believe that you should see yourself as part of God, with no divide.

Karma yoga (the discipline of action). Hindus believe that everything you do should be selfless.

Bhakti yoga (discipline of devotion). Hindus believe that you should love and devote yourself to God . You should also surrender yourself to God.

Raja yoga (discipline of the mind). Hindus believe that raja yoga means that you must be in charge of your body and mind through breathing, movement and thought.



Janmashtami

A festival where Hindus celebrate when Krishna appeared on Earth. It marks the end of one year and the beginning of the next. Sometimes it is celebrated at home or at a temple.

Prince Arjuna

In a story from the Bhagavad Gita, Prince Arjuna has a difficult decision. He leads a battle against some people who have hurt his family. Some of his family are on the other side and he has to decide whether to fight them or not.



Tier 2 words

culture	The ideas, customs and social behaviour of a group of people
principle	A belief that you have about something.
tradition	A set of beliefs passed from generation to generation