

# Hindu Foundational Concepts

Exploring the Core Concepts of  
Hindu Dharma

What are some  
ups and downs  
people experience  
in life?

Does anyone know  
what the idea of  
samsāra means?

# Hindu Foundational Concepts

1. Saṃsāra
2. Mokṣa
3. Karma
4. Dharma
5. Sādhanā

# 1. *saṃsāra*

Life is full of  
repetitive cycles.




Happiness vs. sadness




Success vs. failure

## 2. *mokṣa*

Finding balance  
from constant ups  
and downs

 Undertaking learning and practice to go deeper


 Many individuals are seeking this as their goal.




Activity: Mokṣa Maze

# 3. *karma*

## Actions and their consequences

 This can include making choices that shape our experiences.


 While being completely selfless is ideal, we need to be realistic in order to improve and make progress.




# Activity: Karma Chain Reaction

# 4. *dharma*

The teaching of ethically balancing one's various responsibilities in life with the goals one sets out for oneself.

 A context-dependent term.

 Spiritual traditions or philosophies that enable us to manage or free ourselves from the repetitive cycles of dissatisfaction or sorrows that we are put into or that we put ourselves into.

# 5. Sādhanā

Spiritual or disciplines or practices to develop self-control and inner peace

-  a sense of balance, purpose, and wellbeing
-  a sense of security and prosperity
-  **mental and physical pleasure**
-  **a sense of wholeness and liberation**

**Think-Pair-Share:**  
What do you think it  
means to have “inner  
freedom” (*mokṣa*)?

# Think-Pair-Share:

Can you think of an example where someone made a choice (*karma*) that led to positive or negative outcomes?

# Think-Pair-Share:

How do responsibilities (*dharma*) change based on different roles (e.g. student, sibling, friend)?