

R.E.: Do beliefs in Karma, Samsara and Moksha help Sanatanis lead good lives?



Be the BEST you can be

Key Vocabulary	
Karma	actions and in particular the consequences of our actions in this life and the next
Samsara	the cycle of life including birth, life, death and rebirth.
Moksha	the final release from the cycle of rebirth – to join with Brahman.
Sadhu	a Holy man – usually one who has turned away from ordinary life to concentrate on spiritual matters.
Reincarnation	a person or animal in whom a particular soul is believed to have been reborn
Consequences	a result or effect, typically one that is unwelcome or unpleasant

Karma



Karma can be translated as actions and in a broad sense explains that our actions have consequences. Sanatanis believe that the soul passes through a cycle of many lives and the next life is always dependent on how the previous life was lived.

Karma (actions) - traditionally linked to dharma (duties) that needed to be performed. These duties were defined by the caste system which decided what class you were in and what jobs you would do. Performing these duties well would improve your chances of a better next life.

Many Sanatanis now do not recognise the caste system but still value good karma.

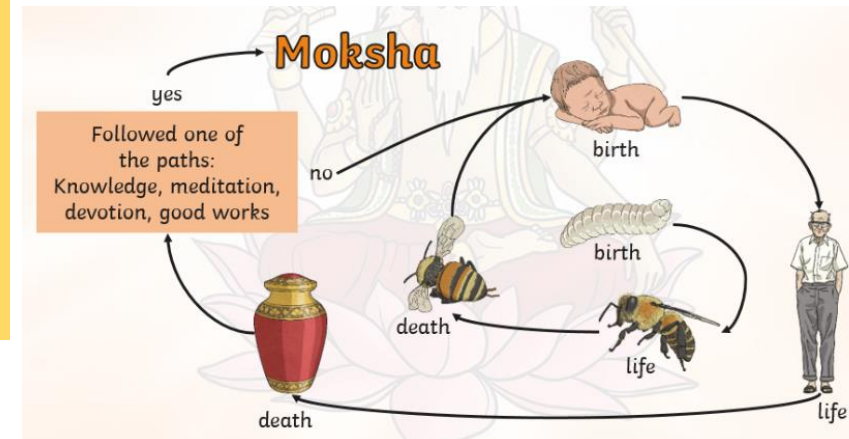
Sadhu

A Sadhu is a holy man. In many cases a Sadhu is someone who has turned away from ordinary life to live a more spiritual path. Sadhus do not concern themselves with matters concerning the body.

General Knowledge

Samsara

Sanatanis believe in reincarnation, the cycle of rebirth - a belief that the soul lives many lifetimes, in one body after another.



Moksha

The spiritual goal of a Sanatani is to become one with Brahman.

Moksha is linked closely to karma as the actions a person undertakes have a direct influence on their next life, so to achieve Moksha, good Karma must be accumulated.

The **cycle of rebirth** should be in a Sanatani's mind each day as everything we do will have a consequence either in this life or the next.

This belief would also prompt Sanatanis to help others around them be the best they can be – to help them attain the best situation next time