



Year Group: 5

Worldview: Sanatana Dharma

Enquiry Question: How can Brahman be everywhere and in everything?



Core Knowledge

Sanatanis believe in a universal soul or God called Brahman and that there is a part of Brahman in everyone and this is called the Atman

Atman

- The atman is translated into English as the eternal self, spirit, essence, soul, or breath. It is the true self which moves on after death or becomes part of Brahman (the force underlying all things).
- The final stage of moksha (liberation) is the understanding that your atman is, in fact, Brahman.

Trimurti

Trimurti, a term meaning "having three forms," refers to the three main aspects of Brahman.



Key Vocabulary

Atman: eternal self

Trimurti: three deities working together to reflect the laws of nature - namely

- Brahma: creator
- Vishnu: preserver
- Shiva: destroyer

Impact on Believers

- Beliefs about your own place in the cycle of life and death influence daily life
- What actions will bring the greater chance of a better life next time?
- What duties should a Sanatani perform?

Key Questions

- What do I think about a soul?
- How am I unique?
- Why is it a good to be me?
- How can I use my strengths to help others?
- How can we make the best decisions to look after the people around us?