

RE: To understand dharma and moksha

Read the following explanations of dharma and moksha.

**Moksha** is the end of the cycle of death and rebirth. You have been the best you can be and you become one with God.

They will not have to be born again and their atman is released to merge back into Brahman.

**Dharma** means duty.

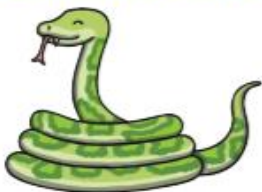
What duties have you done today?

For Hindus one way of doing their duty is to read the holy scriptures, try to understand what they are teaching about how to live, then live by these teachings.

Watch this bbc clip

<https://www.bbc.co.uk/programmes/p02n5v2q>

**Moksha Snakes and Ladders**



You are going to design a Snakes and Ladders game explaining a Hindu's journey to Moksha, where they will become one with Brahma. To achieve Moksha, Hindus must follow the path of duty, the path of knowledge or the path of devotion. Inconsiderate behaviour choices will give them bad karma achieving Moksha. In squares where there is a ladder going up, write an action that would help a Hindu achieve Moksha. An example might be 'You decide to go to a Yoga class' or 'You help an elderly lady cross the road'. You might want to look up these words in a dictionary to help you: duty, knowledge, devotion. In squares where there is a snake going down, write an action that would cause a Hindu bad karma. You will need to cut out the counters and you will need a dice. Have fun playing your Moksha Snakes and Ladders Game.

**You will need...**

- The Snakes and Ladders Board Game board
- A dice
- A counter per player

Draw your own snakes and ladder game. Draw a 7 square by 7 square grid. Label the squares 1-49. Draw some snakes and ladders and read the instructions on the left to see what to write at the bottom of your ladders. You will need a dice or make one of your own then, find someone to play your game with.

43	44	45	46	47	48	49
42	41	40	39	38	37	36
29	30	31	32	33	34	35
28	27	26	25	24	23	22
15	16	17	18	19	20	21
14	13	12	11	10	9	8
1	2	3	4	5	6	7