Dharma
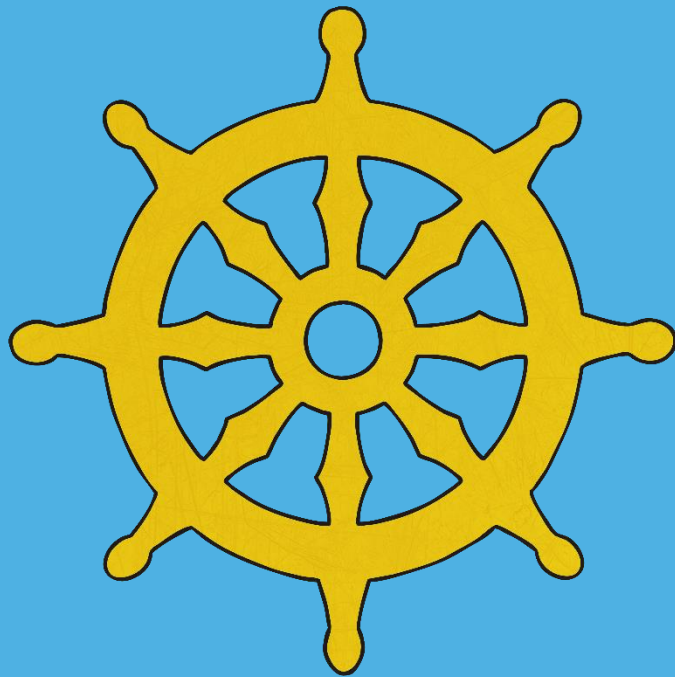
Hinduism

Hinduism is a religion which has fused many different traditions and practices. There is no one way to be a Hindu, nevertheless, there are certain fundamental principles that all Hindus share.

Dharma

In Hinduism, 'dharma' means duty, religion, virtue and morality; it is a central part of a Hindu's daily life. Hindus believe that there are right and wrong ways to behave so they must behave correctly, follow the moral law and take their duties seriously. According to dharma, it is best to do the right thing at all times.

Dharma Examples

For example, a pupil's dharma is to work hard at school; the parents' dharma is to raise and support their family; and the dharma of the police is to protect others. At different stages of a Hindu's life, their dharma will change, however, it is everyone's dharma to be kind, honest, religious and to be a good person in society.

Adharma

Hindus believe that following their dharma allows them to feel happy and live a rewarding life. Not acting in accordance with your dharma is believed to be wrong and called 'adharma'.

Dharma, Karma and Reincarnation

Karma refers to the law that every action has a reaction in the near or distant future. Therefore, actions in accordance with dharma will have good reactions.

If a Hindu follows the dharma, they can expect to be reincarnated into a higher form in the next life or good luck will come their way.

Reincarnation
Hindus believe that all living things have a soul (atma) which cannot be destroyed. Instead, Hindus believe in reincarnation, which means that the soul exists inside the body until the living thing dies. It then enters a new living thing.

Karma, good and bad actions carried out during someone's life, affects which living thing the soul will be born into next. For example, Hindus think it is possible for a human soul to be reborn as a cat.