

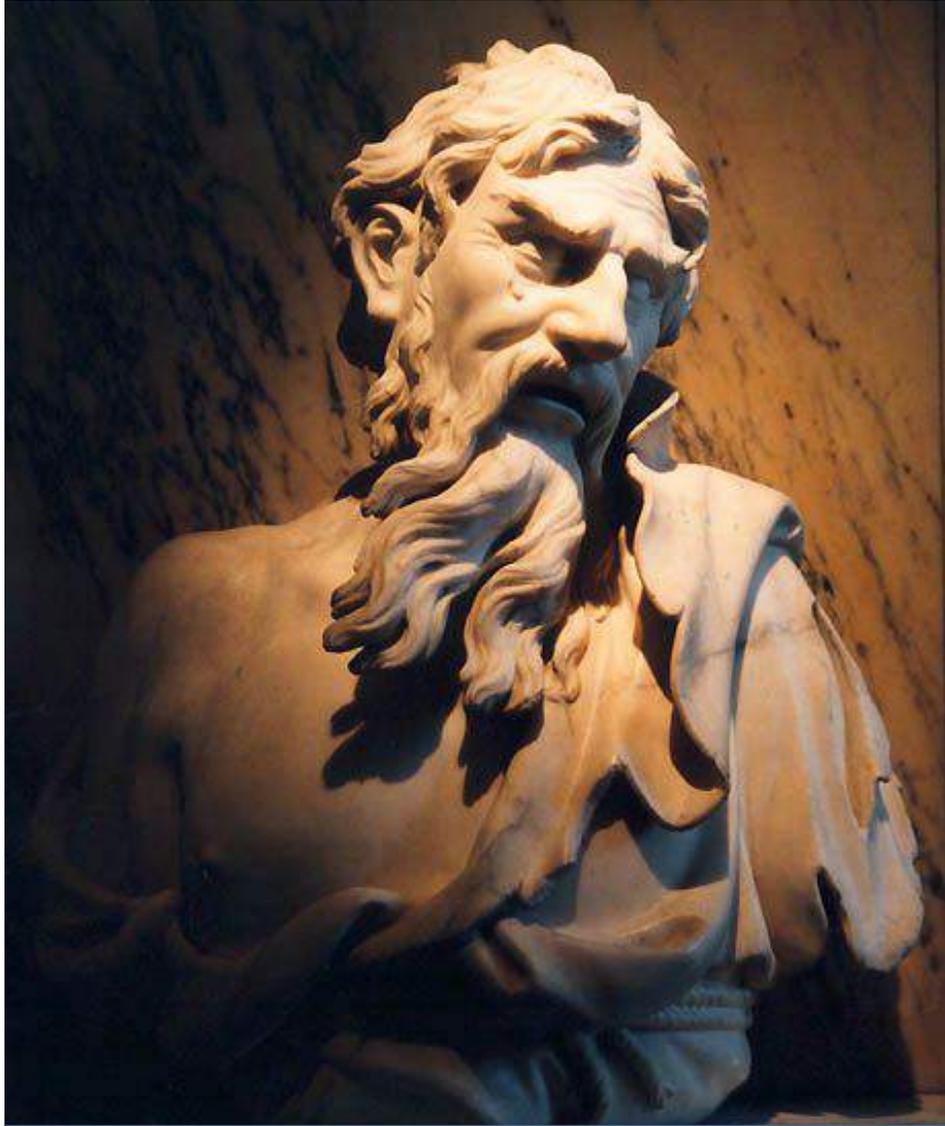
Title for Week 2: “The Self in Hinduism”

LO 2a: To reflect on the view ‘everything material changes’

Starter: What are the main things that a river is made of?



Extension: Can you name two sacred Hindu rivers?



**Heraclitus (Ancient Greece,
around 500 BCE)**

Can you
step into
the same
river
twice?

Can you think of something that doesn't change?

(Group work: make a list of as many things as you can think of)

The Hindu View on 'Change'

Things that change	Things that don't change
Prakriti (matter)	Brahman (Spirit)
	It has two parts:
	Ishvara (God)
	Atman (The Self)

Differences Between Matter and Spirit

(Please add this to the table you have started).

Prakriti (matter)	Brahman (Spirit)
Always changing	Never changing
Temporary	Eternal
Unaware (unconscious)	Aware (conscious)
Inactive (inert)	Active (dynamic)
Dead	Alive

Has the lesson changed
your views? How?

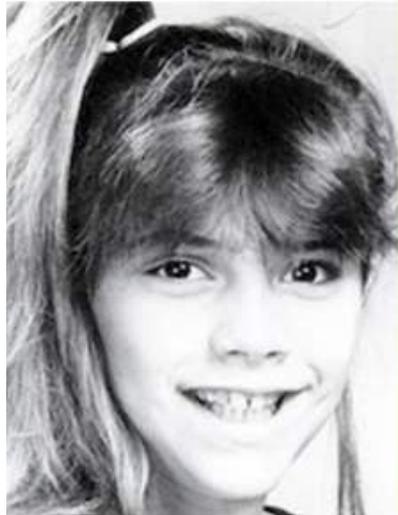
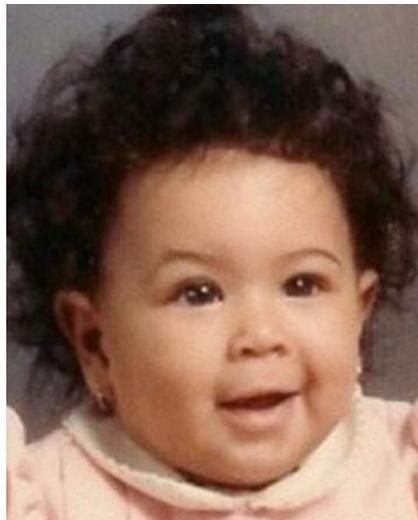


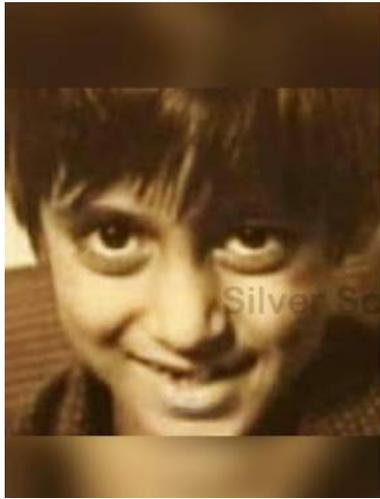
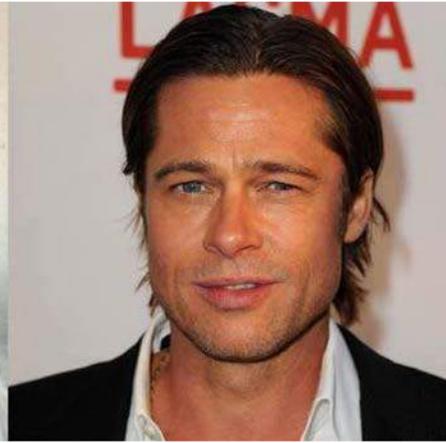
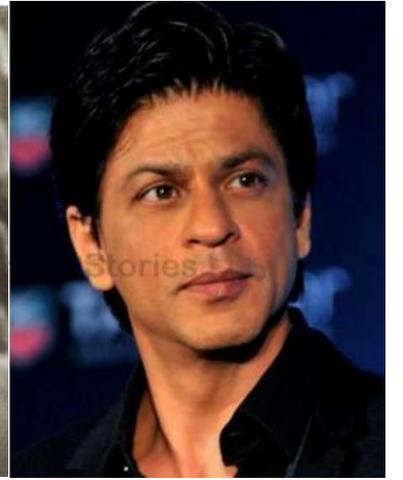
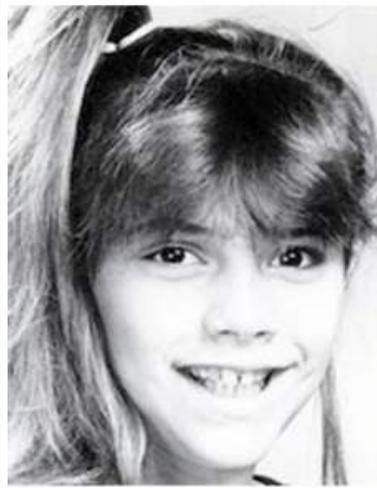
Title: The Self in Hinduism

LO: To understand one verse about the Self, from the Bhagavad-gita

- **Starter**

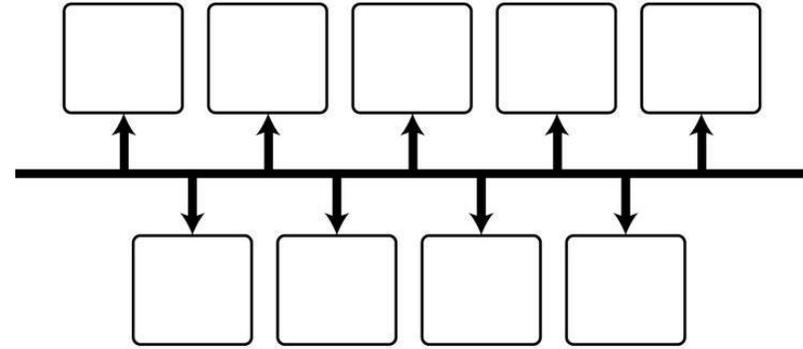
Can you recognise these celebrities?





Then and now.....

❖ 'My Life' Timeline



- 1. Draw a timeline of your own life so far, noting down few important events and dates.**
- 2. Now, extend the timeline into the future, as you would like your life to be**

Extensions:

- (1) In your opinion, what is the most important change that can take place in a person's life? Explain why.**
- (2) What do you think determines (affects) our future? Write them down.**

Krishna
speaks the
Bhagavad-
Gita



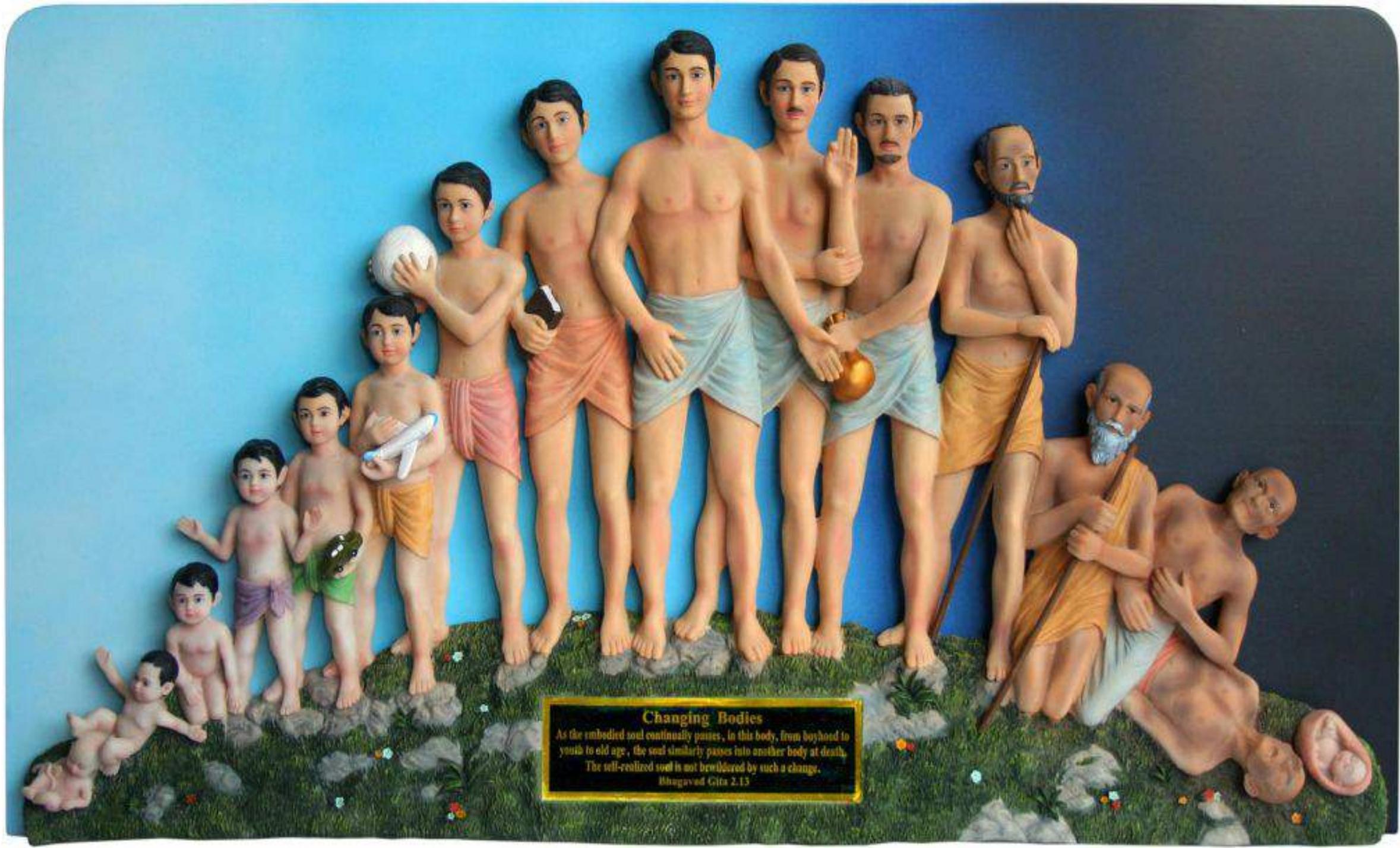


The 'Self in the Bhagavad-gita'

❖ 'As the same Self moves in this body from childhood to youth to old age, so it passes into another body after death. The wise person is not confused by this change'.

-Bhagavad-Gita Chapter 2, Verse 13

The Self is called 'Atman' in Sanskrit



Changing Bodies
As the embodied soul continually passes, in this body, from boyhood to youth to old age, the soul similarly passes into another body at death. The self-realized soul is not bewildered by such a change.
Bhagavad Gita 2.13

Title: The Self in Hinduism

LO: To use analogies to describe the Hindu view of the Self

Complete the similes by choosing the right picture/word:

1. As white as ...?

2. As proud as a....?

3. As green as?

4. As cunning as a ...?

5. As timid as a...?

6. As red as a?

7. As hard as a?



Analogy 1:

The self in this world is like a diamond covered by mud



Analogy 2:

The self is like the sun in the sky



Analogy 3:

The self inside our bodies is like the driver inside a car

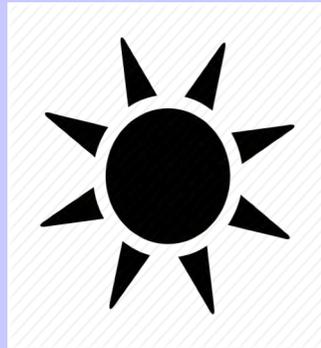


Analogy 4:

The soul inside our body is like a bird in a cage



Please choose your favourite analogy!



What have you learned in this lesson that you didn't know before?

