



Key Vocabulary

Word	Meaning
Dharma	The duties a Hindu should follow in their lives.
Eternal	Lasting or existing for ever.
Four Noble Truths	The essence and main ideas of Buddha's teaching.
Golden Rule	The principle of treating others as you yourself would like to be treated.
Halacha	The law or traditions by which Jewish people live.
Karma	The way our past actions may affect us in the future.
Kosher	Any food or drink that Jewish dietary laws allow you to consume.
Mitzah	The coming of age ritual.
Samsara	The idea that after we die, our should will be reborn within another body.
Shabbat	A day of rest.

The Golden Rule: Do unto others as you would have them do unto you.

Rules within Judaism



- One common facet of all faiths is known as The Golden Rule.
- This simply urges people to treat others the way they themselves would like to be treated.
- It is the most complete expression on 'Oneness' of all people.
- It tries to supply a geode for behaviour.

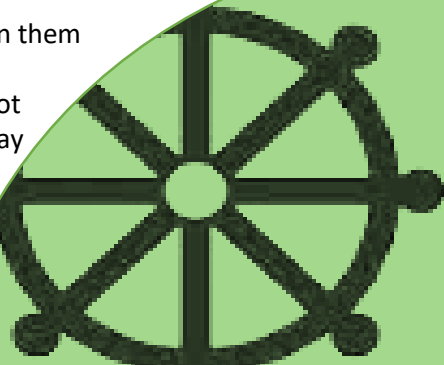
How and why are rules important both within Society and Religion?

- Rules are simply a set of boundaries.
- In general, rules are in place for safety and wellbeing but, most importantly, also to ensure that all are treated fairly and,
- Rules bring a feeling of order and community – perhaps also a feeling of belonging.
- Rules guide people into deciding what to believe and as well as how to behave and conduct themselves.

Why Are Rules Important?

The Golden Rule: Do unto others as you would have them do unto you.

- To avoid suffering, follow the guidelines known as Noble Truths.
- Refrain from 'wrong speech'-they do not involve themselves in gossip and unkind communication
- Refrain from taking any life-this results in them being vegetarians.
- Refrain from the misuse of the senses-not looking at what material items others may have in a lustful manner.
- Refrain from using intoxicants which may cloud the mind-they do not drink or take drugs as they do not help you think clearly.
- They understand and accept that nothing in life is perfect.



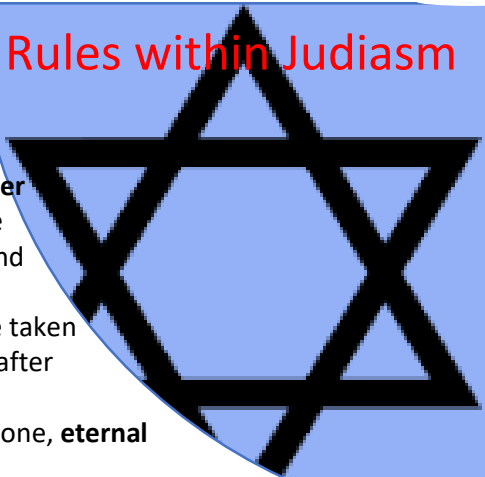
Rules within Buddhism

- Their rules are based on multiple sacred texts.
 - They believe in one God – Brahman.
 - They believe that the soul passes through a cycle of lives (Samsara).
 - They believe that truth is eternal.
- Everyone should strive to achieve dharma.
- Your next life is dependent on how you live your present life.



Rules within Hinduism

- Judaism is a religion based on the laws/rules (**Halacha**) revealed by God to the prophet Moses.
- Many Jewish families follow a **Kosher** Diet – any meat eaten should come from animals with cloven hooves and that have chewed the cud.
- **Shabbat**: day of rest which must be taken from sunset on a Friday night until after dark on a Saturday.
- Jewish people believe there is only one, **eternal** God.



Rules within Judaism

Expand your Learning



- 'Regard your neighbour as your own gain and their loss'. Discuss what this actually means.
- Can you design a symbol to remind people of the Golden Rule?