



Be the best that we can be.

EBJ Knowledge Organiser RE Year 3

Autumn 1

What makes us human?



The Soul

Some people, including many who follow Christian and Hindu **worldviews**, believe humans have an **immortal soul** and for some this soul is part of a person's connection with God.

For others, a soul is a person's **thoughts** and **feelings**. Some people do not believe humans have a soul at all.

People who follow the Buddhist worldview may focus on developing their **consciousness**.

For some Buddhists, consciousness means our always-changing thoughts, feelings, sensations and dreams called anatta or anatman.



Meditation and Spirituality

Meditation is practised by lots of people including many Buddhists. Meditation may include focusing on thoughts, sounds or breathing; looking at or touching an item; repetitive movement or activity; chanting or picturing something in the mind.

For many people, **spirituality** is an important part of being human. It looks and feels different to different people and may include taking time to stop, notice and connect - with others, with nature or with a god or higher power.



Buddhism

Buddhists focus on consciousness rather than the soul. People who follow the Buddhist worldview generally do not believe in a god or gods but focus on teachings from the Buddha (Siddhata Gotama). Many seek to understand the true nature of life and to end suffering by reaching enlightenment.

Consciousness is a person's thoughts, feelings and attitudes and can be changed. Buddhists do not focus on the idea of a soul. Meditation is focusing the mind. Meditation can involve: listening to sounds, sitting still, sweeping, being alone, counting beads, looking at candles, being with others, repetitive actions or sitting with crossed legs.



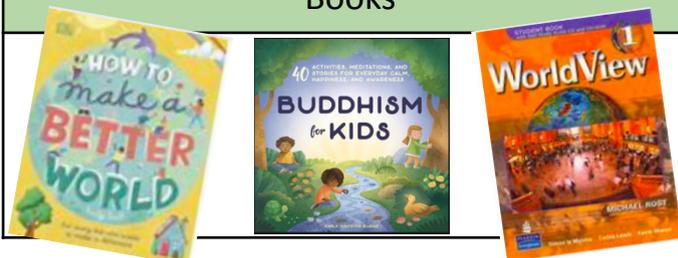
World Views

Different people from the same worldview may have different ideas about the soul or inner self. These beliefs may affect how people live their lives.

- A **personal worldview** is how a person sees and understands the world based on their own experiences, feelings and beliefs.
- Personal worldviews are **influenced** (affected by something) by different things, such as a person's parents, experiences, community, friends and culture.
- A person's views can change over time as they learn new things, have new experiences and talk to different people – similar to how the children's views may have changed after talking to someone who saw the illusions differently.



Books



Key Vocabulary

Buddhist, connection, consciousness, inner self, meditation, mindfulness, soul, source, spiritual

