

Hinduism and Ahimsa

Ahimsa



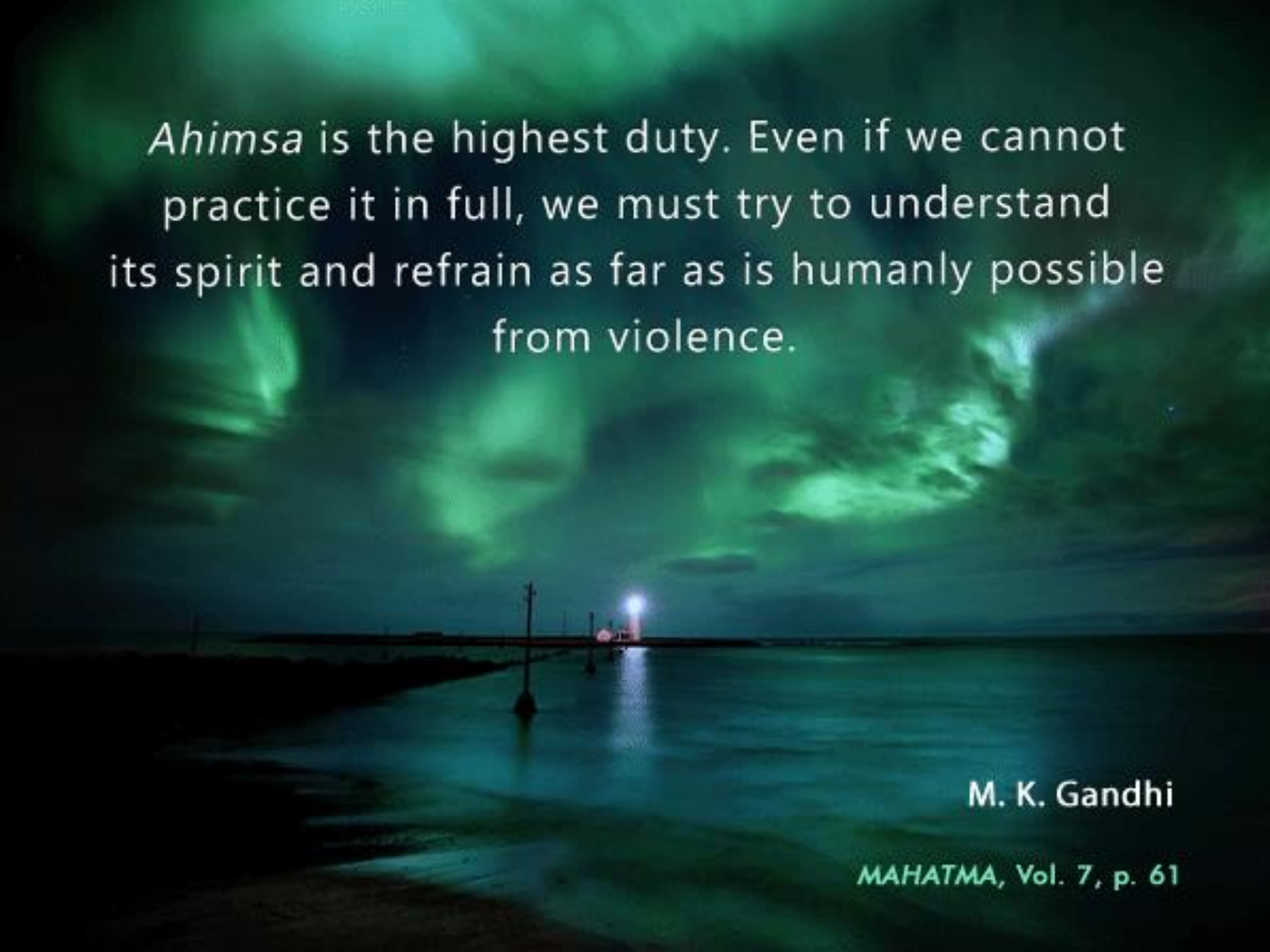
LET US DO NO MORE HARM

Ahimsa means non-violence.

Hindus try to practice ahimsa in their lives and believe that it is wrong to show violence towards other living things.

Hindus believe that violence will cause bad karma (this is like bad luck for the future)

Hindus believe that ahimsa will bring good karma (this is like good luck for the future).



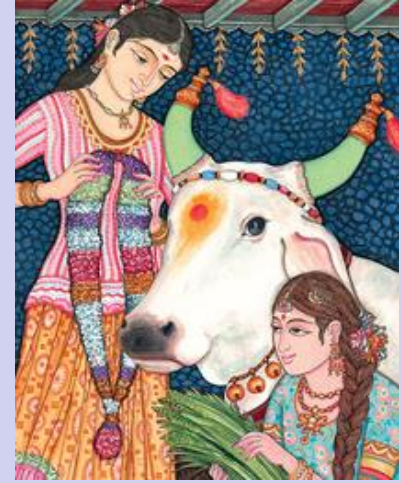
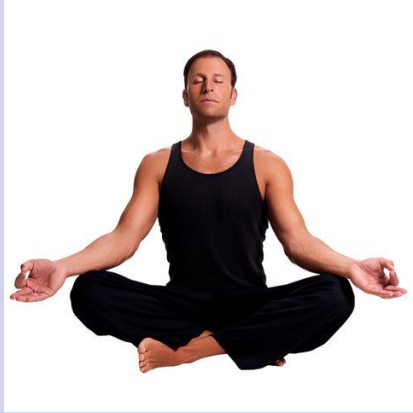
Ahimsa is the highest duty. Even if we cannot practice it in full, we must try to understand its spirit and refrain as far as is humanly possible from violence.

M. K. Gandhi

MAHATMA, Vol. 7, p. 61

Hindus think that the way they lead their life will affect the next life. To gain good karma they try not to cause suffering to others.

What might they aim to do in their life?



What would they try to avoid?



Complete your worksheet with ideas.