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BUDDHISM



LESSON 3

LO: WHAT IS KARMA AND WHY IS IT
IMPORTANT?



SOME VOCABULARY YOU WILL NEED FOR TODAY

- **Reincarnation:** Idea that people are born into another body after death.
- **Afterlife:** Life after death. The spirit or soul of a being lives on after the body dies.
- **Status:** Someone's position compared to others around them. (E.g. A Queen has a higher status than a Teacher).
- **Realm:** An area

STARTER: RECAP OF LEARNING

- Write the answer to this question on paper.
- **Is a Buddhist allowed to have a job selling weapons?**
- Now check your answer on the next page.

STARTER:ANSWER

- No. This goes against Right Livelihood from the Eight Fold path. This says that Buddhists should not have livelihood (jobs) that deal with weapons.

WHAT IS KARMA?

- The word 'Karma' means 'action'.
- Karma means what we do (the choices we make) affects what happens to us in life.
- People can have ***good karma*** and ***bad karma***.
- Good actions lead to rewards (good things happening).
- Bad actions lead to punishment (bad things happening).

WHY IS KARMA IMPORTANT TO BUDDHISTS ?

- Buddhists believe karma controls what happens in the next life.
- If you have bad karma, this can follow you into the next life.

For example, Buddha's cousin tried to kill him by dropping a boulder on him. He missed but injured Buddha's foot. Even though he failed, Buddha said this was bad karma following him because he once tried to kill his step brother in a previous life.

- Karma also affects where you will be reborn and your status in the next life. Good karma can mean being reborn into a heavenly realm. Bad karma can mean being reborn as an animal or into the hell realm.

KARMA EXAMPLES

Good Karma

- Sally helps James (who is new to the school) make new friends.
- Later that day on her way home, Sally just manages to catch the train before a huge snowstorm begins.

Bad Karma

- Alice is gossiping about Tamera. Spreading lies that she steals from others.
- On her way home, whilst she waits for the bus a large lorry drives by splashing her and soaking her completely in mud, ruining her brand new outfit.

ACTIVITY

Task 1

- Write a fable showing the ideas of good and bad karma.
- Your fable story must include:
 - A moral at the end (explaining the important message to learn from the story).
 - Scenarios showing good and bad karma following a character.
 - An illustration of at least one of your karma scenarios.

Task 2

Write the answer to the question below on paper.

Why is karma important to Buddhists?