**DHARMA**

Hindus refer to their religion as ***dharma***, which means code of moral and righteous duty. The concept of dharma pertains to the duties and responsibilities of the individual, and it is considered essential to the welfare of the individual, the family, and society.

***Varnashrama dharma*** concerns the specific duties of each individual with respect to age, sex, and status in society.

**(ii) Four Aims or Goals in Life**

From page **126** of your text, briefly discuss in your own words each of the goals that constitute the Hindu personal value system. Each incorporates her or his material desires and spiritual needs.

|  |  |
| --- | --- |
| **Dharma** |  |
| **Artha** |  |
| **Kama** |  |
| **Moksha** |  |

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**(i) The Four Paths to Salvation**

In Hinduism, there are four paths to salvation (moksha). The path a Hindu chooses to follow generally depends on her or his nature and personality. Each path can lead to salvation if the follower is **sincere**.

In the **left** side of the chart, summarize how each path strives to achieve salvation in your own words (see page 124 in your textbook). On the **right** of the chart, identify the path that would **most** appeal to **you** as a Hindu, and explain why. Also, indicate which one would **least** appeal to **you** as a Hindu, and why.

|  |  |
| --- | --- |
| **Bhakti Yoga (Path of Devotion)** |  |
| **Karma Yoga (Path of Action)** |  |
| **Jnana Yoga (Path of Wisdom)** |  |
| **Raja Yoga (Path of Meditation)** |  |