

Year 6 RE: Does Religion bring peace, conflict or both?

Vocabulary	
Ahimsa	A Sanskrit word which means "non-violence" or "non-injury". The practice of ahimsa is an important aspect of religion like Hinduism, Jainism and Buddhism.
Christianity	Christianity is one of the largest world religions. Christians generally believe Jesus to be the Son of God.
Conflict	On-going disagreements, fights or wars.
Harb al-Muqadis	Harb al-Muqadis - Holy War: The Qur'an makes it clear that Muslims may fight in self-defence but should not start a fight or war.
Hinduism	Hinduism is a religion widely practiced in South Asia and is the oldest religion in the world.
Islam	Islam is a monotheistic religion. All of its teachings and beliefs are written out in the Quran, the holy scripture of Islam. Believers of Islam are called Muslims.
Monotheistic	A religion which believes in one God.
Pacifism	A person who does not believe in war or violence.
Peace	A state or period in which there is no war or war has ended. Freedom from disturbance; tranquillity.
Self-defence	Self-defence means fighting off something or another person to protect yourself and maybe others.
Just War theory	A just war is a war which is declared for right and noble reasons and fought in a certain way. A just war is not a war that is 'good' as such.

Peace	
<p>Peace can mean two different things. It could be a time period without any conflict or it could mean an amount of time where you are in a state of calm or quiet with no disturbances.</p> <p>Peace is something that all governments and organisations aim for. acts of peace are ways that this can be done - both as communities or as individuals.</p>	<p>Peace is a central theme in all religions and while there has been conflict in the name of religion, they are all committed to teaching peace as an important message.</p>

Lesson overview	
Lesson 1	Investigating the words: 'peace', 'war' and 'conflict'.
Lesson 2	How different religions view peace.
Lesson 3	Identifying similarities and differences between different religions views on peace.
Lesson 4	Looking at different religious symbols and their relationship with religion, peace and conflict.
Lesson 5	Does religion bring peace, conflict or both?



Religious Views About Peace

<p>One of the important messages of Christianity is 'Peace on earth'.</p> <p>This was the message from the angels to the Shepherds when Jesus was born.</p>	<p>Peace in Judaism also focuses on ideas like prosperity (for all, not just the rich), fertility of crops, harmony and general well-being.</p>	<p>The word Islam means submission to God. This has been important in creating peace between individuals and nations. While most Muslims are not pacifists, Muslims do not believe in starting wars.</p>
<p>Peace is central to Hinduism. A key teaching in Hinduism is non-violence (ahimsa). This has been used to protest against oppression in India.</p>	<p>Buddhism teaches that through meditation, you can let go of being self-centred and live peacefully and generously with each other.</p>	<p>The founder of Sikhism was committed to non-violence. Sikhs promote human rights and harmony and have been involved in charitable work for the poor and needy.</p>

Community cohesion or inner peace?

Different religions views	Community cohesion
<p>Western religions (Christianity, Judaism and Islam) focus on peace within their community. Eastern religions (Sikhism, Buddhism and Hinduism) all have a focus on inner peace.</p>	<p>Lots of western religions work alongside charities within the community to promote cohesion (a sense of togetherness). One way that this is done is through promoting fair trade. Symbols of peace are used worldwide to promote peace. Some are linked with religions and others aren't but they share a powerful message of community cohesion for peace.</p>

Inner peace techniques

<p>Mindfulness is similar to Buddhist meditation. It involves being aware of the present moment and clearing your mind of distractions. It can be used to help mental health and find inner peace.</p>	<p>Meditation involves focusing your mind for a period of time. It can be done in silence or with chanting and can be for religious or spiritual reasons or as a method of relaxation.</p>	<p>Prayer is often used to say sorry, thank you or please. It helps people focus and gain inner peace.</p>
<p>Tai Chi is a Chinese martial art. It concentrates on controlled body movements and breathing which helps bring inner peace.</p>	<p>Yoga is a Hindu practice and involves controlled breathing, specific body positions and meditation.</p>	