

R&W - What makes us human?



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.

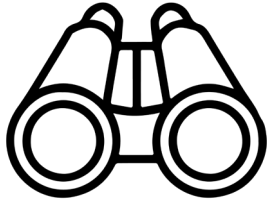
For others, a soul is a person's thoughts and feelings.

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 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.



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.

Buddhist 🔑	A person who follows the teachings of Buddha.
connection 🔑	A link between two or more things.
consciousness	Being aware.
inner self	A person's mind, personality or nature.
meditation 🔑	Focusing the mind, often for religious or spiritual reasons.
mindfulness	Focusing the mind on the present.
soul 🔑	What some people believe to be the emotional, non-physical or spiritual part of a human.
source 🔑	Something that provides information, such as a text, photo or person.
spiritual	Connection with inner self, immaterial or non-physical things and belief of something beyond yourself.