

## Knowledge Organiser

What difference does it make to believe in ahimsa (harmlessness), grace and Ummah?

Christians believe that God forgives everything and everyone.



## Ahimsa

An important concept found in Buddhism, Hinduism and Jainism

Ahimsa - Sanskrit अहिंस- is a term meaning to do no harm (literally: the avoidance of violence – *hinsa*). The word is derived from the Sanskrit root *hims* – to strike; *hinsa* is injury or harm, *a-hinsa* is the opposite of this, i.e. *non harming*. This is also translated as Non-Violence.

