

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.

Meditation is practised by some Buddhists and some people with other worldviews. 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.



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.



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Art can be used to express beliefs and ideas that are hard to explain in words.



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.

soul	Emotional, non-physical or spiritual part of a human.
spiritual	Connection with our inner self, immaterial things and belief of something beyond humans.
Buddhist	Someone who follows the teachings of Buddha.
practice	An action or ritual carried out regularly.
mindfulness	Focusing the mind on the present.
exist	Be real or living.
consciousness	Being aware.
connection	A link between two or more things.
meditation	Focusing the mind, often for religious or spiritual reasons.