Religion in India: Hinduism and Buddhism

I. Overview of Religions of Ancient India: The people of the Indus River Valley developed 2 major religions that are still practiced today: ______________ & ______________

II. Hinduism
A. Video & Discussion
1. The basic foundations of Hinduism rest on the individual’s quest for ______________?
2. What happens when a Hindu experiences “good karma”?
3. Name 1 of the many thousands of Hindu gods (by name or what they do)?

B. Basic beliefs:
1. Hinduism is based upon the search for “___________________ & the liberation from the _____________ world
2. This understanding is called ___________________ (also called nirvana or enlightenment)
3. Only the top of the ______________________ can achieve moksha
4. Hindus believe in ________________________ (people are reborn into another form)
5. Moving up in the caste is based on fulfilling __________________ (duty) & gaining __________________ (good deeds)

C. Gods:
1. Hindus believe in ________________________ of gods, but 3 are supreme
2. _______________ the creator, Vishnu the preserver, & ________________ the destroyer

D. Texts:
1. There is _______ single Hindu text, but the Upanishads & ________________________ are important works

E. Impact on society:
1. Hinduism & caste system dominate all aspects of one’s life, such as who people can ________________ & how to ________________

III. Buddhism
A. Quick Class Activity: How Buddhism is different from Hinduism?

B. Origins:
1. Buddhism was created by ______________ who abandoned a noble life in search of ______________
2. After a period of ______________, Siddhartha gained enlightenment & became known as the “__________”

C. Basic Beliefs:
1. Like Hinduism, Buddhists believe in ______________ & reincarnation
2. But, Buddhists rejected the ________________________ & the idea that only Brahmins can achieve nirvana
3. The major teaching of Buddhism are the ________________________
   a. First Noble: Truth Life is filled with ______________ and sorrow.
   b. Second Noble Truth: The cause of all suffering is people’s ___________________________ for the temporary pleasures of this world.
   c. Third Noble Truth: The way to end all suffering is to end all ______________
   d. Fourth Noble Truth: The way to overcome such desires and attain ______________ is to follow the Eightfold Path, which is called the Middle Way between desires and self-denial.
4. Buddhists believe they can achieve nirvana by following the ________________________

D. Impact on society:
1. Women & Hindus in the ________________ were attracted to Buddhism
2. ________________________ spread Buddhism into Asia
Major World Religions from the River Valley Era

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