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The Origins of Hinduism & Buddhism

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As a Young Historian, I will be able to...

- Describe the origins and central beliefs of Hinduism.
- Analyze and summarize how the caste system shaped India.
- Describe the origins and central beliefs of Buddhism.
- Explore how Buddhism grew and changed as it spread beyond India

Hindu Beliefs Develop

Hinduism has no single founder or single religious text.

Created by the overlapping beliefs of different groups out of India

“God is one, but wise people know it by many names”. Belief everything is connected in universe

Vishnu- The Preserver

Shiva- The Destroyer

Shakti- The Female Devine

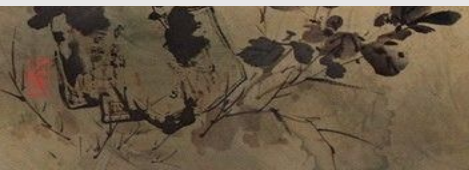
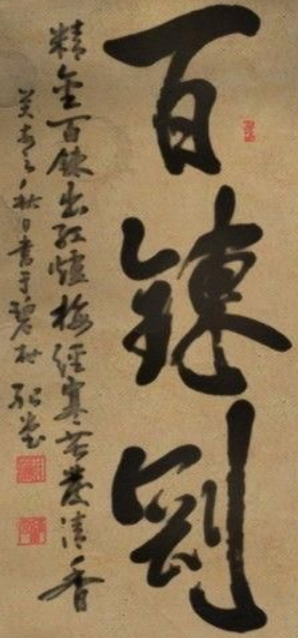
Hindu Beliefs

The Vedas hold the core beliefs of Hinduism to use vivid images to address complex ideas

Atman- The essential self

Moksha- Union with Brahman & divine self

Reincarnation- Rebirth of the soul in another bodily form



Hinduism Beliefs

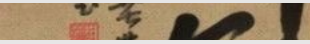
Karma- The action and result of something.
Good actions bring good, bad actions
bring bad

All existence is connect from animals to the
water & rocks

Dharma- The moral & religious duties of an
individual

Ahimsa- The practice of nonviolence

Jainism- Religion that emphasizes meditation, self-
denial, & extreme ahimsa (can't even kill a
bug)



Caste System in India

Castes- Social groups that people are born into & can **RARELY** change

These decided who you could marry, where you could live, & what job you could do

Dalits- AKA “The untouchables” have to work impure jobs & stay away from society

Castes had to depend on one another, but formed new sense of identity

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Buddha's Key Teachings

Siddhartha Gautama- founder of Buddhism

Became disturbed of human suffering & sought enlightenment, becomes the Buddha

Nirvana- Union with the universe & release from the cycle of rebirth

Buddhism follows the **Four Noble Truths & the Eightfold Path...**

Central Beliefs of Buddhism

Four Noble Truths

1. All life is full of suffering, pain, and sorrow.
2. The cause of suffering is nonvirtue, or negative deeds and mindsets.
3. The only cure for suffering is to overcome nonvirtue.
4. The way to overcome nonvirtue is to follow the **Eightfold Path**.

The Eightfold Path

1. Right views (which include knowing the **Four Noble Truths**)
2. Right aspirations (which include knowing the **Four Noble Truths**)
3. Right speech
4. Right conduct
5. Right livelihood
6. Right effort
7. Right mindfulness
8. Right contemplation

Analyze Charts The Buddha shared his knowledge by teaching other people. Choose one of the Eightfold Path steps. Then describe how the Buddha might teach others about following that particular step.

Buddhism Spreads

Temples are built & become major centers of learning

Tripitaka- “Three Baskets of Wisdom”- sacred text of life lessons

Sects- Subgroups that are subdivided from a major religion

Buddhism absorbs in Asia, but loses popularity in India after Muslim invaders

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