

# Hinduism & Buddhism

SSWH2

b. Explain the development and impact of Hinduism and Buddhism on India and subsequent diffusion of Buddhism.

# Warm Up

- If you could be reborn as someone else, who would it be, and why?
- What have you done in this life to deserve the change (new life) you want?
- Define reincarnation.

# Hinduism

- Mix of Aryans and non-Aryans
- Collection of religious beliefs that developed over a long period of time
- Cannot be traced back to one founder with set of beliefs
- Over 1 billion practicing today, nearly 960 million in India



# Hinduism

- Religion as a way of liberating the soul from the illusions, disappointments, and mistakes of everyday existence
- Between 750 and 550 B.C., priests attempted to interpret and explain Vedic hymns



# Hinduism

## ■ Four Aims in Life

- Artha – the pursuit of wealth or material advantage
- Dharma – righteousness
- Karma-good or bad deeds; influences specific life circumstances such as caste born into, state of health, wealth, etc.
  - Reincarnation-rebirth; spirit is born again and again until achieving moksha
- Moksha-state of perfect understanding

HOLSYM at DDE, S-VYASA

Moksha



Dharma

Kaama

Artha



# Hinduism

- Today Hindus free to choose which gods/goddesses they will worship or can choose to worship none at all
  - Thousands of gods/goddesses
  - Usually what family history has done
- Caste system
  - Determined by previous life's karma

# BUDDHISM



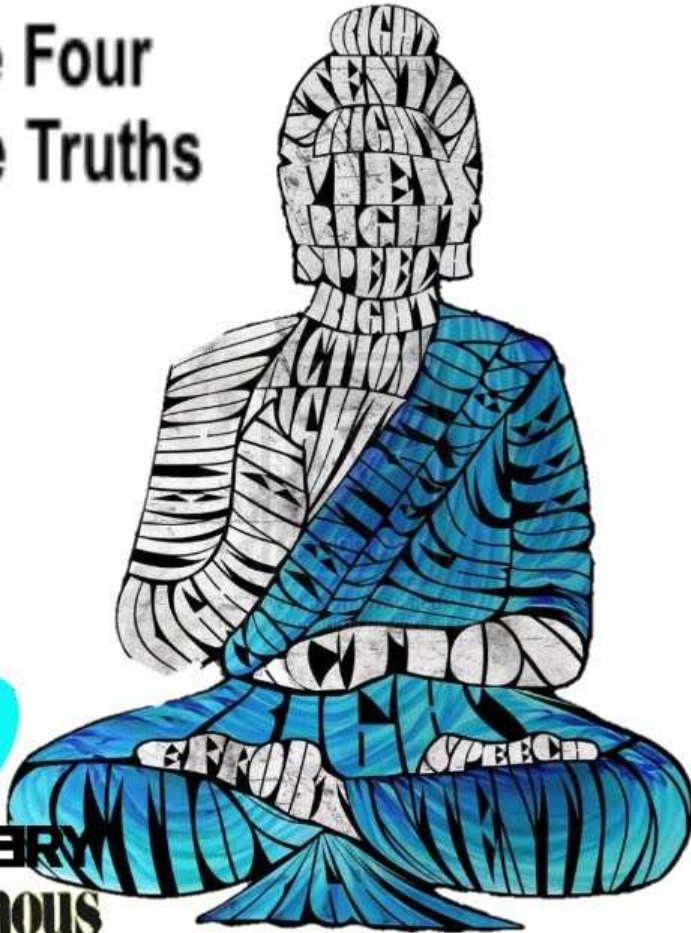


# Buddhism

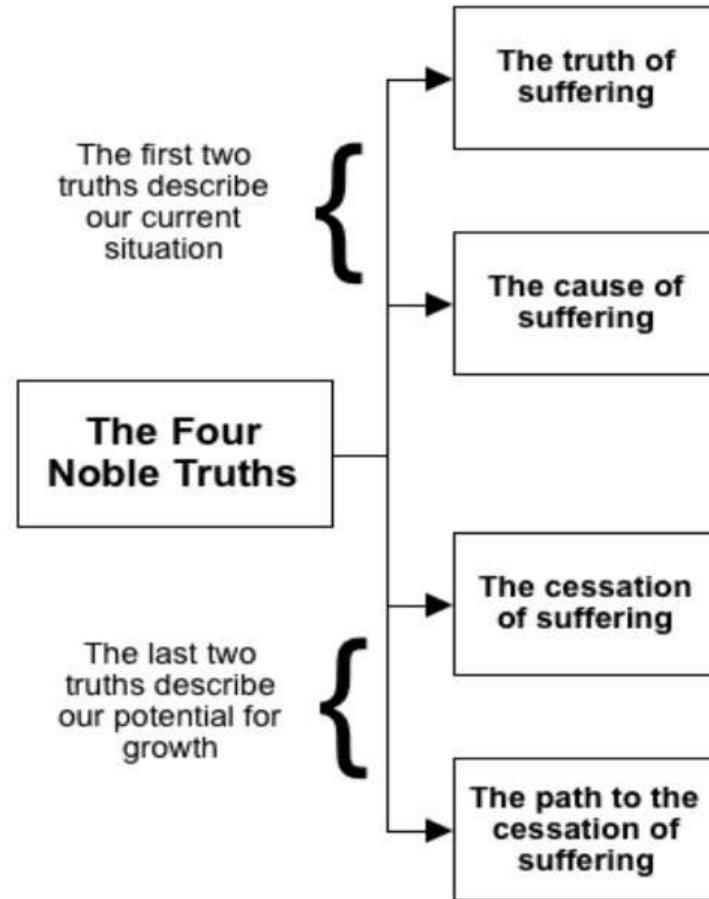
- Siddhartha Gautama (563-483 B.C.)
- Wandered the forests of India for six years seeking enlightenment-wisdom
- Four Noble Truths
  - Life is filled with suffering and sorrow
  - The cause of all suffering is people's selfish desire for the temporary pleasures of this world
  - The way to end all suffering is to end all desires
  - The way to overcome such desires and attain enlightenment is to follow the Eightfold Path, which is call the Middle Way between desires and self-denial

# Four Noble Truths

## The Four Noble Truths



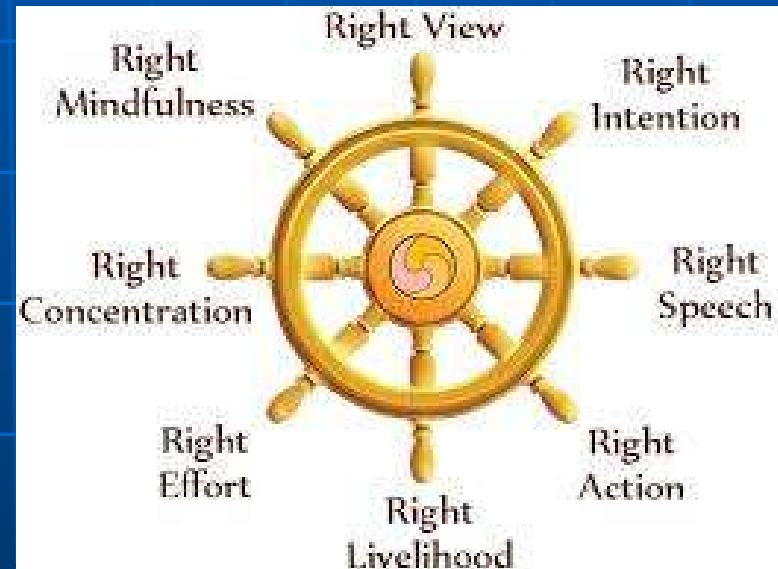
**RECOVER**  
**Anonymous**



# Buddhism

- Eightfold Path-master one step at a time
  - Would most often occur over many lifetimes

- Right Views
- Right Resolve
- Right Speech
- Right Conduct
- Right Livelihood
- Right Effort
- Right Mindfulness
- Right Concentration



- Achieve nirvana-release from pain and selfishness

# Buddhism

- Reincarnation
- World is created and destroyed over and over again
- Rejected many gods of Hinduism
- Rejected caste system
- Goal is to break cycle of reincarnation and attain enlightenment

# Buddhism Spreads

- Missionaries and traders
- Sri Lanka, Burma, Thailand, Silk Roads to China, Korea, and Japan



# What are the terms for Enlightenment for each religion?

