

## India & Hinduism

### Caste System (4 levels)<sup>Varnas</sup>

- A rigid social structure

1. Brahman - Priests
2. Kshatriyas - warrior/officials
3. Vaisyas - merchants
4. Sudras - serfs/peasants/  
labors

Pariah - Untouchables. Very poor people born outside of the caste system.

Married w/ in social classes

- no social mobility.
- determined by birth.

### Hinduism

- henotheistic religion

↳ The worship of a religion w/ a god w/ multiple faces or personalities

- Based on the Vedas - a collection of poems, hymns & rituals.
  - ↳ oldest Sacred Hindu text

### Brahman

- ↳ World's Soul. / Ultimate truth.
- your atman (soul) needs to come to know this.
- once this happened ...

You would join the world's Soul.

- Reincarnation - rebirth of your soul.

- unless you reached "perfection" you would be reborn. Life is painful  
\* This determined your caste.

Karma - A person's actions determines their rebirth & class

Karma: The force generated by a person's actions. According to this belief, the actions that you take in this life will impact you in the next life. Therefore, your current status in life is not an accident.

dharma: divine law which rules the concept of karma. The law requires all people to do their duty. More is expected of those who are higher on the social scale.

yoga: developed a method of training to help a person achieve oneness with God and stop the process of reincarnation. The final goal was to leave behind the cycle of earthly life and achieve union with Brahman in a dreamless-like sleep.

Three main deities in the religion although there are hundreds.

Siva: the destroyer

### Brahma: the creator

Vishnu: the preserver

## 9 beliefs of Hinduism

1. Hindus believe in one, all-pervasive Supreme Being who is both creator and Unmanifest Reality.

2. Hindus believe in the divinity of the Vedas, the world's oldest scripture.

3. The universe goes through countless cycles of creation, preservation, and dissolution.

4. Karma the belief that a person determines his own destiny by his thoughts, words and deeds.

5. Reincarnation: Soul goes through many reincarnations until all karmas are resolved and moksha is attained. (moksha: end of the rebirth cycle).

6. Hindus believe that divine beings exist in unseen worlds and that temple worship, rituals, sacraments, and personal devotions create communion with these devas and Gods.

7. Personal discipline, good conduct, purification, pilgrimage, self-inquiry, meditation and surrender in God are essential to know the Transcendent Absolute.

8. All life is sacred, to be loved and revered and practice ahimsa or "non-injury" in thought and deed.

9. No religion teaches the only way to salvation above all others, but that all genuine paths are facets of God's Light, deserving tolerance and understanding.

Siddhartha Gautama (563-483 b.c.e)

- one of Hinduism's critics

The First "Buddha"

Buddha: enlightened one

Buddhism

Age 29 (leaves his family)

- "Why do people suffer pain and sorrow?"

- Used meditation to discover the 4 Noble Truths

\* Buddha: means the "enlightened"

Nirvana - The end of reincarnation

## Asceticism (Asretic)

-religion in which the person ignores basic human needs.

Meditates excessively.

## Four Noble Truths

1. All life is suffering.
2. The cause of suffering is desire.
3. Removing desire removes suffering.
4. The way to remove desire is to follow the 8-fold path.

## Eight Fold Path

- Wisdom
1. Right Belief
  2. Right Intention
- Morality
3. Right Speech
  4. Right action
  5. " livelihood.
  6. " effort
  7. " thinking
  8. " meditation
- Meditation

## Nirvana

- ends the cycle of death + rebirth.

Buddha  
↳ did not believe in the caste system or untouchability.

**January 04, 2016**

[illegible]This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.