

# Hinduism:

An Ancient Religion  
with many gods



# Hinduism Facts:

- Main religion of India & Nepal
- 1 billion Hindus alive today
- World's 3rd largest religion
- Oldest 'living' religion on earth

"OM" Symbol



Henna Dye



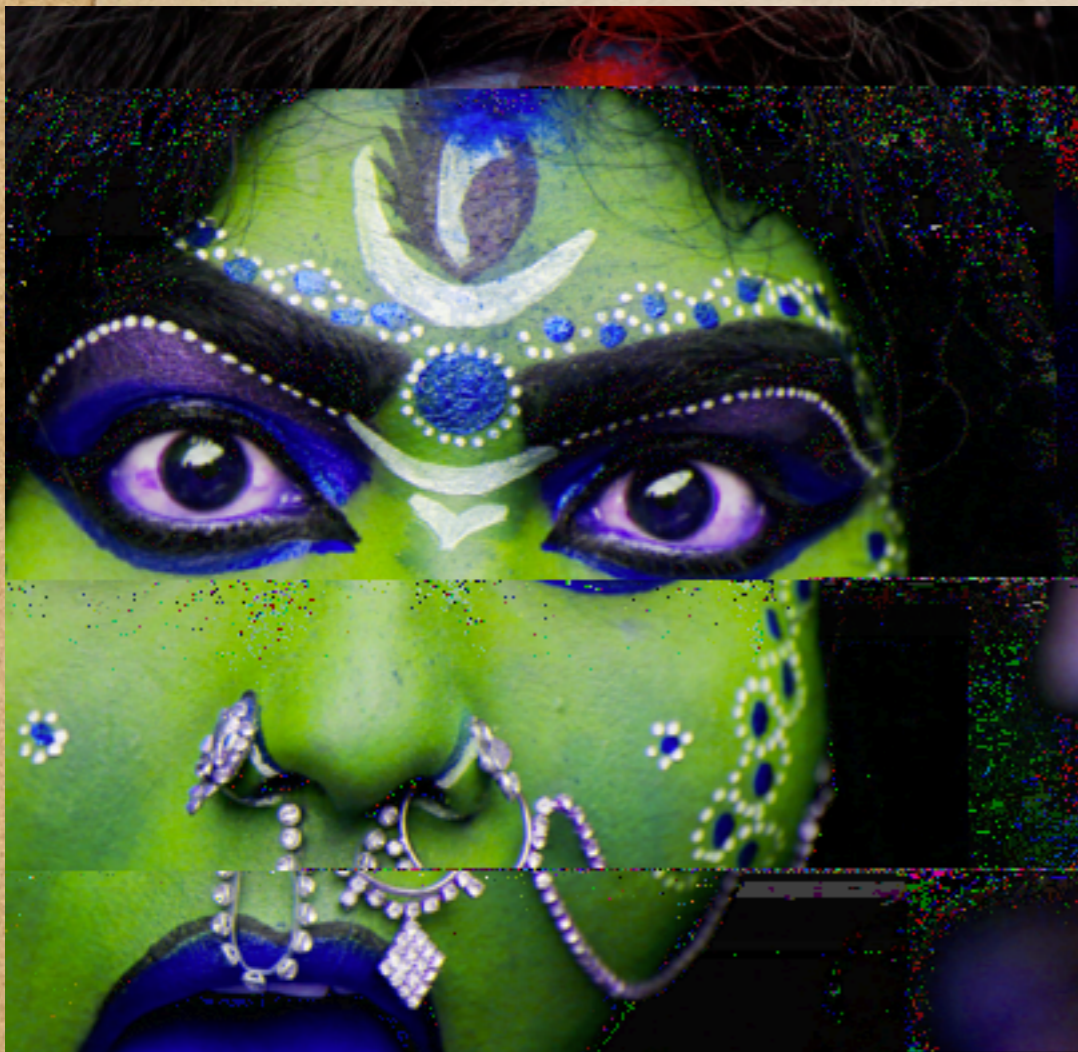
# HINDU BELIEFS:

- Polytheism: Belief in *many* gods
- Reincarnation: Souls re-born in another form
- Respect the Vedas: Sacred Ancient Writings
- Huge cosmic periods of **creation & destruction**
- There is **1 truth**, but *many* paths to **salvation**.
- Flexible & **tolerant**: No "right way" to be Hindu
- Respect for other **religions**



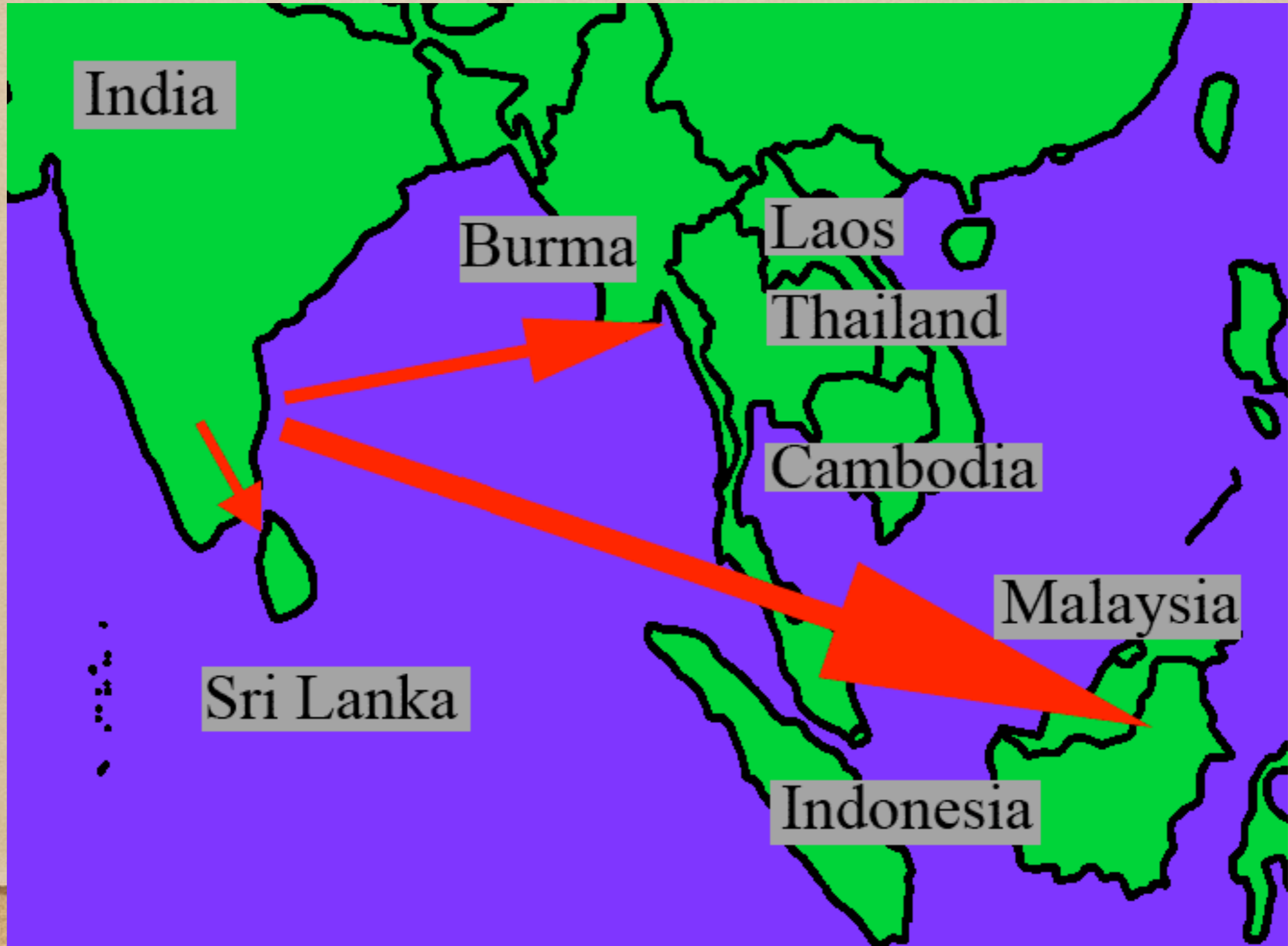
# A Unique Religion:

- Unlike major religions, Hinduism has:
  - Millions of gods
  - No founder, leader or savior
  - No 'holy book' or commandments
  - FEMALE goddesses!



# Spread of Hinduism

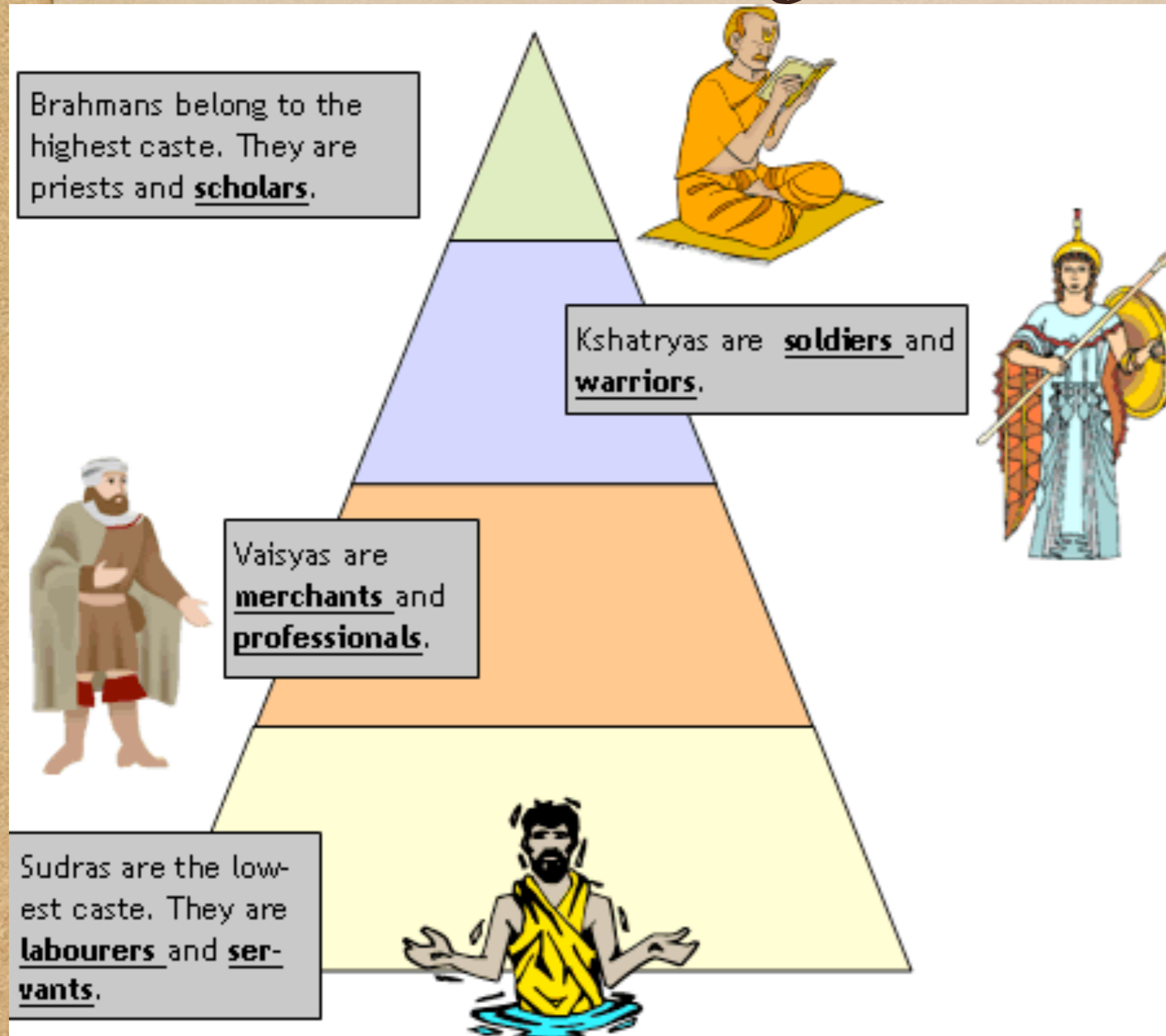
- Spread from India to Asia, then the world.



# Key Terms:

- Sanskrit: Ancient Indian Language
- Brahmanism: Ancient rituals
- Caste System: Hindu society is split into classes:  
more power & less power
- Dharma: Your ROLE in society must be done honorably.
- Karma: What goes around, comes around. GOOD or EVIL in THIS life comes back in the NEXT life.

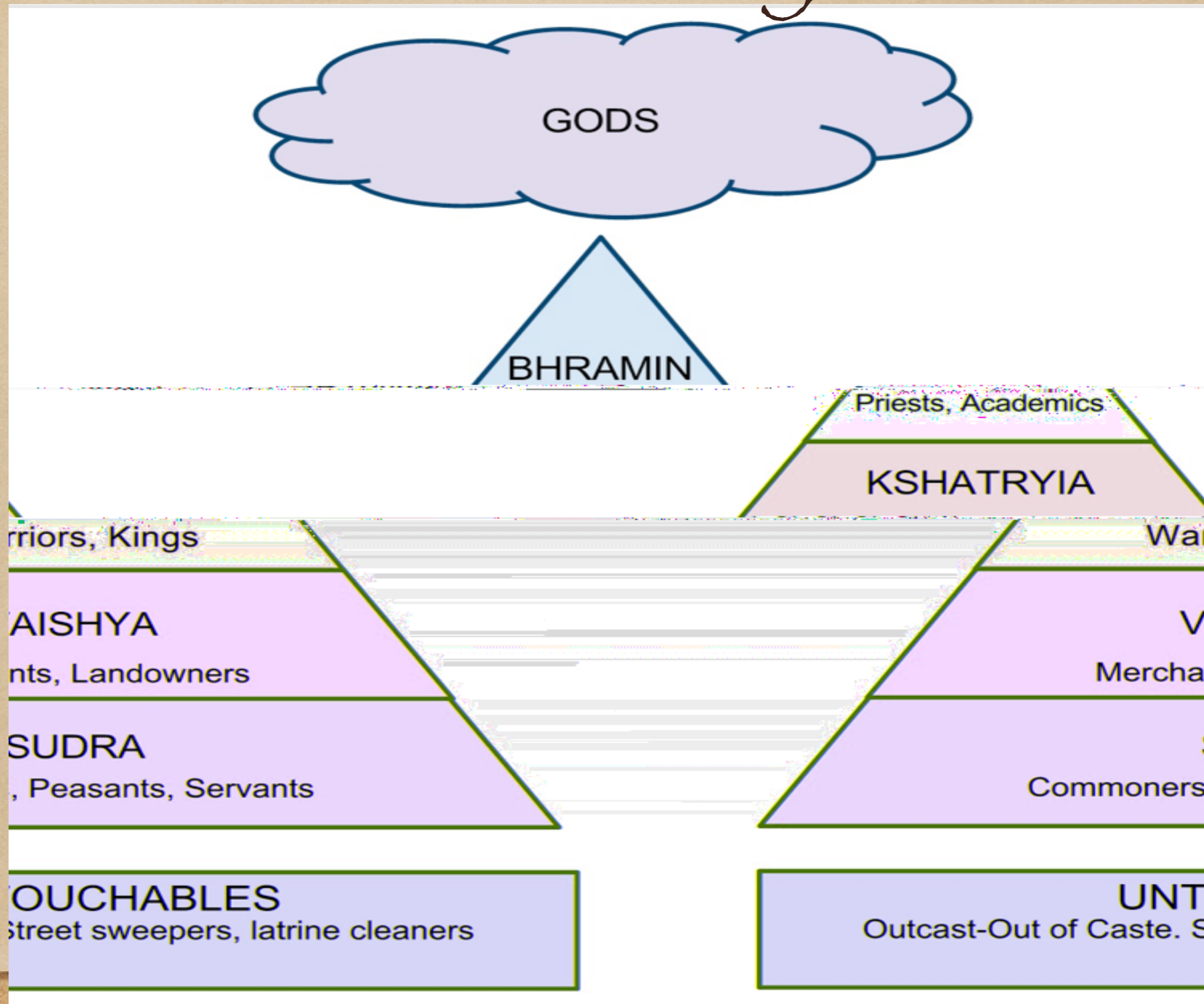
# The Caste System



Hindu society has 4 classes:

1. Brahmans
2. Kshatriyas
3. Vaishyas
4. Shudras

# The Caste System





# Hindu Worshipers



# HINDU GODS & GODDESSES:

Brahma: God of creation.

Saraswati, goddess of knowledge & speech. Brahma's wife.

Earthly form: Swan



Vishnu: God who controls the universe

Earthly form: "Garuda"—An eagle / human mix

Lakshmi: Goddess of good fortune & prosperity



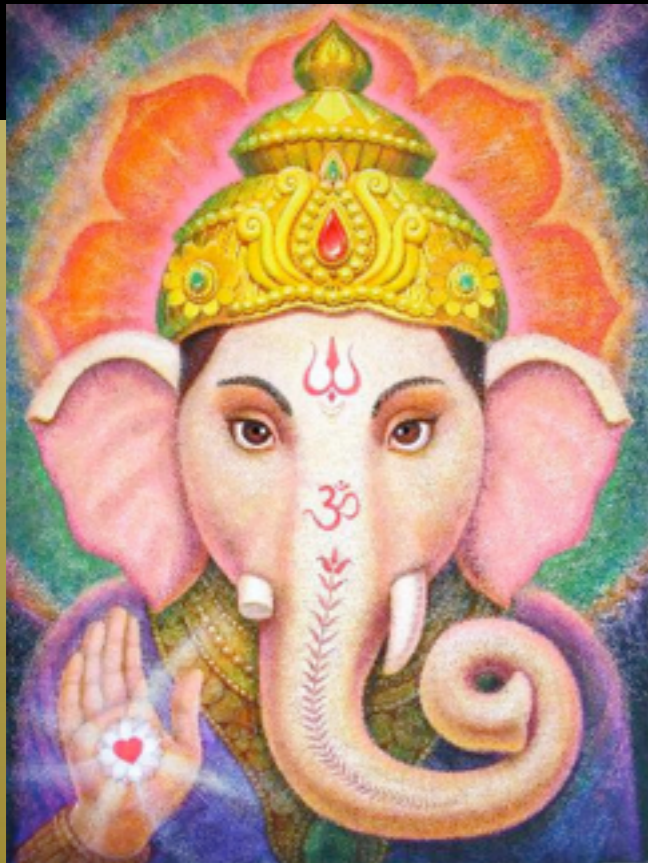
Shiva: God of DESTRUCTION & death

Kali: Shiva's wife, goddess of WAR & death

Form: The Bull



Ganesh: Son of Shiva & Kali, elephant form.  
God of strength & intellect.



# Children dressed as Hindu Gods/Goddesses



Crash Course Clip (11 min)

# Buddhism Facts

- Began in India 2,500 years ago
- 350 million Buddhists today
- Main religion in many Asian countries



# Buddhist Symbols

- Wheel of Life: Symbolizes the cycle of life, death & rebirth. 8 spokes show Buddhism's "Eight ways of life"
- Lotus: Symbol of purity, divine birth, and overcoming hardship. (Grows in mud at under a pond/lake, and rises above the surface as a beautiful flower!
- Buddha Images: Statues & art show respect & love for Buddha.





Buddha believed the only way to END human suffering is to stop craving & NEED.

NIRVANA: an enlightened, blissful state with no suffering (8-fold path).



# The Eight-Fold Path (8 ways of Life)

**Right  
View**

**Right  
Intentions**

**Right  
Mindfulness**

**Right  
Speech**

**Right  
Concen-  
tration**



## The "4 Noble Truths":

1st Truth: Suffering EXISTS (Feeling pain, disease, death, sad, lonely, frustrated, bored, scared, embarrassed, disappointed & angry).

2nd Truth: Cravings & NEEDS CAUSE suffering (trying to control things, have fame or fortune, avoid pain hurt us).

3rd Truth: We can END suffering! Reach NIRVANA by overcoming pain & NOT wanting! Live for NOW, not the past / future. (When we're happy & free we have more time & energy to help others!)

4th Truth: To END suffering, we must follow the Eight-fold Path