

## Reflection 2

Now that you have completed the assignments for the *World Religions* course, it is time to reflect for a few moments on what you have learned. I would like to find out if your views on religion have changed in any way since you began the course. Once again, I will treat your responses as *confidential*. I will not share them with anyone.

### Post-Course Beliefs

*Please answer the following questions. There are no “right” answers. I will not grade you on the supposed “correctness” of your replies. I will use the rubric on the next page to score your work. Your responses should be no more than one page in length.*

Submitted by: Dikchha Rijal

Student number: 040806753

## Reflection 2

1. Did this course meet your expectations? Please give details.

Yes, this course met my expectations. I am a Hindu, and I did know related religions such as Buddhism and to some extent Jainism and Sikhism, but this course has provided such an opportunity to learn about all the different religions in this world. I had not even heard about Daoism, Shinto Faith, Cao Dai to name a few. With the completion of this course, I am now able to recognize the name of the religions and their core beliefs, if I come across people following these religions. We live in a multicultural country and knowing and respecting other people's religions is an important aspect of our lives.

2. Do you have any suggestions for improving it?

I believe this course has many positive aspects and as of now, I don't see any areas that need improvement. It already encompasses a huge number of religions and discussion posts are great to share our questions and ideas with other students. I felt the course is very well made and organized, so I do not have any suggestions for improving it.

3. What effect, if any, has the study of religions other than your own had on you? Be as specific as you can.

From this course, I learned that most of the religions have similar preachings. Almost all religions teach the values of faith in God, the consequences of our karma in our afterlives, the act of non-violence, etc. I have been a non-vegetarian since birth and recently I have changed into a vegetarian. It is not because of religious beliefs but I just felt I needed to be a vegetarian. When I was studying Jainism, I learned that in Jainism, ahimsa or non-violence is the most important aspect of the religion. It was interesting to know how Jains' cuisine is strictly vegetarian, and they don't even eat the vegetables that are the root of the plants such as onion and garlic. In the Hindu religion, during our fasting days, we avoid eating onion and garlic but I never understood why. After reading about Jainism, I came to know the real reason for not eating root vegetables, which is, to avoid killing the whole plant and to avoid killing insects and microorganisms attached to those vegetables. This information had brought a new insight in me, and I am truly inspired by such faith in non-violence. I believe I will remain vegetarian now.

## Reflection 2

4. What surprised you? What insights, if any, did you gain?

The most surprising thing that I came across in this course is the positive and negative afterlives of the different religions. People are taught to do good deeds in this life invoking a fear in them that if they do not follow the right path, their afterlife will be full of pain and suffering. We human beings are very vulnerable to fear. Religions have used our fears to make us a good human being. I think this style of preaching has been working for hundreds of years and may continue to do so. It is quite surprising and interesting as well, that human beings are led by religions rules and regulations rather than from their own conscience.

5. Has your ability to communicate with people who do not share your beliefs changed in any way? Please describe the difference.

Yes, every day I come across people from different parts of the world following different religions. Before doing this course, I felt a little awkward to ask about people's religion since I was more conscious of not asking them questions that could hurt their sentiments. After the completion of this course, I am more interested in discussing their religions openly and sharing what I know about them. I am a Hindu, one of my neighbors is a Christian and another is from Greece. I have never discussed with them their festivals, their religious beliefs, their lifestyle to follow the religion. Now, I feel more confident in asking them about their special festivals, the food they offer to God, and their core religious beliefs.

In retrospect, my ability to communicate with people who share different beliefs than mine has changed for the better.

*Thank you for enrolling and participating in this course!*

## Reflection 2

## Reflection 2

### Reflection Rubric

Your responses to the reflection questions will be assessed in terms of their **content** and the degree of **self-awareness** they demonstrate. A maximum of **5%** is available for this assignment.

Reflection 1	3	2	1	0
<b>Content (3%)</b> – maximum of 1 page				
<input type="checkbox"/> Responses to questions show depth, breadth and insight.				
<b>Self-Awareness (2%)</b>				
<input type="checkbox"/> Responses to questions relate to student's own situation.				
<b>Total Mark: / 5%</b>				