

Religions of India



Learn about the two greatest religions to come out of India

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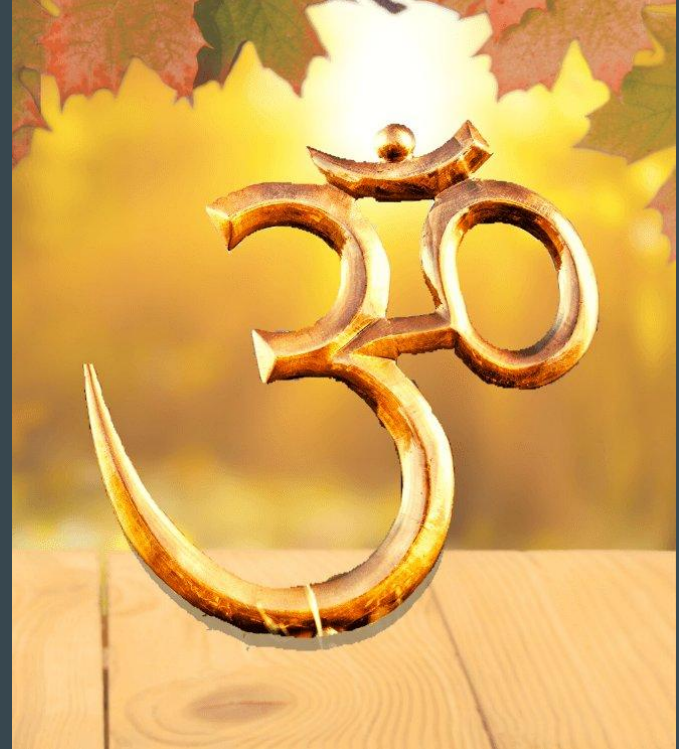
Hinduism | Origins

- Hinduism was not founded by one person
- More a way of living than religion
- Started 2300 B.C. - 1500 B.C. in Indus River Valley, but Hindus insist it always existed
- About 1500 B.C. Indo-Aryans migrated to the Indus River Valley
- Their languages and cultures mixed with that of native people
- Vedas, the holy books, were composed in the Vedic period, 1500 B.C. - 500 B.C.
- During that time there were sacrifices and chanting rituals



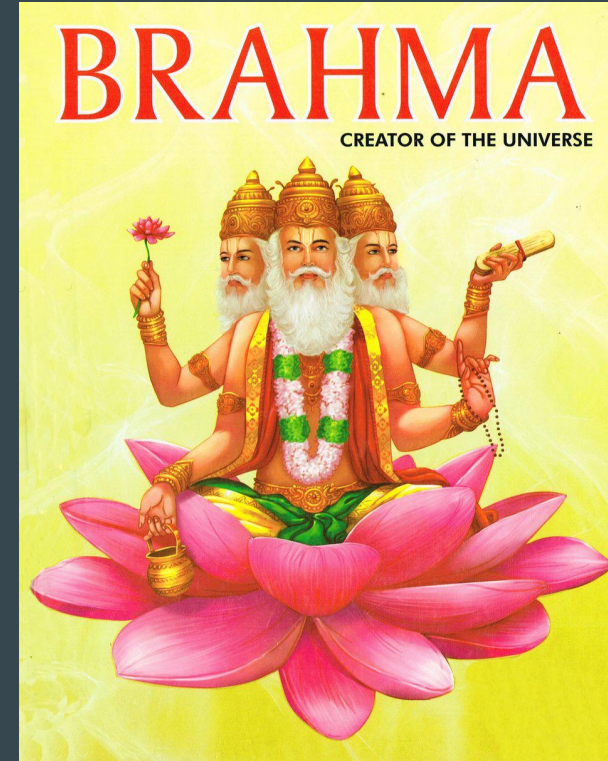
Hinduism | Thoughts and Ideas

- Believe in reincarnation and karma
- Important philosophy is belief in the soul, or atman
- Believe every creature has a soul and are part of one greater soul
- Moksha, release from reincarnation allows you to join the absolute soul
- Dharma is there code of living, which encourages being good
- There holy books are the Vedas



Hinduism | Deities and Worship

- Worship many deities with Brahma the creator, their supreme omnipotent being
- Other main deities are Vishnu the protector, Shiva destroyer of the universe, Devi who restores dharma, Krishna the compassionate, Lakshmi the wealthy and pure, and Saraswati goddess of learning
- Worship is called “puja” and is done at home or at the Mandir, at any time
- Give many offerings like flowers and oils
- Many Hindus go on pilgrimage to sacred temples and sites



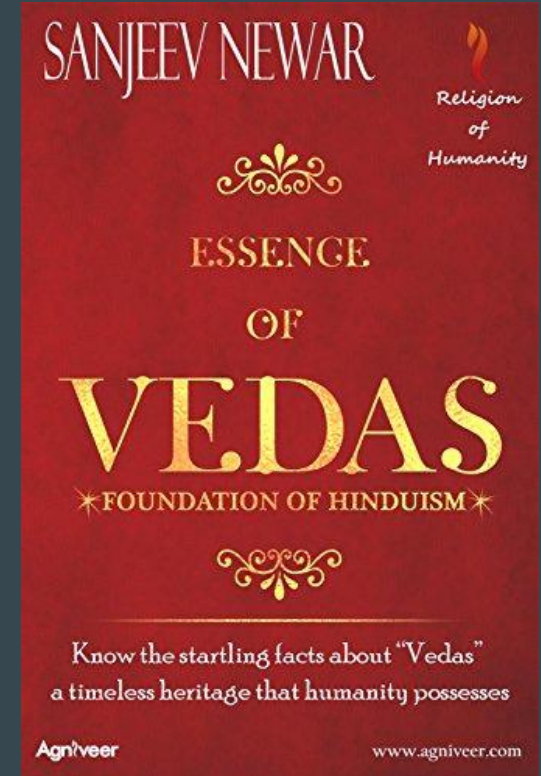
Hinduism | Holy Scriptures

- Hinduism has multiple sacred scriptures, the main holy book being the Vedas
- The Vedas is a collection of poems and hymns in Sanskrit with revelations from saints
- The Vedas made from four parts: The Rig Veda, The Samaveda, Yajurveda, and Atharvaveda
- Believe that vedas transcend times
- Other important holy writings are The Upanishads, the Bhagavad Gita, 18 Puranas, Ramayana and Mahabharata



Hinduism | Today

- Considered world's oldest religion
- More than 4,000 years old
- 900 million followers today
- Revere all living creatures and believe cows are holy
- Don't eat pork or beef and many are vegetarian



Buddhism | Siddhartha

Founder of Buddhism

Also known as Buddha

Born into high Hindu Caste

Saw pain and suffering

Sat under Fig tree for 6 years thinking
and became enlightened



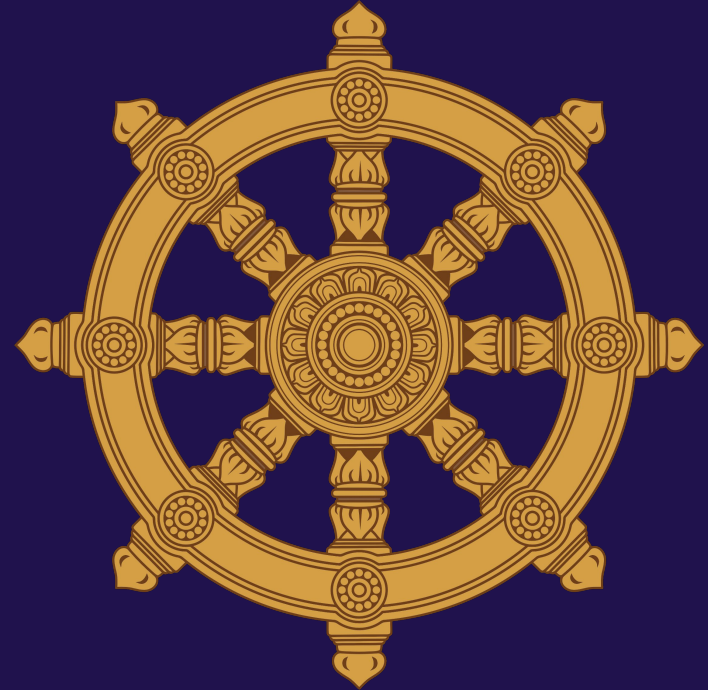
Buddhism | Beliefs

Do not believe in gods

Focus on achieving Enlightenment (Nirvana)

Achieve enlightenment by meditation,
morality, and wisdom

Thought of as more of a way of life than a
religion



Buddhism | The Four Noble Truths

The four noble truths are how you achieve enlightenment. They are:

- The truth of suffering (Dukkha)
- The truth of the cause of suffering (Samudaya)
- The truth of the end of suffering (Nirhodha)
- The truth of the path that frees us from suffering (Magga)



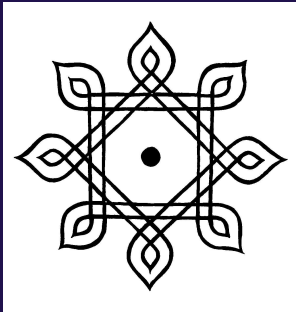
Comparing Hinduism and Buddhism

Hinduism

Caste System

Lots of gods

Karma



Buddhism

All people are equal

No gods

Nirvana



Similarities

Reincarnation

Founded in India

Priests

**This presentation was made by Todd and
Hamza.**