

Religion/sect	Problem	Remedy	Means	Spiritual growth
Native (wiccan, neopagen, shaman)	Survival, extinction of tribe	Encouragement of natural cycles	Civil ritual, prayer	Connection to nature, relationship to earth justice, staying in balance
Hinduism (1000s of sects 2300-1500 BCE)	Human condition is not true self	Samsara/reincarnation to reveal true identity, enlightenment	Meditation, devotion to gods, love, knowledge, karma	Balance of 4 paths, (devotion, action, knowledge, wisdom)
Judaism (apx 1900 BCE)	Survival of tribe	Make bargains: observe laws, God protects	Covenant, good deeds	Torah observance, involvement in community, healing the world (tikkun olam)
Zoroastrianism (6 th BCE)	Born into the battlefield Persian Empire	Choose sides: good/evil. Mazda/Akem Manah	Devotion Discern good from bad, angels/demons	discernment
Confucians (500BCE)	Disorder/chaos	A place for everything to save society	"li" which is "civil ritual." Everyone is educated in living "li"	Find identity, your place in "li" in society
Taoism (3-4 th BCE)	We have forgotten how to be human. Life is full of striving because we have forgotten who we are	Stop striving, do only what is within your nature. Called "woo-wi"	Learn by watching nature – go with flow	Sensitizing self to "re-membling" our discerning true nature

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Mahayana Buddhism (1st CE)	Suffering and ignorance of true nature	Break through illusion of dualism	Devotion to Buddha (savior) Chant	Discerning illusion of dualism. Devotion increases, nirvana for everyone
TheraVada Buddhism (4th CE) more conservative	Suffering due to cravings because we think there is a self	Break thru ego illusion	8 fold noble path Meditation Self effort	Ego-observation, overcome struggles to attachments. Nirvana for men only
Christianity (3rd CE)	Subject of oppression (tyranny, sin, death)	Liberation through resurrection	Baptism to be made one with Christ. Sacraments.	Freedom from sin/death. Sacramental spirit, intimacy with Jesus and community
Islam (5-6th CE)	Injustice=suffering	"Ummah" – a just society is worldly heaven	Pray with body in submission to God to cultivate humility and Kindness	Forgiveness, Haj, submission.
LDS (19th CE)	Confusion- who is right?	Restored Gospel	Revelation via book of Mormon and continued revelation via prophets	Grow in faith formation to avoid confusion