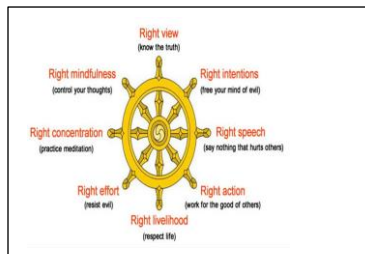
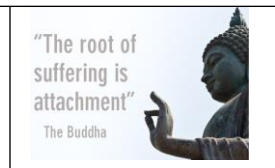
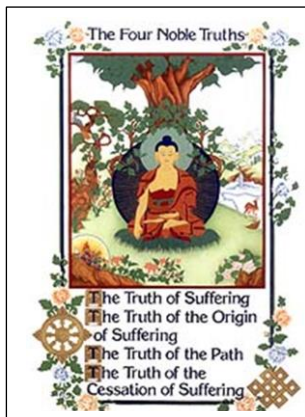
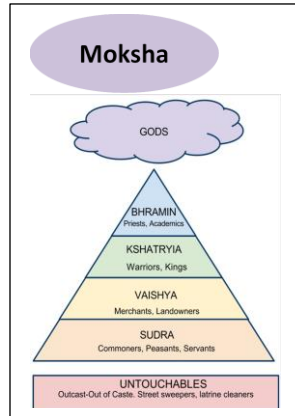
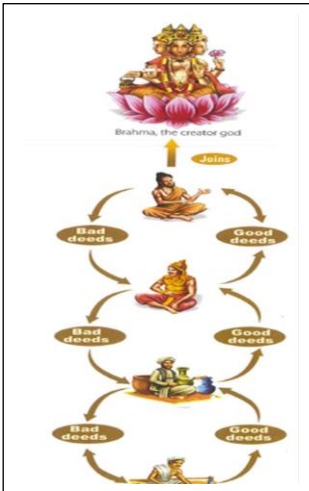


Aim #10: How did Hinduism & Buddhism develop in India?

NYS SS Framework: 9.2a, 2b, 4a, 4c

Hinduism and Buddhism



Mini Lecture

- Two major religions, Hinduism & Buddhism, emerged in ancient India.
- Although Hinduism grew out of the overlapping religious ideas of diverse groups, all Hindus share basic beliefs. One force, the **brahman**, is the basis of everything. People have an essential self, or **atman**. Their goal is to achieve **moksha**, or union with brahman.
- Because most cannot achieve it in one life, **reincarnation** allows people to continue working toward moksha through several lifetimes.
- Karma** affects a person's fate in the next life, & people who act correctly are reborn closer to brahman. By following **dharma**, or personal religious & moral duties, people can escape the cycle of death & rebirth. One part of dharma is **ahimsa**, or nonviolence, toward all people & things.
- Hinduism was connected to a system of **castes**, or social groups. This system included strict rules for every part of life. People in higher castes were believed to be more spiritually pure; the lowest caste was considered untouchable.
- Despite its inequalities, the caste system ensured a stable social order by giving people a sense of identity. Each caste had a role in Indian society.
- Siddhartha Gautama** was born a Hindu prince in 563 B.C. When Gautama became aware of human suffering, he left his home to search for answers. Eventually, he believed he understood the cause and cure for suffering. He became known as the **Buddha**, or "the Enlightened One."
- The Buddha taught the **Four Noble Truths**, which explain life as suffering & give ways to cure it. The fourth truth is to follow the **Eightfold Path**. The Eightfold Path includes "right aspirations" & directs people in achieving the goals of a moral life & enlightenment.
- Buddhists strive to achieve **nirvana**, or union with the universe & release from the cycle of rebirth.
- Buddhism & Hinduism share many beliefs. However, Buddhism teaches people to seek enlightenment personally, rather than through priests or gods. It also rejects the caste system & teaches that everyone can reach nirvana.
- Buddhism spread throughout Asia but gradually broke into two sects, or subgroups, with differing beliefs. Buddhism remained very popular in Asia but declined in India. Hinduism there absorbed some Buddhist ideas.

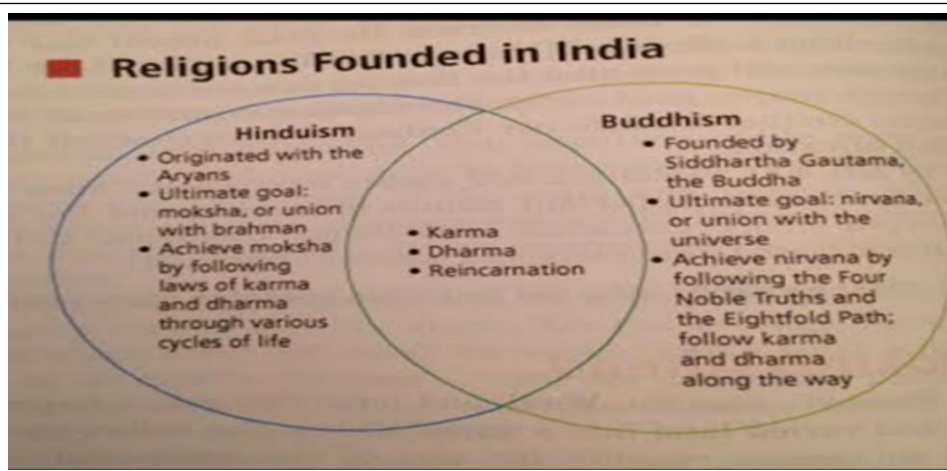
Review Questions:

1. What are the major beliefs of Hinduism?
2. How does reincarnation relate to moksha?
3. How did the Caste System affect India?
4. What are the major beliefs of Buddhism?
5. How does Buddhism differ from Hinduism?

Resources/Documents:

- Videos, Images, & Maps
- The Vedas
- Bhagavad Gita
- Tripitaka
- Four Noble Truths
- Eight Fold Path

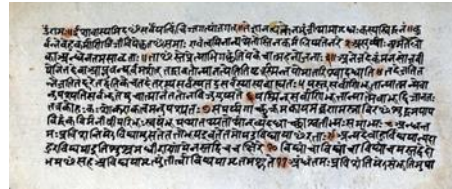
Further Reading: Chapter 3, Section 2



What are the major beliefs and practices of Hinduism?

The Sacred Books of Hinduism

Directions: Watch an excerpt from [Hinduism Today's "Introduction to Hinduism"](#) (5:31-8:40) and read the descriptions of Hindu sacred texts below, then answer the questions that follow.



The Vedas are the most sacred texts in Hinduism. The **Rig Veda** is the oldest of the Vedas. It was written in Sanskrit at least 6,000 years ago. Vedic hymns (religious songs written in a Veda) praise god, gods, and goddesses and describe a powerful and spiritual people, their clans, kings and emperors, fights, battles, and way of life. Originally, these thousands of hymns were not written down but memorized. Even today there are priests who can chant from memory as many as 10,500 verses which takes 50 hours.

The **Upanishads** are sections of the Vedas that deal with philosophy, medication, and the nature of God; they form the core spiritual thought of Vedantic Hinduism. They are a compilation of dialogues, monologues and anecdotes composed by multiple authors, which contain the foundations for most of the later philosophies and religions of India. According to tradition, there are over two hundred *Upanishads*.

The **Mahabharata** is the world's longest epic. It is about a massive war in ancient India between cousins fighting for the throne of a great kingdom. A central episode called **Bhagavata Gita** is a dialogue between commander Arjuna and Lord Krishna on the day of the battle. The Mahabharata remains one of the most widespread scriptures in the world with its dominant message of justice. Hindu sacred music, dance, drama, and the arts draw heavily on these two literary epics.

1. When was the Rig Veda written?
2. Before the Rig Veda was written down, how were the stories in it passed from generation to generation?
3. As a source, why might a historian question the reliability of the Rig Veda as a historical document?
4. The Rig Veda, Mahabharata, Bhagavata Gita and sacred texts from many other belief systems tell stories about gods and their interactions with each other and humans. What do you think the purpose of these types of stories are?

Core Beliefs and Practices of Hinduism

Directions: Read the notes below and answer the questions that follow.

1. Hindu Concept of God(s)

- Hinduism is considered a polytheistic religion, but it is more complex than that.
- It is estimated that Hinduism includes more than 33,000 deities (gods).
- Each god has its own story, personality, and responsibilities.

For example:

- **Vishnu** -The Preserver or Protector
- **Shiva**- The Destroyer
- **Ganesha** - The God of Good Fortune



Though there are many gods, they are seen by many Hindus as different forms of the same god, called the “ultimate reality,” or ***Brahman***. Because of this, some people consider Hinduism to be a monotheistic religion

**Why do some consider Hinduism a polytheistic belief system?
Why do some consider Hinduism a monotheistic belief system?**

2. Reincarnation, Caste, Dharma, and Karma

Reincarnation

Reincarnation is the idea that the individual soul (*atman*) is **reborn in a different form after death** and continues to be reborn until the soul achieves “union with Brahman,” also known as *moksha*.

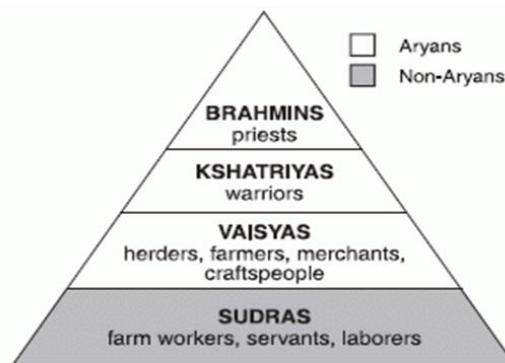


An illustration of the passage of one soul from one cycle of death and rebirth to another.

Caste

A **caste** is a **social class** in Hinduism that is determined by one’s actions in their previous life that one can only move out of through the process of reincarnation.

The four major castes in Hinduism are in the chart below. Not listed is a group called the *Dalits*, or “**Untouchables**,” who are considered the lowest in society and required to do “unclean work.”



Source: *Guide to the Essentials of World History*, Prentice Hall, 1999 (adapted)

Dharma

Dharma is one’s **duty** according to their caste. Each caste has jobs they are supposed to perform and rules they are supposed to follow. One is not supposed to do the duty of another’s caste.

Karma

Karma is the **sum of one’s good and bad actions during life**. If one follows their **dharma** (duty), then they will have good **karma**. If one does not follow their dharma, they will have bad karma.

Directions: Using the notes on the previous page and the word bank provided, fill in the blanks in the paragraph below.

Untouchables	Brahmins	Vaisyas	Kshatriyas
merchants	caste(s)	Sudras	priests
unclean	dharma	karma	lower

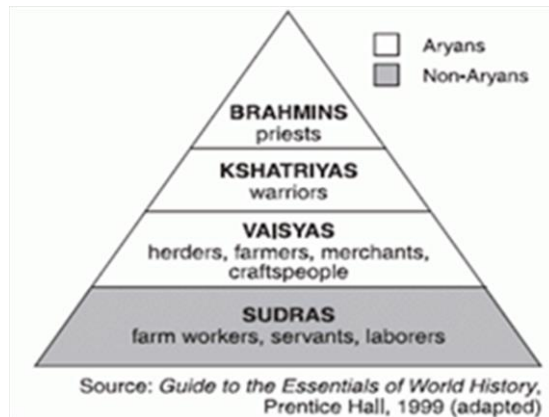
For most of Indian history, Hindu society has been divided into _____. The four major social classes in Hindu society were _____, _____, _____, and _____. The Brahmins are at the top of the caste system. Their job is to be _____. _____ were warriors. Vaisyas were herders, farmers, _____, and craftspeople. _____ were farm workers, servants, and laborers. The lowest group in Hindu society is not an official part of the caste system. They are called _____, also known as _____ and are responsible for “_____ work.”

Each person in Hindu society is supposed to follow their _____ as determined by their caste. This ensures that all jobs are done in the society. If a person follows the _____ of their caste, then they will have good _____. If they do not complete their duties, then they will have bad _____. Karma is important because Hindus believe that when they die, they go through the process of _____. If someone has good karma when they die, they will be reborn into a higher _____. If they do not follow their dharma, and as a result, have bad karma, then they will be reborn into a _____ caste. They might even be born as an animal. Hindus believe that the goal of life is to escape the cycle of death and rebirth. They can do this by achieving “union with Brahman,” also known as _____. To reach that goal, a person needs to climb the caste ladder until they are Brahmins, then they have to fulfill the Brahmin’s dharma so they have good _____ at the end of their life.

How does Hinduism impact the lives of Hindus?

The Hindu Caste System is a **rigid social hierarchy**. It is a system for grouping people in society. It is called “rigid” because you cannot leave whichever caste you are born into. There is **no social mobility**.

Your caste determines your **job**, where you **live**, and who you can **associate with**



*Aryans were nobles in ancient India and were believed to be descendants of a group that migrated into India around 1500 BCE. Some of the Aryan belief system was blended with Indian beliefs which contributed to creating Hinduism.

Read The Original Source Text: The *Bhagavad Gita*

Introduction

In the following excerpt from the *Bhagavad Gita*, there are two characters. One is named Arjuna. He is a warrior from the Kshatriya caste. His dharma [duty] as a member of that caste is to rule and to fight, but he does not want to fight in the battle he faces because he will have to fight against members of his own family and he does not want to cause them any more suffering. To encourage Arjuna to fulfill his dharma, the Hindu god, *Vishnu*, takes the form of a human and comes to Earth. Vishnu, who is the speaker in this text, then explains the importance of caste-duty, telling Arjuna that he must fight.

...The fourfold division of castes was created by me [Vishnu] according to the apportionment [distribution] of qualities and duties....The duties of Brâhmins, Kshatriyas, and Vaisyas, and of Sûdras, too...are distinguished according to the qualities born of nature. Tranquillity, restraint of the senses, penance, purity, forgiveness, straightforwardness, also knowledge, experience, and belief (in a future world), this is the natural duty of Brâhmins. Valour, glory, courage, dexterity, not slinking away from battle, gifts, exercise of lordly power, this is the natural duty of Kshatriyas. Agriculture, tending cattle, trade, (this) is the natural duty of Vaisyas, And the natural duty of Sûdras, too, consists in service.
(Every) man intent on his own respective duties obtains perfection. Listen, now, how one intent on one's own duty obtains perfection. Worshipping, by (the performance of) his own duty, him from whom all things proceed, and by whom all this is permeated, a man obtains perfection. One's duty, though defective, is better than another's duty well performed. Performing the duty prescribed by nature, one does not incur sin.... one should not abandon a natural duty though tainted with evil; for all actions are enveloped by evil, as fire by smoke.

1. According to Vishnu, how have the “duties of Brahmins, Kshatriyas, and Vaisyas, and of Sûdras (li 2-3)” been determined?

2. List three qualities or duties of each of the following castes as described by Vishnu

Brahmins	Kshatriyas	Vaisyas	Sudras
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3. According to Vishnu, if one wanted to “obtain perfection,” how could they do that?

4. Explain what Vishnu means when he states “One's duty, though defective, is better than another's duty well performed. Performing the duty prescribed by nature, one does not incur sin...”

5. If a Kshatriya, like Arjuna, followed all of Vishnu's advice, how would he live his life? What would be his reward?

6. Explain the extent to which this excerpt of the *Bhagavad Gita* is a reliable source of evidence about Hindu religious beliefs.

7. Explain the extent to which this excerpt of the *Bhagavad Gita* is a reliable source of evidence about the way caste-duty if followed in modern India.

Directions: The Untouchables. [Watch this video on The Untouchables in India](#), then answer the questions below.

1. What types of jobs do the Untouchables in this video perform?

2. Where do they live?

3. How are the Untouchables treated by people born into higher castes?

4. What steps have been taken to stop discrimination against the Untouchables and improve their way of life? What have been the effects of these steps?

5. Why was it important that an upper caste man led the bull through the village during the ceremony at the end of the video?

What were the historical circumstances for the founding of Buddhism?

Directions: Watch clips of the [BBC Documentary, "The Life of Buddha"](#) (6:44-10:24, 11:26-22:47) and take notes on some of the events in his life. Then, sketch out a storyboard that depicts the events you learned about from the video clips.

What is Buddhism?

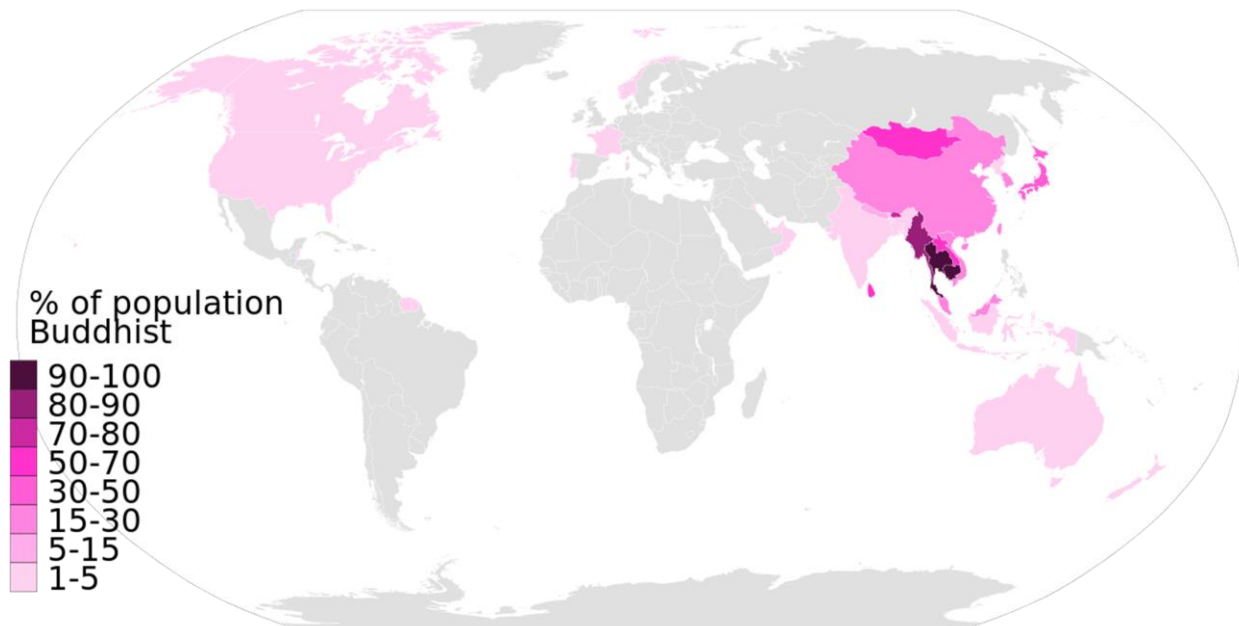
Buddhism is a belief system that originated in **India** in the **mid-400s BCE**. Buddhism was founded by **Siddhartha Gautama**, better known as the **Buddha** (the Enlightened One) who was born a prince in northeastern India, around 480 BCE, but then devoted his life to finding answers to spiritual questions.

Buddhism's sacred text is called the **Tripitaka**, or **Three Baskets of Wisdom**, and is made up of the teachings of Buddha as they were passed down over generations.

Buddhism originated from a time and place that was dominated by Hinduism. As a result, the two belief systems share some concepts, but differ in others.

The **major beliefs** and concepts of Buddhism are:

- **Reincarnation**
- **Enlightenment**
- **Nirvana**
- **The Four Noble Truths**
- **The Eightfold Path**
- **Rejection of the Caste System**



Percentage of Buddhist Population in Each Nation Worldwide, 2014

The Sacred Books of Buddhism

Tripitaka- “Three Baskets of Wisdom”

Directions: Read the following and answer questions below.

The **Tripitaka** or **Tipiṭaka**, meaning "**three baskets**," is the formal term for the earliest surviving Buddhist teachings. It is also called the "Pali Canon" named after the language it was written in.

The teachings were passed down orally for around 200 years after the Buddha's death before they were finally written down by Buddhist monks.

The Pali Canon falls into **three general categories**, or **baskets**, the first is the code of ethics to be obeyed by the early monks and nuns. The second category consists primarily of accounts of the Buddha's teachings. The third category contains early commentary on the Buddha's teachings from his followers.



Originally, the Tripitaka (Pali Canon) was not published in book form, but written on thin slices of wood (possibly bamboo). These 'pages' are kept on top of each other by thin sticks, which go through two little holes in scripture. When not used, the scripture is covered in cloth and kept in the box which is on the picture. This particular piece of scripture is made in Thailand, and contains just a small section of the Pali Canon.

1. Who wrote the Tripitaka?
2. What is contained in the Tripitaka?
3. Before the Tripitaka was written down, how were the stories in it passed from generation to generation? For how long were they passed down in this way?
4. As a source, why might a historian question the reliability of the Tripitaka as a historical document?
5. Explain the extent to which the Tripitaka is a reliable source of evidence about the teachings of Siddhartha Gautama.

What are the major beliefs and practices of Buddhism?

Directions: Read the text and examine the images below and then answer the accompanying questions.

1. Philosophy or Religion?

Many people debate whether Buddhism is a **philosophy** or a **religion**. We refer to it as a “belief system” which includes both religions and philosophies.

Those who argue that Buddhism is a philosophy note that there is no worship of gods in the beliefs and practices associated with Buddhism. Instead, one’s spiritual journey is guided by their own determination and their teacher. In this way, Buddhism is different than Hinduism which has thousands of gods.

1. Why do some people consider Buddhism a philosophy rather than a religion?

2. Reincarnation, Enlightenment, and Nirvana

Like Hindus, Buddhists believe that there is escape from the cycle of reincarnation. For Buddhists, the goal of spiritual life is to reach “**nirvana**” after death. It is similar to *moksha* that Hindus strive for. Nirvana, in Sanskrit, means “blown out,” as in a candle. It is the state of a still and empty mind. This can be accomplished by reaching a state of **enlightenment** like the Buddha did through intense **meditation**.



Statue of the reclining Buddha in Gal Vihara, Sri Lanka. The image of the reclining Buddha represents the last moments of the Buddha’s life before he died and entered a state of nirvana.

2a. Do Buddhists believe in reincarnation?

2b. What is nirvana?

2c. How do Buddhists believe one can achieve enlightenment?

3. The Middle Path

Before devoting his life to seeking spiritual truth, according to legend, Siddhartha Gautama lived a life of luxury. When he left his father's palace, he became an ascetic, a person who practices extreme self-discipline and denies themselves any comfort. He found that neither route brought him enlightenment. Instead, it was the Middle Path, sometimes called the Middle Way. Buddha's teachings are meant to lead his followers down the Middle Path to enlightenment.

Read it from the Sacred Text!

The following text is an excerpt from Buddha's sermon in which he describes the Middle Way. It is known as "Setting in Motion the Wheel of Law [Dharma]." This story was passed down orally by Buddhists until it was written down about two hundred years later in a collection known as the Three Baskets of Wisdom, or the *Tipitaka*.

Excerpt 1 from "Setting in Motion the Wheel of the Law[Dharma]" from the *Tripitaka*

Bhikkhus (Monks), these two extremes should not be followed by one who has gone forth into homelessness. What two? The pursuit of sensual happiness in sensual pleasures, which is low, vulgar, the way of worldlings, ignoble [not honorable], unbeneficial; and the pursuit of self-mortification [punishment of the body to strengthen spiritual connections], which is painful, ignoble, unbeneficial. Without veering towards either of these extremes, the Tathagata [Buddha] has awakened to the middle way, which gives rise to vision, which gives rise to knowledge, which leads to peace, to direct knowledge, to enlightenment, to Nibbāna [Nirvana, or Enlightenment].

3a. What are the "two extremes" that Buddha warns his disciplines about?

3b. Why is each extreme "unbeneficial?"

3c. What does the Buddha suggest his disciples strive for instead of the "two extremes?"

3d. Explain the extent to which this excerpt of Buddha's "Setting in Motion the Wheel of Law [Dharma]" is a reliable source of evidence about the teachings of Siddhartha Gautama.

4. Four Noble Truths

Buddha taught four principles that he believed to be true. They are called the **Four Noble Truths**. Put simply they are:

1. The Noble Truth of Suffering: **Life is suffering.**
2. The Noble Truth of the Cause of Suffering: **Suffering is caused by desire.**
3. The Noble Truth of the Cessation [Stopping] of Suffering: **To end suffering, one must end desire.**
4. The Noble Truth of the Path: **To end suffering, follow the Eightfold Path.**

Excerpt 2 from “Setting in Motion the Wheel of the Law[Dharma]” from the *Tripitaka*

Now this, bhikkhus [monks], is the noble truth of suffering: birth is suffering, aging is suffering, illness is suffering, death is suffering; union with what is displeasing is suffering; separation from what is pleasing is suffering; not to get what one wants is suffering; in brief, the five aggregates subject to clinging are suffering,”

Now this, bhikkhus, is the noble truth of the origin of suffering: it is this craving which leads to renewed existence, accompanied by delight and lust, seeking delight here and there; that is, craving for sensual pleasures, craving for existence, craving for extermination.

Now this, bhikkhus, is the noble truth of the cessation of suffering: it is the remainderless fading away and cessation of that same craving, the giving up and relinquishing of it, freedom from it, nonreliance on it.

*And what, bhikkhus, is that middle way awakened to by the Tathagata [Buddha], which gives rise to vision ... which leads to Nibbāna [Nirvana]? It is this **Noble Eightfold Path**; that is, right view, right intention, right speech, right action, right livelihood, right effort, right mindfulness, right concentration. This, bhikkhus, is that middle way awakened to by the Tathagata, which gives rise to vision, which gives rise to knowledge, which leads to peace, to direct knowledge, to enlightenment, to Nibbāna.*

4a. What does the Buddha list as examples of suffering?

4b. Buddhists believe that the 2nd Noble Truth, “Suffering is caused by desire,” is true. Do you? State a claim and provide evidence (examples from your experience) to support it.

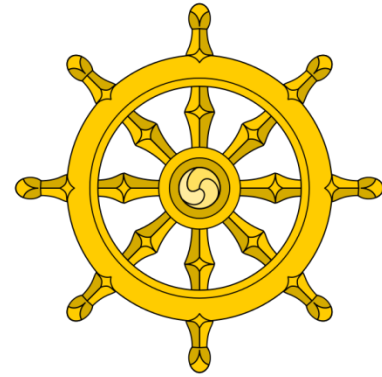
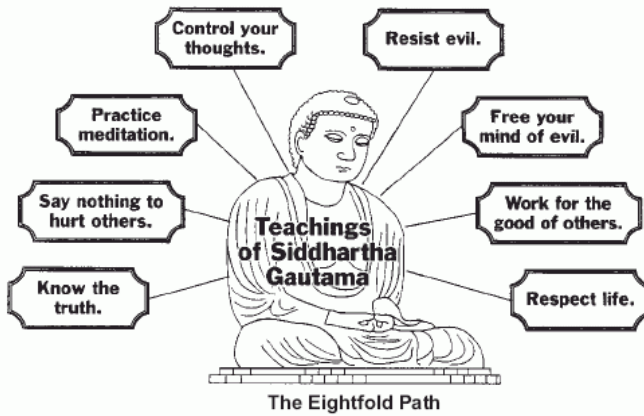
4c. According to Buddha, how can one end suffering?

4d. Explain the extent to which this excerpt of Buddha’s “Setting in Motion the Wheel of Law [Dharma]” is a reliable source of evidence about the practices of modern-day Buddhists in the United States.

5. Eightfold Path

Buddhism's fourth Noble Truth states, "To end suffering, follow the Eightfold Path." The **Eightfold Path** describes how Christianity. one should act to eliminate desire and thus suffering. The Eightfold Path is the **moral code of conduct** for Buddhists, similar to the Ten Commandments in Judaism and

Source: *The Human Experience, Glencoe* from the NYS Global History and Geography Regents Exam.



"The Wheel of Life" is a common symbol of Buddhism. It represents the cycle of reincarnation. There are eight spokes in the wheel representing the Eightfold Path.

[Dharma Wheel.svg](#) by Shazz, Esteban.barahona is published under the [CC BY-SA 3.0 Unported](#) license

Excerpt 3 from "Setting in Motion the Wheel of the Law [Dharma]" from the *Tripitaka*

And what, bhikkhus, is that middle way awakened to by the Tathagata, which gives rise to vision ... which leads to Nibbāna? It is this Noble Eightfold Path; that is, right belief, right aspiration, right speech, right conduct, right means of livelihood, right endeavor, right memory, right meditation. This, bhikkhus, is that middle way awakened to by the Tathagata, which gives rise to vision, which gives rise to knowledge, which leads to peace, to direct knowledge, to enlightenment, to Nibbāna.

5a. What do Buddhists suggest people do to alleviate suffering?

5b. Describe what your day would be like if someone were to follow the Eightfold Path as Buddha describes it in the excerpt above.

6. Rejection of the Caste System

Buddhism started in a region of the world where Hinduism dominated, but **Buddha rejected a major part of Hindu society: the caste system.**

Buddha taught that anyone, regardless of their place in society, could achieve enlightenment if they realized the Four Noble Truths and followed the Eightfold Path.

6a. If you were a member of the Brahmin caste, how would you react to Buddha's teachings? Why?



6b. If you were a member of the Untouchables or the Shudras caste, how would you react to Buddhism? Why?

How did Buddhism spread?

Directions: Examine the images and map below, then answer the questions that follow.



The Laykyun Sekkya Buddha is a statue of Buddha in Myanmar. It is one of the three tallest statues in the world.



The Great Buddha, a statue in Thailand. This is the tallest statue in Thailand, and the ninth-tallest in the world.



The Spring Temple Buddha, a statue in China is the tallest statue in the world.



Ushiku Daibutsu is a statue of the Buddha located in Japan. It is one of the top three tallest statues in the world.



The stars on this map mark where each of the statues above are located.

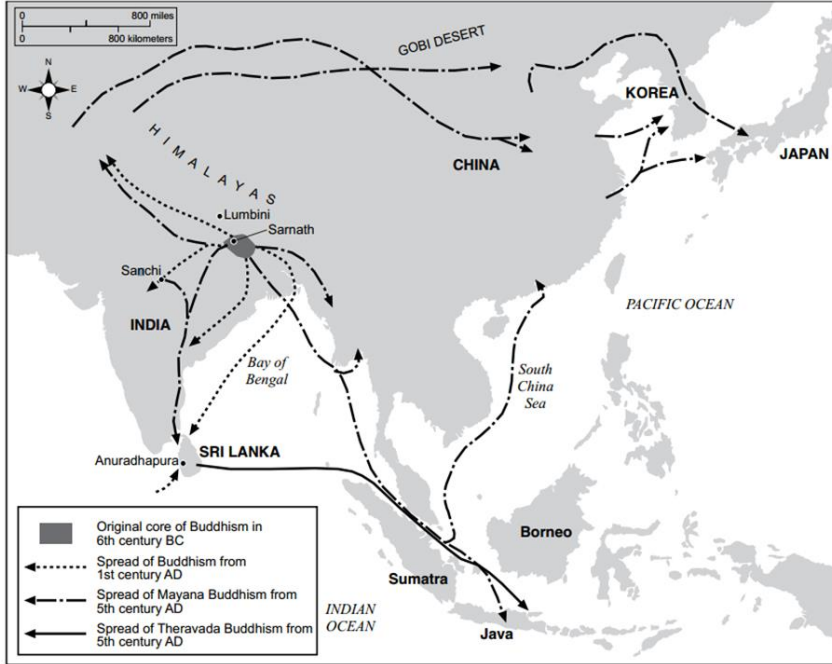
1. What is similar about the statues pictured? What is different?

2. Based on the map to the left and your knowledge of Buddhism, how do you think Buddhism spread to the places where these statues are located?

The Geographic Context for the Spread of Buddhism

Directions: Examine the map and read the passage below, then answer the questions that follow.

The Spread of Buddhism Through the Silk Roads and Indian Ocean Complex



1. Which continent is pictured in this map?

2. Describe the location of the original core of Buddhism relative to two geographic features (note: the Himalayas are a mountain range).

3. Name two bodies of water and two geographic features on land that Mayana Buddhism spread over from the 5th century AD.

Directions: Read the text below and use the map above to answer the questions that follow.

During the time of Ashoka's reign of the Maurya Empire in India, trade routes were opened through southern India. Some of the merchants using these roads were Buddhists who took their religion with them. Buddhist monks, some of which were sent by Ashoka, also used these roads for missionary activity. Buddhism entered Sri Lanka during this time where the ruler of the island nation was converted to the belief system by Ashoka's son. Later, Buddhism crossed the sea into the rest of southeast Asia.

BUDDHIST EXPANSION ACROSS CENTRAL & EAST ASIA

Buddhism entered China during the Han dynasty (206 BCE-220 CE). The first Buddhist missionaries accompanied merchant caravans that travelled using the Silk Roads, probably during the 1st century BCE. Buddhism managed to build a solid presence in China towards the fall of the Han dynasty in 220 CE where it grew in popularity for hundreds of years. From China, Buddhism entered Korea in 372 CE where it is now a belief system followed by many Koreans.

<p>1. Describe two ways that Buddhism spread from India to other parts of Asia. Identify which ruler had a major role in spreading Buddhism within and outside of Buddhism.</p>	<p>2. Explain how Buddhism spread from India to Korea. What regions did it pass through? How did it spread to those regions?</p>

