

# Religions!

Hinduism: One of the oldest religions  
"Hindu" old Persian word for India  
Hinduism is polytheistic and originated in India  
Brahman is main god and every other gods are manifestations of Brahman  
creator god                      350,000,000 gods

Reincarnation: The rebirth of the soul into something (plants, animals)

Karma: ↻

Ahimsa: Belief in non-violence

Nirvana = Being one with Brahman

Buddhism: Practiced in China started in India  
founded by Siddhartha (gave up all wealth to find cause of suffering)  
founded in 500 B.C.  
Buddha means enlightened

## 4 noble truths

1. ordinary life brings about suffering
2. origin of suffering is attachment
3. the stopping of suffering is possible
4. to get rid of suffering is by following the eight-fold path

- |                        |              |
|------------------------|--------------|
| 1. Right view          | } Wisdom     |
| 2. right intentions    |              |
| 3. right mindfulness   | } Meditation |
| 4. right concentration |              |
| 5. right effort        | } Moralities |
| 6. right speech        |              |
| 7. right action        |              |
| 8. right livelihood    |              |

Selfish desires causes suffering

go the Middle Way  
in the middle of every feeling (no extreme sadness or happiness, go in the middle)  
no greed or hate

## Religions Continued



Judaism: First Monotheistic religion

God knows everything

↑ only belief in one god

sin = punishment

Good = reward

Traced back to the Patriarchs

Abraham = founded

↑ and Isaac

Isaac Jacob

Hannukah is a Holiday (8 days long)

Around 1800 BCE

Children of Abraham

↳ Enslaved by Egypt and Moses lead them out

Center of religion is home

Holidays bind the community ← celebrates with everyone

All people equal before god

God created the universe

Israelites are god's chosen people and

Family in the home are important

Messiah (savior) ~~bring~~ people to the promised

First S will bring

parts of bible = Jewish = Torah

Moses had 10 commandments from GOD!

↳ very important

Holy city = Jerusalem

## Religions Continued

Cristianity:

12 disciples

Bible = sacred writings.

Began with the Teachings of Jesus Christ

30 A.D.

Grew up as a Jew

Born from the virgin Mary

Jesus was the messiah (savior)

Only one God

Jesus was a carpenter

disciples wrote the four gospel of the new testament

At 30 he began traveling place to place to preach to

Jews

God is loving and forgiving

Christ comes from the Greek word for Christos, meaning messiah

God on Earth = Jesus

Jesus was enemy because he was changing people's religion

(more powerful than Roman emperors)

Died on Cross

Rose on 3<sup>rd</sup> day after death

Easter = rose again

Good Friday = death

Continue spreading word of god

Christmas = Birth

Belief in Heaven and Hell.

## Religions Continued

Islam:

610 AD

Muhammad was leader/creator

Muslim means one who submits <sup>the</sup>

Believe in same god as Jews and Christians

God = Allah <sup>and people</sup>

Muhammad was the final prophet

Muhammad did lots of meditation

orphan

Qur'an is the sacred writing

Muhammad met Gabriel and Gabriel told Muhammad messages from Allah

↓  
angel

1. Testimony and declaration of faith (only one god)
2. Prayer 5 times a day
3. 2 1/2 % charity to the poor (give things to the poor)
4. Fasting during the month of Ramadan (important holy day)
5. Pilgrimage to Mecca at least once a lifetime

Go →

Ramadan = 1 month

fasting means no food or water from sun-up to sun-set

eat before sun-up and after sun-down

9<sup>th</sup> month on Islamic calendar

question if their life is good and reflect on yourself  
do charity

modesty practiced in Islam (both men and women)