What is Buddhism?

Buddhism began in **NE India**. It is based on the teachings of Siddhartha **Gautama**. He is also known as the **Buddha**. Buddhism is approximately **2500** years old. This religion is based upon **suffering** and the need to get rid of it. The goal of the Buddhists is to achieve **Nirvana** or the most enlightened state.

**Siddhartha Gautama - True or False?**

1. He was born around 580 BCE. **T**
2. He was born in India. **F**
3. He suffered greatly as a child. **T**
4. He was a prince. **T**
5. He became a religious monk. **T**
6. He wanted to find a way to escape the suffering of life. **F**
7. He was known as “The Buddha.” **T**
8. He is considered to be a god. **(to Hindus, yes; Buddhists, no)** **T**

Buddhists do not believe in **god(s)**.

A shrine often has **a statue of Buddha**, candles, and incense **burner**. It is here that Buddhists **meditate** and **read** from their holy books.

Buddhists worship in a **Stupa** or **Pagoda**.

**“Buddha” means the “enlightened/awakened one.”**

**The Four Noble Truths**

1. **Suffering** exists (greed and the desire for material things).
2. There is a **cause** for suffering.
3. There is an **end** to suffering.
4. In order to end suffering, you must follow the **Eightfold Path**.

**The Eightfold Path**

“Right…..?”

- **Wisdom**
- **Thought**
- **Speech**
- **Act**
- **Live**
- **Blood**
- **Eating**
- **Concentration**
- **Happiness**
- **Rebirth**

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**Buddhists believe one is continually REBORN until they reach nirvana. This is called reincarnation.**

**dukkha** means “suffering.”
What is Hinduism?

Hinduism began about 4000 years ago. It is the world’s oldest existing religion. It is the 3rd most popular religion, and more than 80 per cent of India’s population practices this religion. It began in Northern India, near the Indus river. The holy books of Hinduism are the Vedas and Upanishads. The Ganges river is considered a very holy place to Hindus.

### Hinduism - True or False?

1. The founder of Hinduism is Brahma. **T**
2. Hindus often meditate. **F**
3. Brahman is the universal god. **F**
4. Reincarnation is a rebirth of a soul. **F**
5. Reincarnation only happens to people. **T**
6. Karma involves our actions in life. **F**
7. “Moksha” is being one with Brahma. **T**
8. Marriage is not important in Hinduism. **F**
9. Dharma is the code for living. **F**

### Three Basic Practices of Hinduism

1. **Worship** (Puja).
2. Cremation
3. Compliance with the rules of the Caste System.

### The Caste System

1. The system means there is a division in society.
2. This system is dependent upon someone’s occupation (Job).
3. The four levels in the caste system are Brahmanas, Kshatriyas, Vaisyas, and Sudras.

### Cremation

Cremation means burning of dead bodies.

### PILGRIMAGE

Hindus often pilgrimage to sacred rivers, temples, and mountains in India because they believe that gods have appeared in these places.

### Three most important Hindu gods

- **Brahma** (the Creator)
- **Vishnu** (the Preserver)
- **Shiva** (the Destroyer)

The holy books of Hindu are written in an ancient language called Sanskrit. The oldest texts are the Vedas. This word means “knowledge.”

Hinduism is based more upon what you do, than what you believe.
What is Confucianism?

Confucius was born in **551 B.C.** in China. Confucius had a great desire to study and was probably the most learned man in his lifetime. He was the first private teacher in China. He stressed the need for responsibility and moral character. Confucianism is not really a religion, but a philosophy, or a code of ethics.

Islam in Asia

9 out of 10 people in Indonesia are Muslim. This means that 90% follow Islam. Muslims follow the teachings of the prophet Mohammed. Unlike other Asian religions, Islam believes in one god, Allah, which means it is a monotheistic religion.

Confucius - True or False?

1. He was a very rich man. **T**
2. He was born in India. **F**
3. He wanted to make the world a better place. **T**
4. He was a teacher. **T**
5. He was a Buddhist monk. **F**
6. He believed in reincarnation. **T**
7. Peace and order were important to him. **F**

Children are taught to respect and listen to their parents and other elders.

Confucianism became popular 100 years after Confucius lived, and it continues to be widely followed in China and other places in East Asia.

"Do not do unto others what you would not want them to do to you."