Religion in India Notes

Hinduism:

1. The Vedas:
   1. Holy Book of Hinduism
   2. Helps divide people into separate social classes (Caste System)
2. The Caste System:
   1. Social Class structure in India
   2. There were specific rules for the Caste to follow.
3. Beliefs:
   1. Polytheistic
   2. People are born again (rebirth)🡺 Reincarnation
   3. Karma🡺 Impacts of good and bad decisions

Buddhism:

1. Buddha:
   1. Siddhartha Gautama
   2. Looked to be enlightened
   3. Wanted to free his mind from daily concerns
   4. Fasting & Meditation
2. Beliefs & Teachings
   1. 4 Noble Truths
      1. Suffering and unhappiness are a part of life
      2. Suffering comes from wants and desires
      3. To reach Nirvana, you need to get rid of wants and desires.
      4. Follow the eightfold bath to achieve happiness.
   2. The Eightfold Path
      1. Right Though
      2. Right Intent
      3. Right Speech
      4. Right Action
      5. Right Livelihood
      6. Right Effort
      7. Right Mindfulness
      8. Right Concentration