

Chapter 4 – Ancient India

Section 2 – Hinduism Notes

Beginnings

Aryan Prayers were passed down and blended with India's existing cultures creating Hinduism

Hindus believed that since people are different they need different ways to approach god

Hinduism is one of the world's oldest surviving religions

Today over 850 million people in India alone practice Hinduism

It is one of the major religions of the world today

Hindu's believe in many gods however they believe in one single power known as Brahman which lives in everything

The most important gods are Brahma; the creator, Vishnu; the preserver, and Shiva; the destroyer

Teachings

All Hindu's share beliefs that are contained in various religious books

The Upanishads are a religious text where students ask a teacher questions to learn about Hinduism

Reincarnation is a major idea of Hinduism where the soul is reborn into another living thing

Actions in a person's life will affect his or her fate in the next

Hindu's want to escape the cycle of life and death by living a perfect life

To become one with Brahman, one must obey their Dharma, or religious duties

Ahimsa, or non-violence, is an important idea of Hinduism

Hindu's believe all living things are part of Brahman so they try to avoid hurting living things

Practices

Hinduism teaches that there is more than one path to the truth

Hindus believe Yoga helps free the soul from the cares in the world

The Yoga's come in different forms; Physical, Selfless Deeds, Knowledge, and Devotion

Hindu's worship in public by praying and performing rituals in temples

Hindu's worship privately by choosing a personal god and honoring that god with food, gifts, and prayers at a home altar