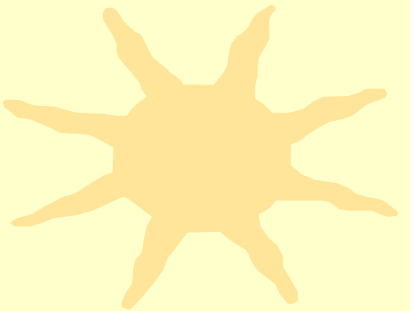
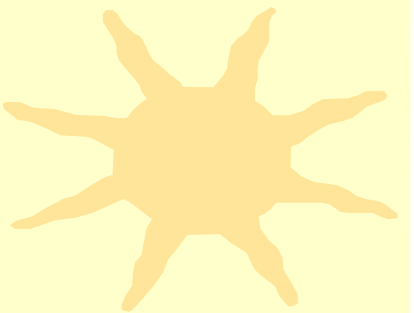
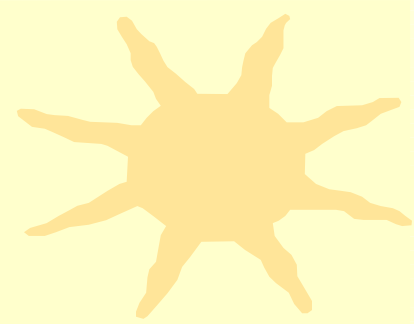
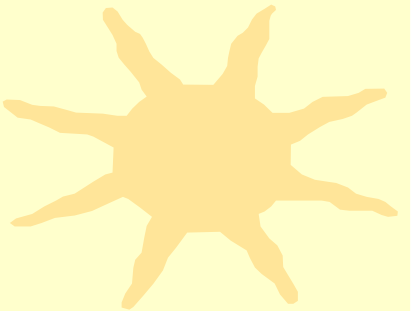
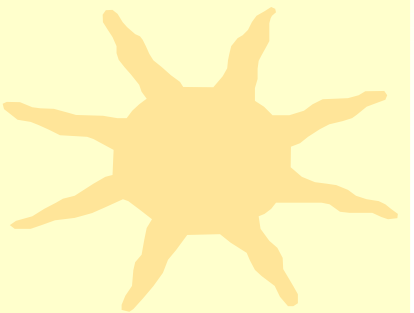
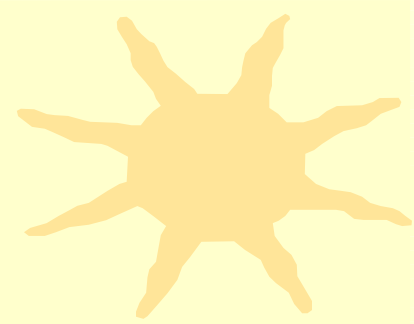


*HINDUISM, BUDDHISM,
SIKHISM*



*HINDUISM, BUDDHISM,
SIKHISM*

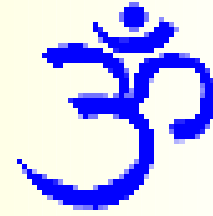


RELIGIONS IN INDIA

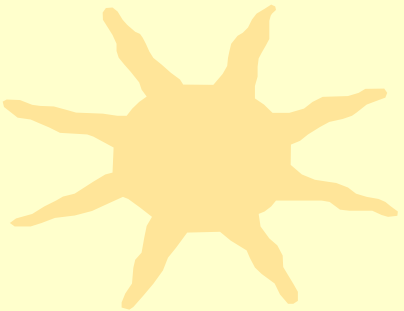
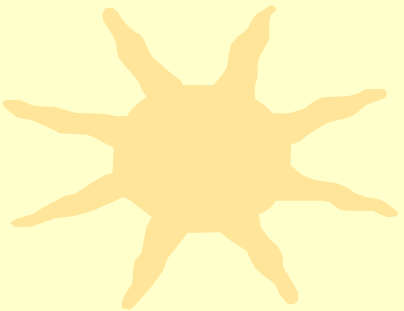
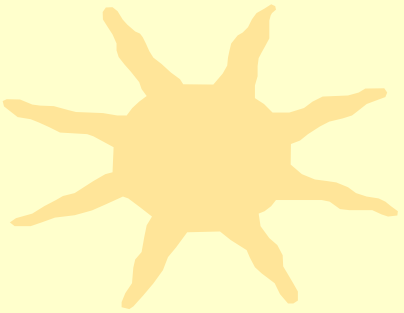




What is Hinduism?



- ★ One of the oldest religions of humanity
- ★ The religion of the Indian people
- ★ Gave birth to Buddhism, Jainism, Sikhism
- ★ Tolerance and diversity: "Truth is one, paths are many"
- ★ Many deities but a single, impersonal Ultimate Reality
- ★ A philosophy and a way of life – focused both on this world and beyond





What do Hindus believe?



- ★ One impersonal Ultimate Reality – *Brahman*
- ★ Manifest as many personal deities
- ★ True essence of life – *Atman*, the soul, is Brahman trapped in matter (“That art thou”)
- ★ Reincarnation – atman is continually born into this world lifetime after lifetime (*Samsara*)
- ★ *Karma* – spiritual impurity due to actions keeps us bound to this world (good and bad)
- ★ Ultimate goal of life – to release Atman and reunite with the divine, becoming as one with Brahman (*Moksha*)

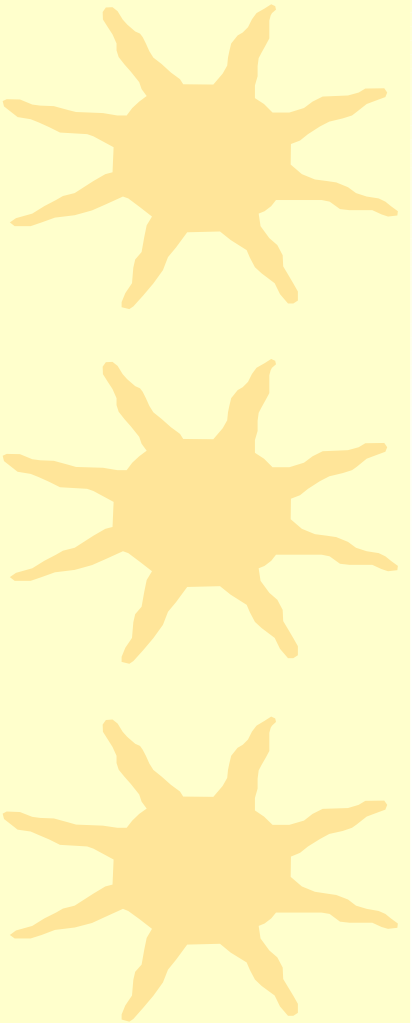


And we too are manifest forms of God!

"We are not human beings
having spiritual experiences;
We are spiritual beings
having a human experience!"

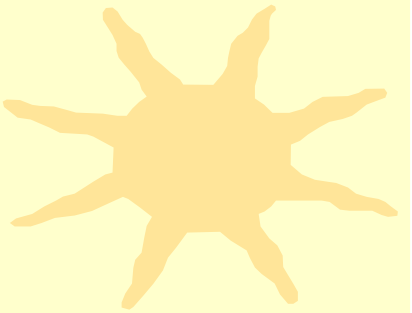
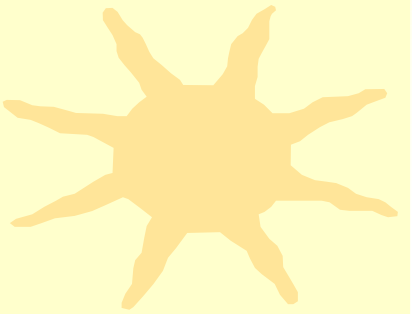
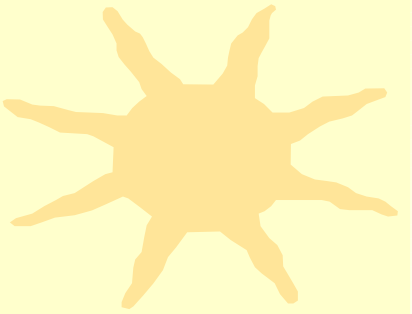
"That art Thou"

Hinduism is about recognizing the all pervasiveness of the divine





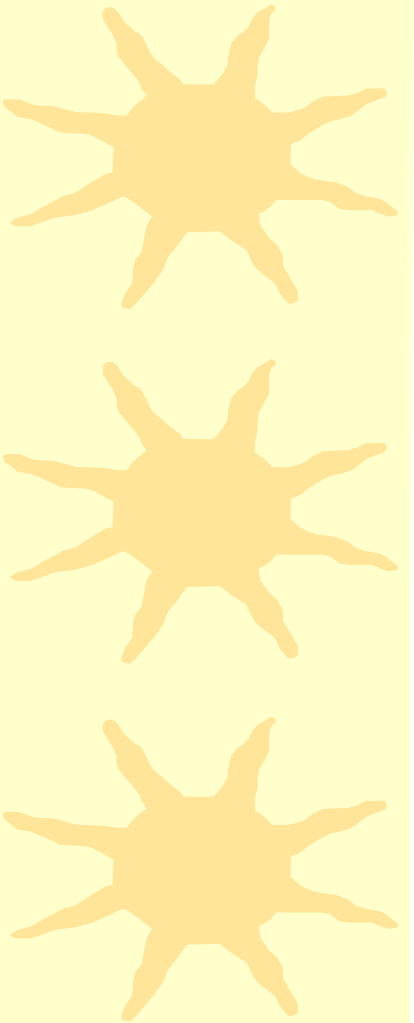
Reincarnation, Karma and Service



1. The soul is present in all species of life
2. All life is sacred and worthy of the highest respect
3. Everything that lives and grows is interconnected
4. Where there is life or soul there is atman.
5. At death the soul enters another body.

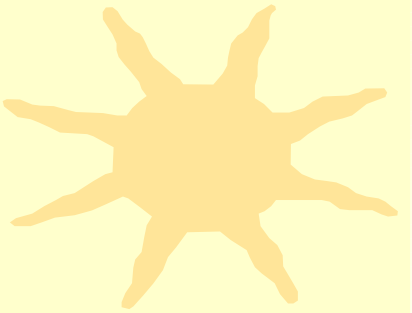


Buddhism

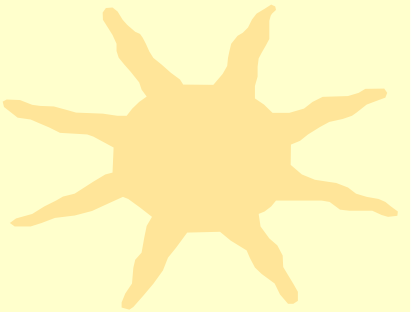
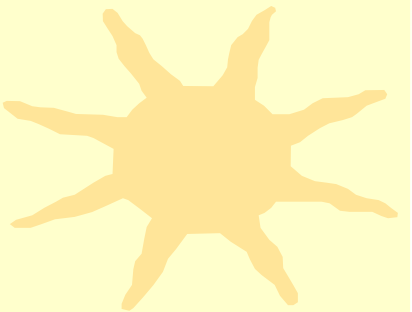




Buddhism challenged Brahmanical Hinduism



- ★ Founded by Siddhartha Gautama-6th century BC
- ★ Began to look for answers beyond the Vedas
- ★ Called for a new ethical conception of human affairs
- ★ 330 million followers






Teachings of Buddhism

- ★ Four Noble Truths
- ★ Life is suffering;
- ★ Suffering is due to attachment;
- ★ Attachment can be overcome;
- ★ There is a path for accomplishing this.





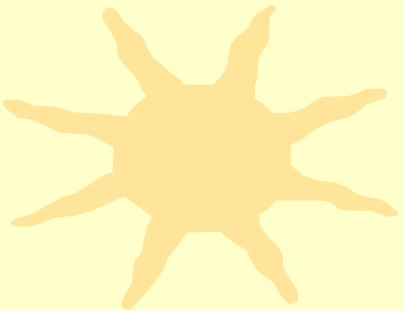
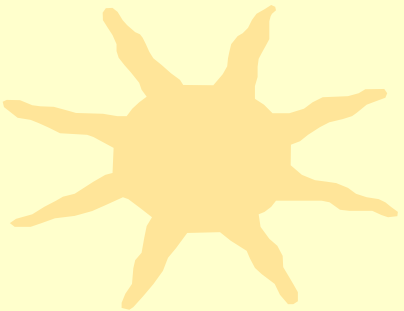
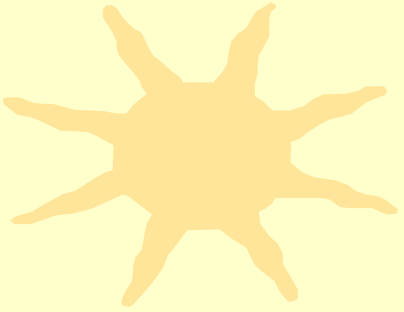
Eight fold path-the middle path leads to Moksha/ Nirvana

- ★ ***Right view***
- ★ ***Right aspiration***
- ★ ***Right speech***
- ★ ***Right action***
- ★ ***Right livelihood***
- ★ ***Right effort***
- ★ ***Right mindfulness***
- ★ ***Right concentration***





Sikhism



★ <https://www.youtube.com/watch?v=kIhffdfu4DM>

★ Hospitality

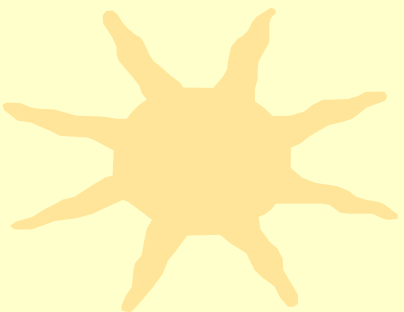
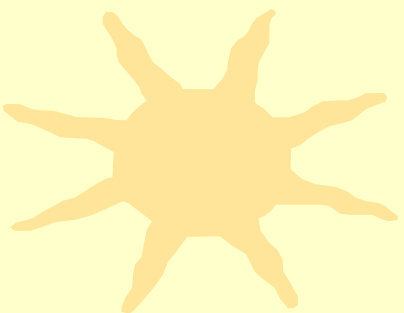
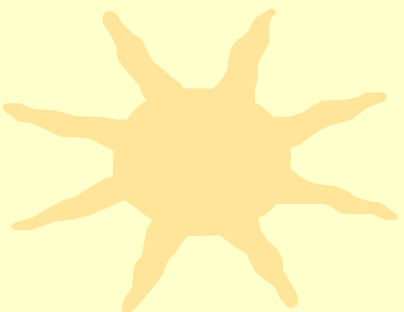
★ Charity

★ Service

★ Promoting Equality



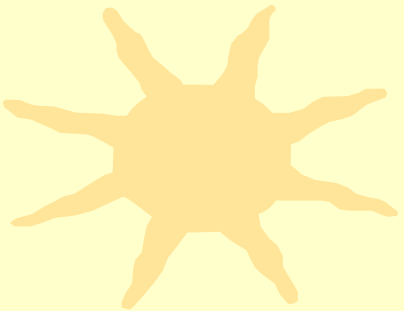
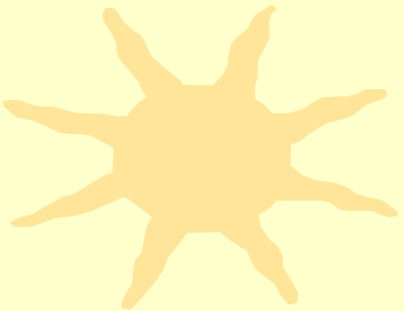
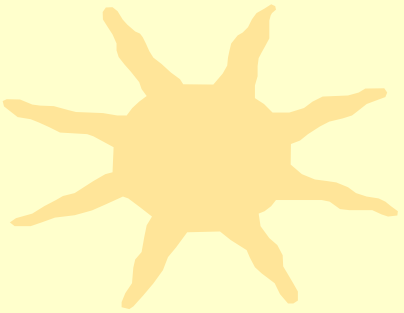
GURU NĀNAK (1469-1539)



- ★ Born near Lahore (in modern Pakistan) to Hindu *vaiśya* family
- ★ According to tradition, at age 29 has near-death experience in bathing pool, the result of which is the insight: “*I shall follow God’s path. God is neither Hindu nor Muslim and the path which I follow is God’s.*”
- ★ Attracted *sikhs* (disciples) with his teachings:
 1. God is one (*ek*) and known only by *nām* (name), not form
 2. *Haumai* (self-centeredness) and *maya* (illusion) separate humans from God
 3. Only meditation on God’s name will liberate humans from *samsāra* and facilitate eternal union with God
- ★ Succeeded by nine *gurūs*, all later seen as his reincarnations



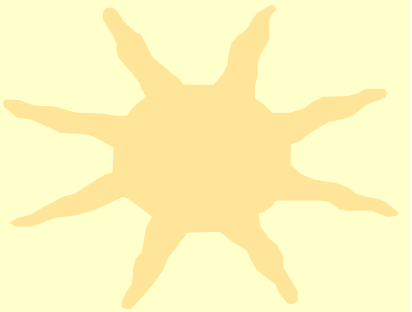
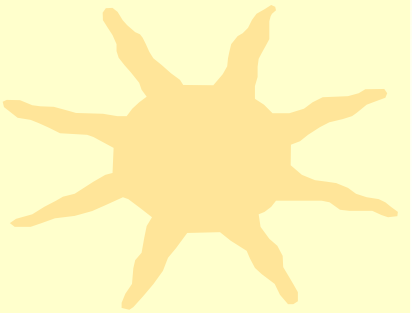
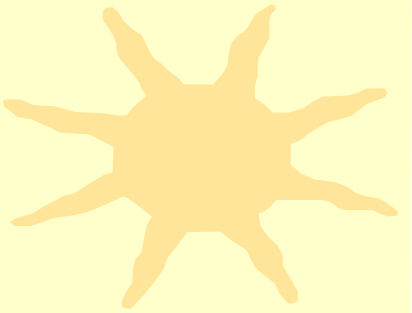
Practices Overview (1): Sikh Religious Life



- ★ Daily devotion to God-early morning
- ★ Daily bath
- ★ Worship/devotion at **Guadwara** or temple weekly including offerings, singing, chanting, prayer
- ★ worship of the Adi Granth



Practices Overview (2): Sikh Religious and Social Life

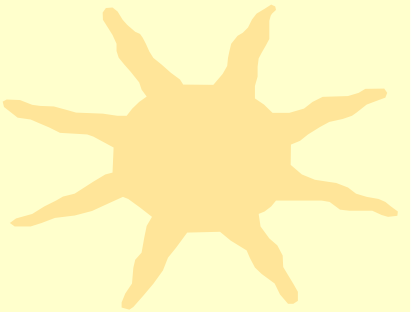
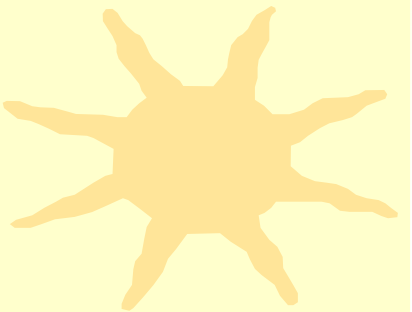
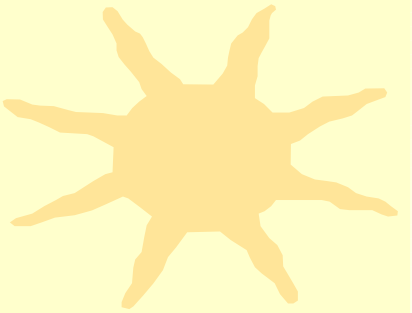


- ★ Religious life is simple, no elaborate ceremonies (influence from its early founders)
- ★ A communal meal called **Langar** for all
- ★ Ceremonies and rituals are simple, including for marriage and death
- ★ A few daily rituals: bath, reading of hymns, prayers in morning and at night

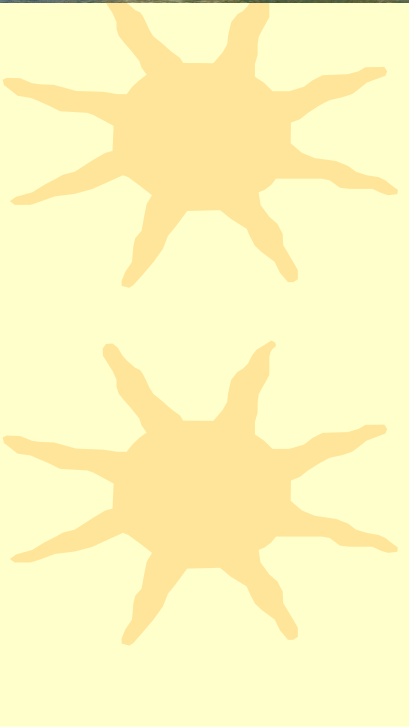


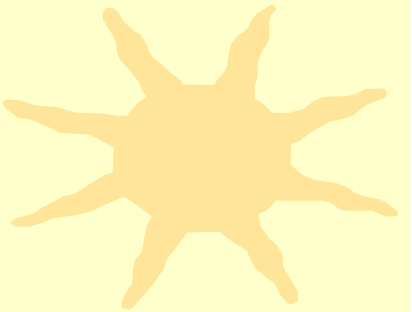
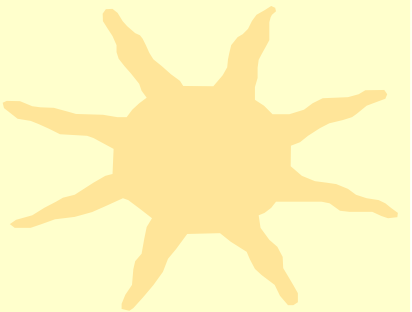
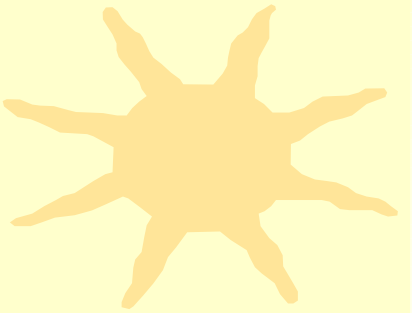
Sikhism Practices (3):

Social Dimension: Religious Life together



- ★ People from all castes are welcome
- ★ Men and women are equal, and worship together
- ★ **Langar**--the communal meal
- ★ **Sangat**--a Sikh congregation
- ★ **Pranth**—the Sikh community





Content on Abrahamic Religions continues
in the other PowerPoint with Slide 13.
Thank you.