

I. What is Hinduism

- A. Began in 1500 B.C from Aryans
- B. Upanishad
 - 1. Each of a series of Hindu sacred treatises written in Sanskrit expounding the Vedas in predominantly mystical and monistic terms
 - a) 800–200 B.C
- C. One universal spirit called Brahman
- D. At death, soul leaves the body and joins Brahman
- E. 3 Deities
 - 1. Brahma - The Creator
 - 2. Vishnu - The Preserver
 - 3. Shiva - The Destroyer
- F. Beliefs
- G. 0
 - 1. Reincarnation - rebirth of the soul into another being
 - 2. Karma
 - a) The sum of a person's action in this and previous states of existence, viewed as deciding their fate in future existences
 - 3. Dharma
 - a) An individual's duty fulfilled by observance of custom or law
 - 4. Varna or Caste System of Society

II. Buddhism

- A. Siddhartha Gautama start Buddhism in 500 B.C
- B. As young man had everything - rich, and left palace and saw suffering and became a monk to discover the meaning of life
- C. World of Spirit more important than physical world
- D. Seeking spiritual truth to get peace
- E. Four Noble Truths
 - 1. Life is full of suffering
 - 2. People suffer because they desire worldly things and want to satisfy themselves
 - 3. The way of the end suffering is to stop desiring things
 - 4. The only way to stop desiring is to follow The Eightfold Path
- F. The Eightfold Path
 - 1. Knows and understand the Four Noble Truths
 - 2. Give up Worldly things and do not harm others
 - 3. Tell the truth, do not gossip, and do not speak badly of others
 - 4. Do not commit evil acts, such as killing, stealing, or living an unclean life
 - 5. Do rewarding work
 - 6. Work for good and oppose evil
 - 7. Make sure you mind keeps your senses under control
 - 8. Practice meditation to see the world in a new way
- G. Goal of Buddhism

1. To reach Nirvana - An emotional or spiritual state, a feeling of perfect peace and happiness
2. Buddha explained that the success of life depended on people's' behavior now
3. End Cycle of reincarnation be following the Eightfold Path

H. Theravada Buddhism

1. Teachings of the elders
2. View Buddha as a great teacher - not a God

I. Jainism

1. 500 B.C, 6 million followers, live in India
2. Developed by Mahavira, known

III. The Mauryan Empire

A. Chandragupta Maurya

1. 321 B.C set to conquer North India to unify region
2. Crushed resistance to rule & afraid of being poised

B. Ashoka

1. 273-232 B.C
2. Followed Buddhism & Promoted it
3. Man of Peace
4. Improved people's live

C. Ended in 232 B.C

D. New Rules

1. Harsh and placed heavy taxes

IV. The Gupta Empire

A. 320 A.D

B. Samudra Gupta

C. Hinduism religion

D. Trade help Gupta empire thrive

E. Contributed to Math & Science

1. Earth was round and orbited around the Sun