

Eastern Thought

Hinduism and Buddhism

2020

Welcome to 2nd Semester!

- Please get out your notes and something to write with
- Agenda: Overview of 2nd semester
- Introduction to Eastern Thought: Hinduism and Buddhism



2nd Semester at a Glance

- Civics vs. World History
- Emphasis on Cultural Universals
- Historical Understanding of the past
- Topics to be covered:
 - Eastern Thought- Hinduism and Buddhism
 - India
 - Africa
 - Middle East/East Asia

Hinduism

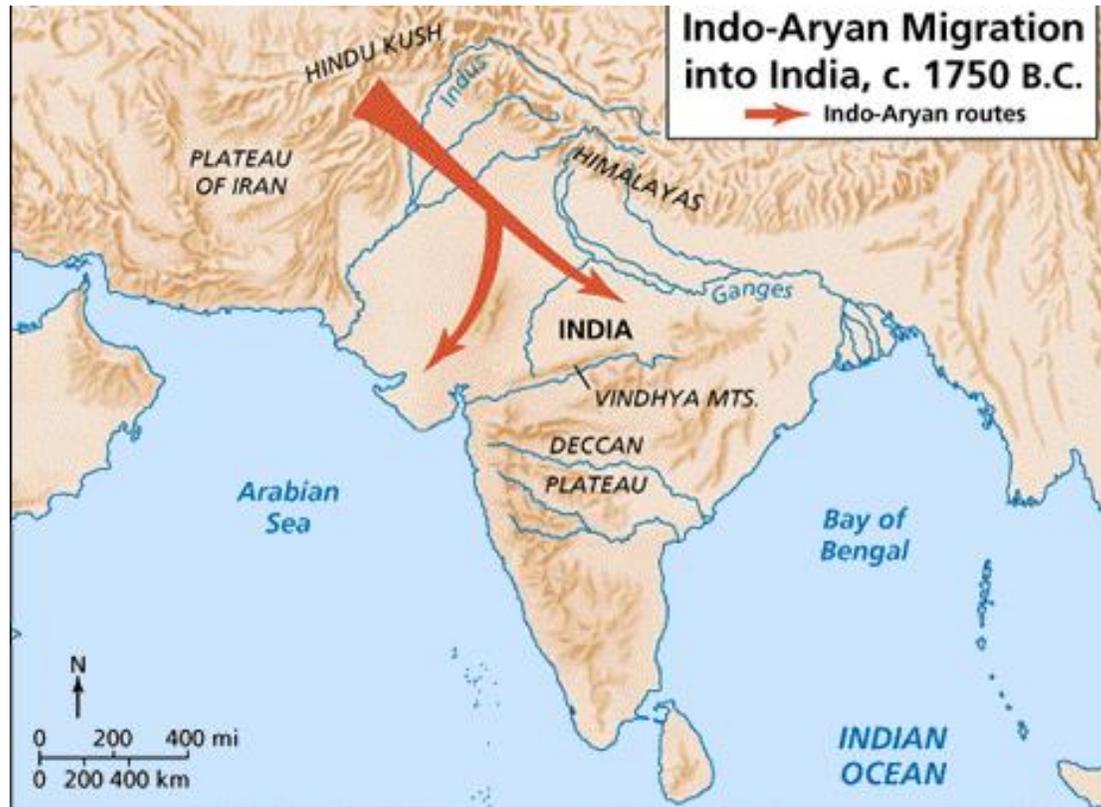
- What do you know about religion?
 - What do you know about Hinduism?
 - Where did it originate?
 - Why do you think we are going to be studying Hinduism?



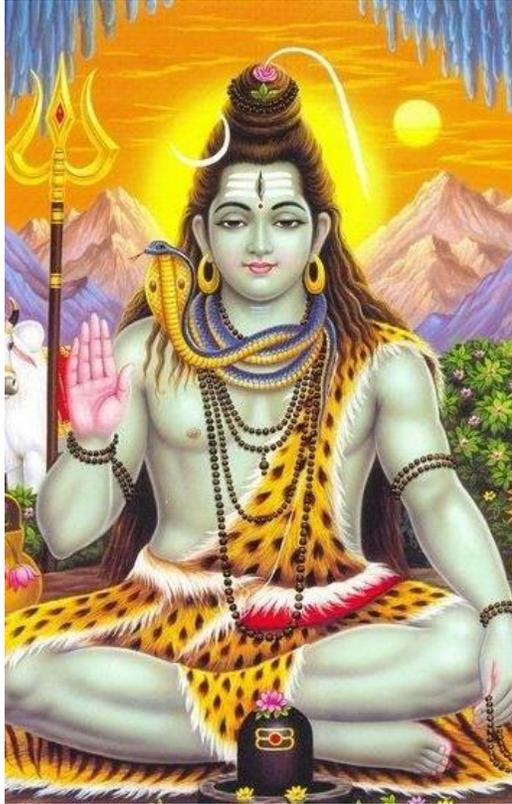
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Hinduism: Origins



- Aryan migration (1750 BCE)
- Pastoral Nomads: herded sheep, cattle, goats.
- Rode horses into battle.
- Technology: Iron technology, Chariots
- **Recorded their traditions/beliefs**
 - **Became basis for Hinduism**

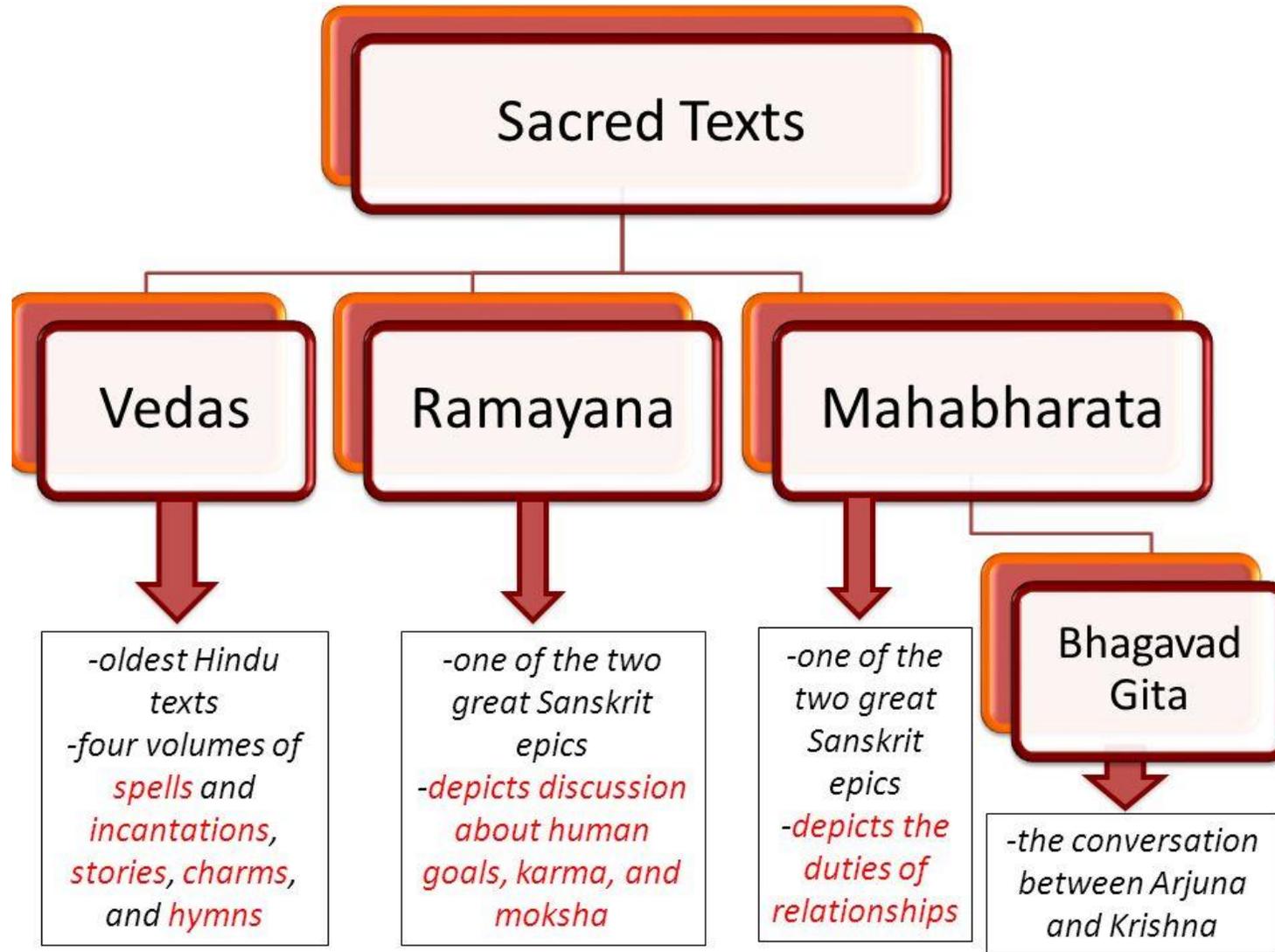


Hinduism: Origins

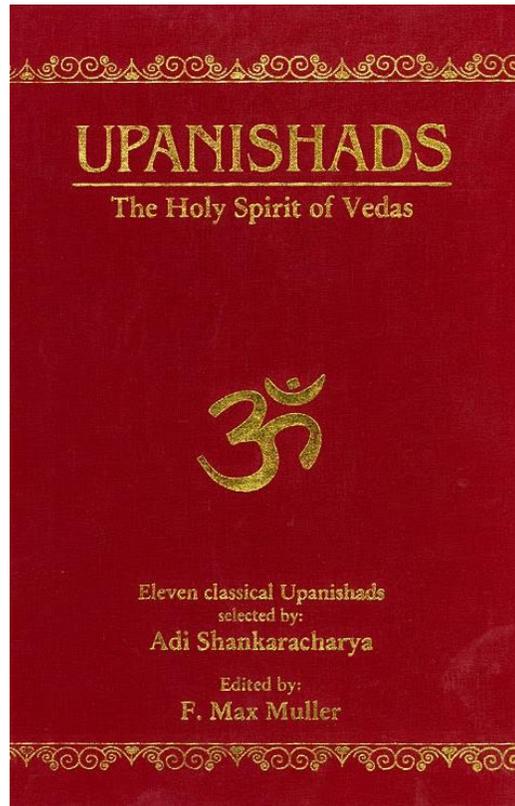
- Develops slowly over a long period of time, referencing Vedic Hymns
- No single founder or founding date
- Goal: Liberate the soul of worldly pains
- **Monotheistic but looks polytheistic (avatars)**
 - World's Third Largest Religion, behind...?
 - Generally considered the oldest religion, about 5,000 years ago

Hinduism: Texts

- Three main ones, all from oral traditions: (You will study some of these in LA later)
 - Mahabharata (and Bhagavad-Gita)
 - Ramayana
 - Vedas (and Upanishads)
- **Religious philosophy grows out of these texts**
 - All of these are written much more like epic poems than Western texts
 - At no time do they tell the reader what to do—like parables they **tell a story and let the reader infer.**



Hinduism: Texts



- **Vedic hymns** were recited, and eventually written down to create the Upanishads
- The **Upanishads** took the form of a written dialogue between a student and a master, in which the two explore how an individual liberate themselves from desire and suffering

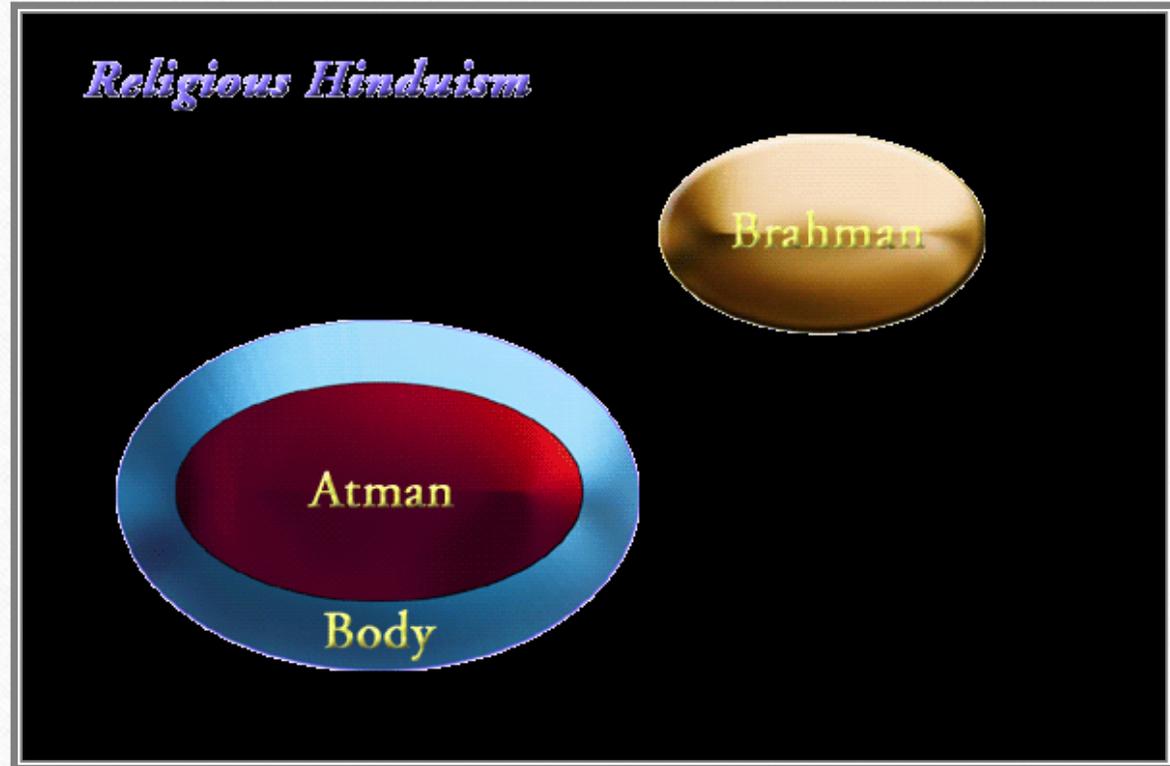


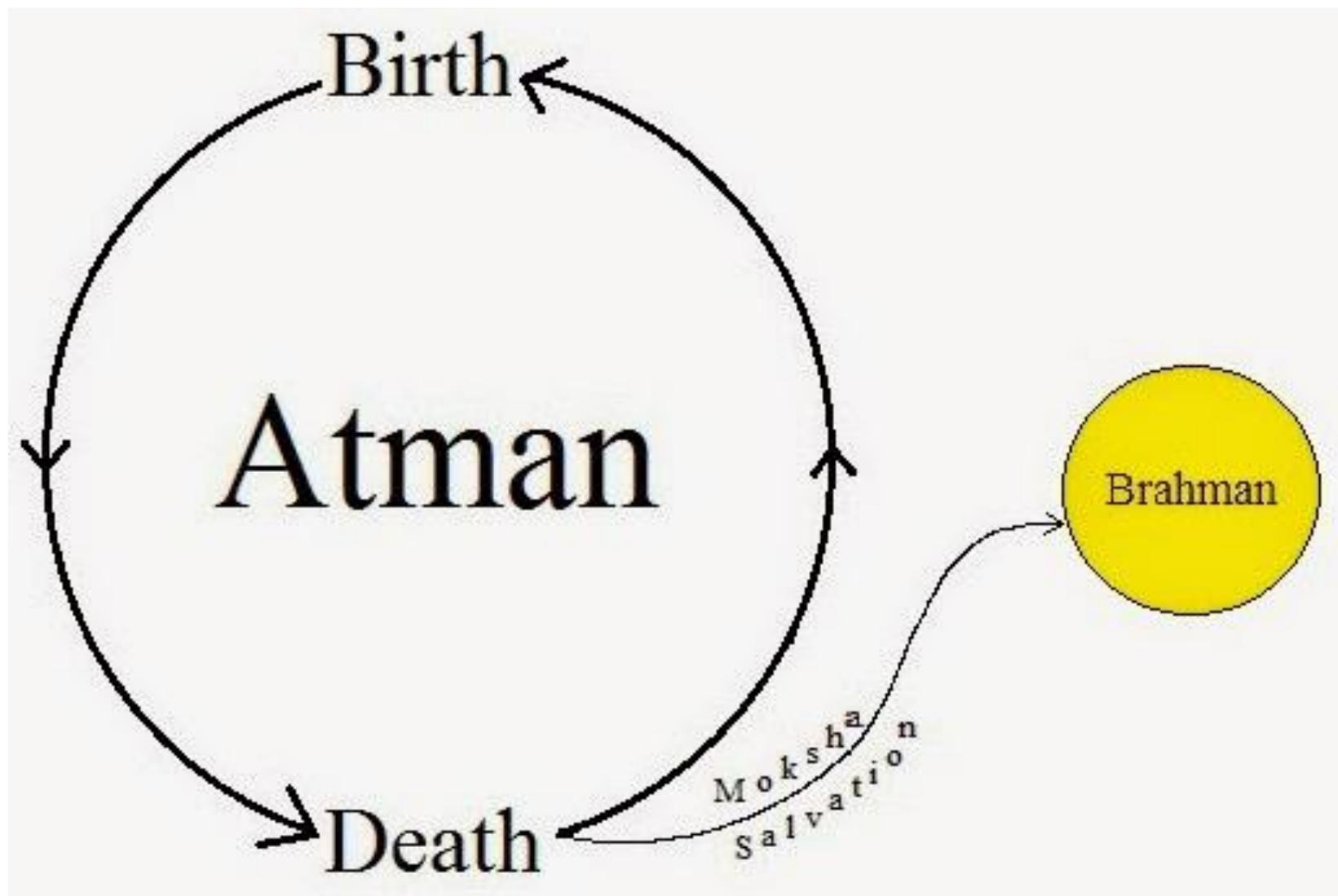
Hinduism: Core Belief

- A single spiritual force, **Brahman**, underlies the universe. Each individual also has an **atman**, or essential self
- The goal of life is to achieve **moksha** (union with brahman)

Hinduism: Core Belief

- **Brahman:** The world soul, which united all atman
- **Atman:** An individual's indestructible soul





Hinduism: Core Belief

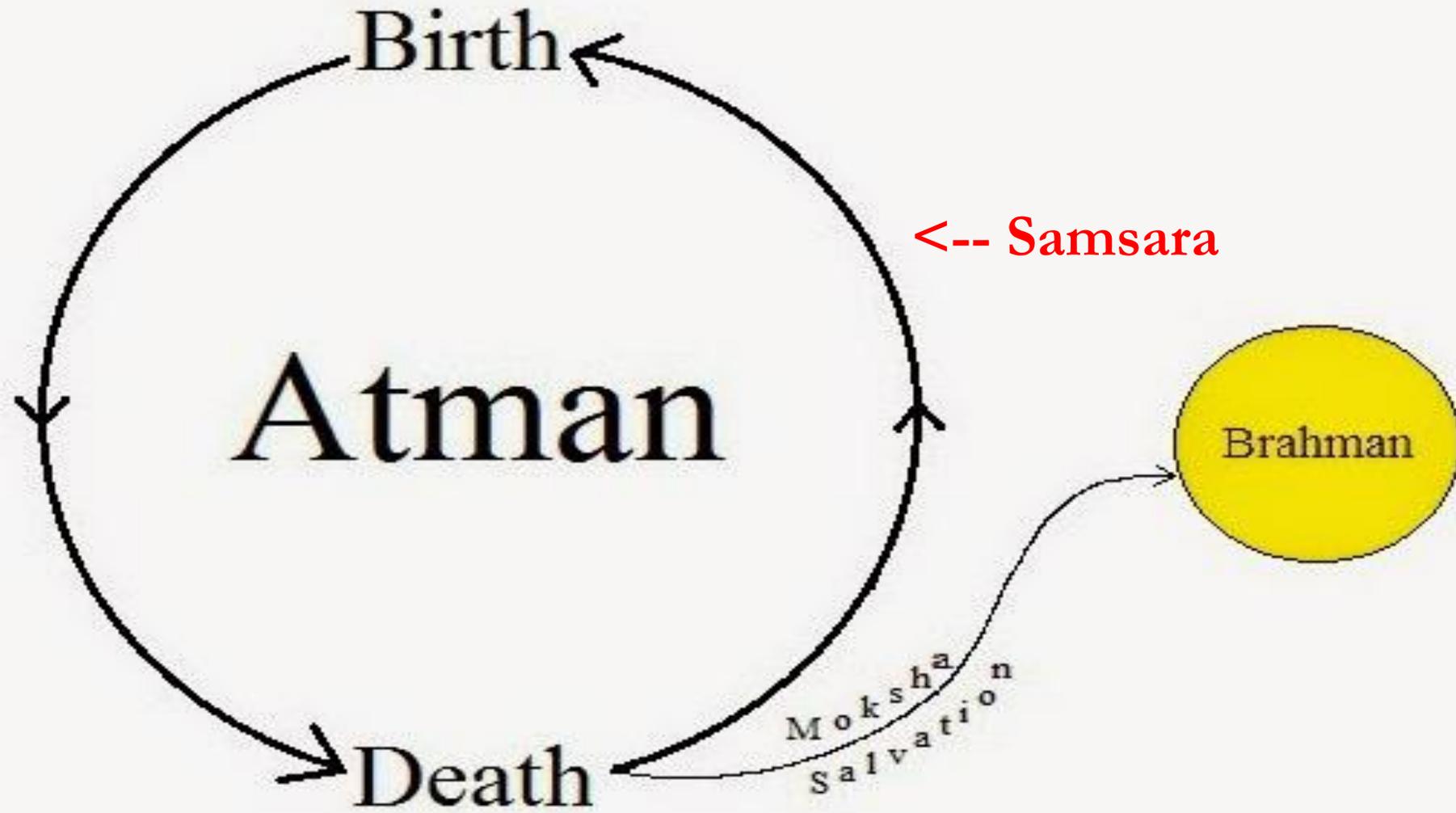
- **Reincarnation** allows an individual to work toward moksha over several lifetimes
- A person's fate in the next life is determined by **karma**, the result of all their actions
- Like Buddhism, Hindu belief includes **ahimsa**, nonviolence



Hinduism: Core Belief

- The cycle of reincarnation (**samsara**) is broken and the soul (**atman**) connects with universal soul (**Brahman**)
 - This is considered salvation (freeing of one's soul)



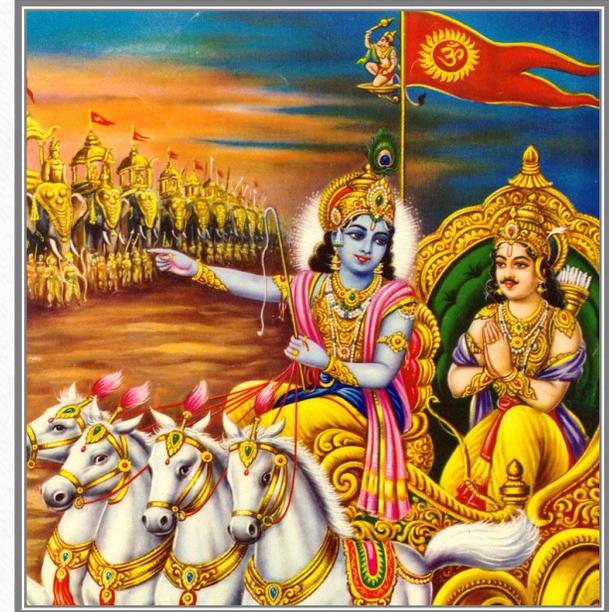


Hinduism: Core Belief

1. **Dharma:** one's duty, role and righteousness
2. Artha: prosperity, providing for family, economic values
3. Kama: pleasure, love, psychological values
4. **Moksha:** spirituality & liberation from the cycle of suffering
5. *#1 is the most important and takes priority over #s 2 & 3; doing #s 1, 2, & 3 right leads to #4*

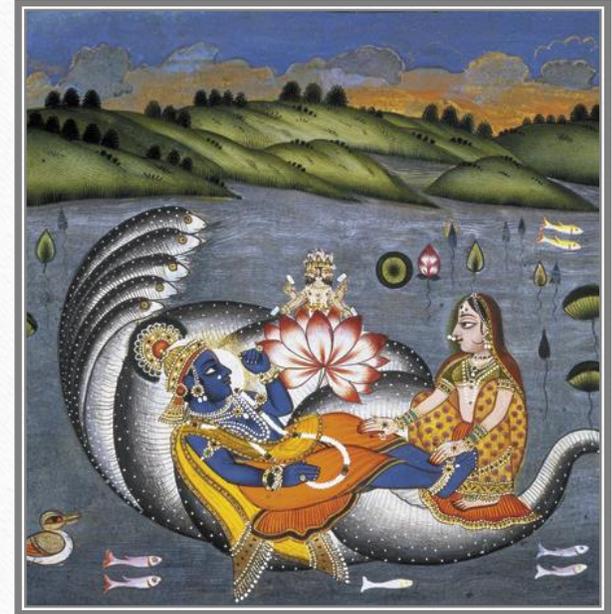
Hinduism: Key Terms

- **Dharma**- the religious and moral duties of an individual
 - Everyone has a role/position that you have to fulfill
 - Incredibly important concept
 - Influences everyday life
 - Helps create **caste system**



Creation Myth

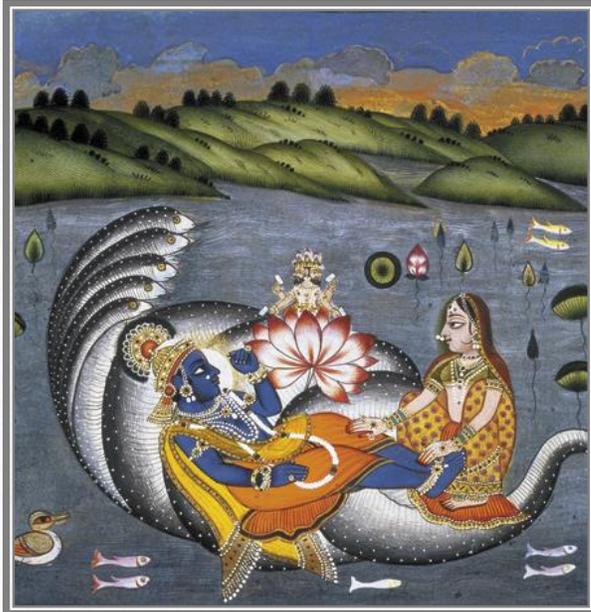
- Reading:
 - Annotate- Words you don't know
 - Do your best with the words
 - Respond to the questions on the back
 - Have a discussion with your group about your responses
- On a separate sheet of paper;
 - Depict the scene of Purusha
 - Annotate the visual with quotes from the text explaining what you drew



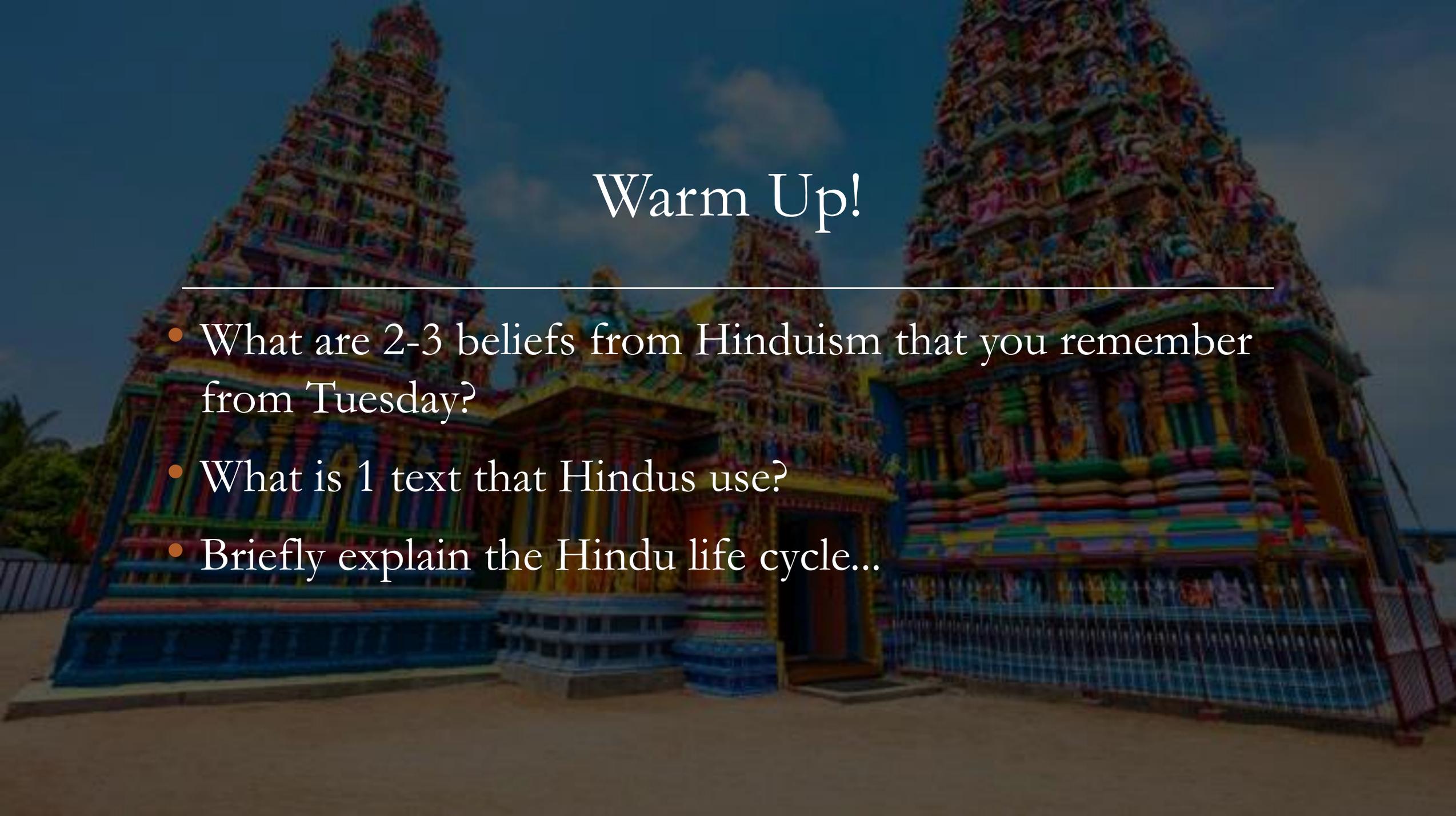
Basic Beliefs

- At the beginning of this era of the Universe, **Brahman**—the great overarching being, the absolute—was disrupted, splitting into trillions of pieces
- When the world was first made, the millions of pieces of Brahman became **Atman** (souls) which make up all sentient beings (anything that can perceive and feel things)
- Now we are trapped in **samsara** (the cycle of birth, life, death, rebirth)

Creation Myth Drawing



- Based on your reading and the instruction from Tuesday:
- With your group, please do the following:
 - Depict the scene of Purusha
 - Annotate the visual with quotes from the text explaining what you drew
 - You will have 15 Minutes to complete the task



Warm Up!

- What are 2-3 beliefs from Hinduism that you remember from Tuesday?
- What is 1 text that Hindus use?
- Briefly explain the Hindu life cycle...

Hinduism Deities



Some common misconceptions people have about Hinduism is that Hindus worship idols. This is understandable because the majority of the world is Islam and Christianity and these two religions forbid idolatry. However, in Hinduism, worshiping an idol is thought off as direct worship to the gods instead of a representation of the gods. That holds a big difference in our culture and is why it is a misconception.

-Skyline Student

Hindu Deity Activity

Individually:

- Go around the room and look at the images (Make sure to write the letter down)
 - Should be no more than 6-8 people at each station.
 - Take a few minutes for each one!
- Answer the questions in your notebook

Hindu Deity Activity

Please answer the following questions:

1. Describe the figure. Are they old? Young? Beautiful? Ugly? Male? Female?
2. What kind of expression does the figure seem to have?
3. Is the figure holding anything? If so, what?
4. What is the figure wearing?
5. What kind of god do you think this is? What do you think he/she represents to Hindus?

Be appropriate and respectful!

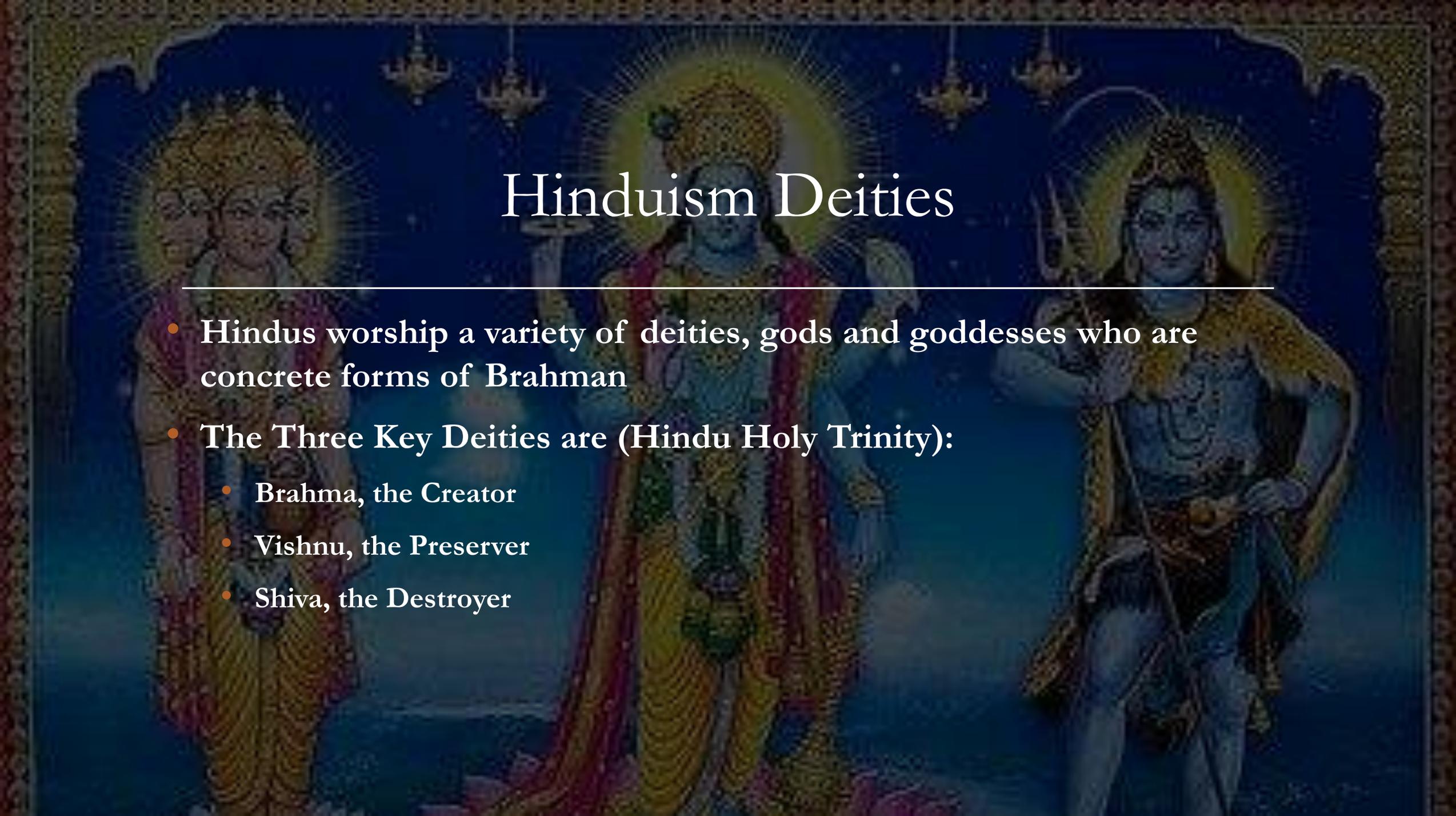
Reflection

- As a table group:
- Go through and read the descriptions of the gods/avatars
 - Decide which god/avatar it's describing
 - Write your answers on the handout

Brahma (1)	C
Vishnu (2)	E
Shiva (3)	H
Ganesha (4)	A
Krishna (5)	F
Kali (6)	G
Rama (7)	D
Hanuman (8)	B

Warm Up!

- How many did you get correct?
- Which ones stood out to you the most?
- What are you doing this weekend?



Hinduism Deities

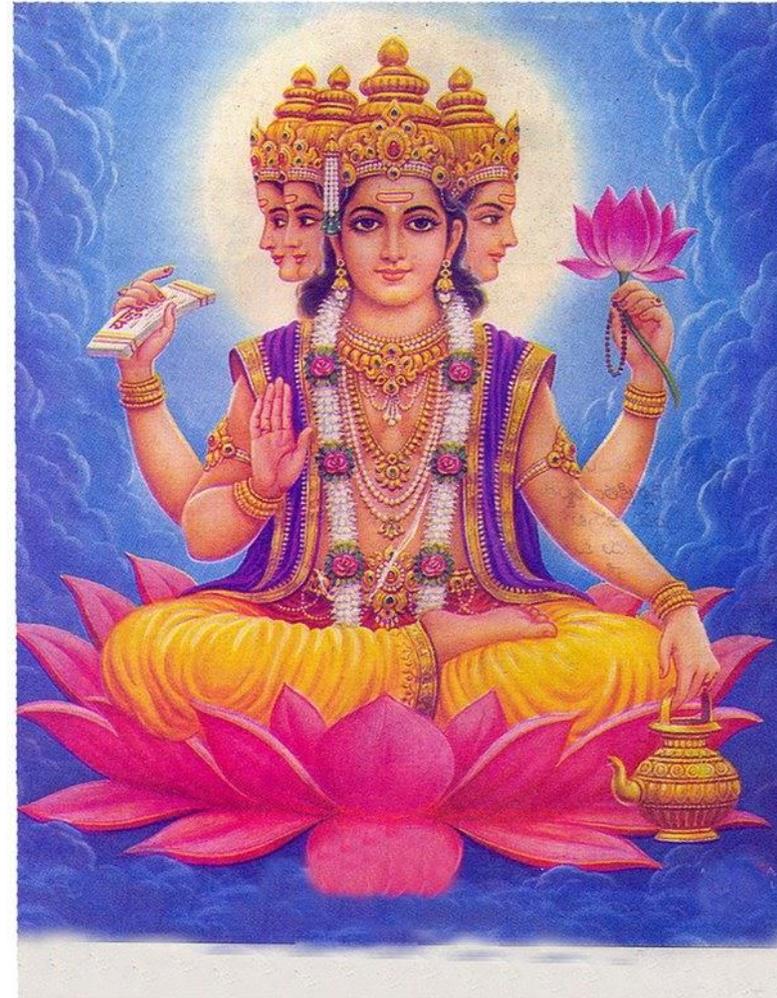
- Hindus worship a variety of deities, gods and goddesses who are concrete forms of Brahman
- The Three Key Deities are (Hindu Holy Trinity):
 - Brahma, the Creator
 - Vishnu, the Preserver
 - Shiva, the Destroyer



Brahma: The
Creator of
the Universe

Brahma

- **The Vedas – The Holy Book of Hinduism.** Shows that he is in charge of how the world is created.
- 4 Arms represent 4 directions, north, east, south and west
- Water pot – to carry the water needed for life
- Lotus flower – Very important in Hinduism
 - Symbol of wisdom.
- 4 heads = knowledge, stories of Veda
- **Not as widely worshipped**





Vishnu: The
Preserver of
the Universe

Vishnu

- Vishnu is worshipped under several names. This is because he has different appearances.
- Some believe that when there is a time of danger for the earth, Vishnu comes to protect it.
- They believe he has come to the earth in 9 bodies. The most famous are Krishna and Rama

The Ten Avatars of Vishnu

1. Matsya (The Fish)
2. Kurma (The Tortoise)
3. Varaha (The Boar)
4. Narasimha (The Lion Man)
5. Vamana (The Dwarf)
6. Parashurama (The Lumberjack)
7. Rama
8. Krishna
9. Buddha
10. Kalki (The Horseman)



MATSYA



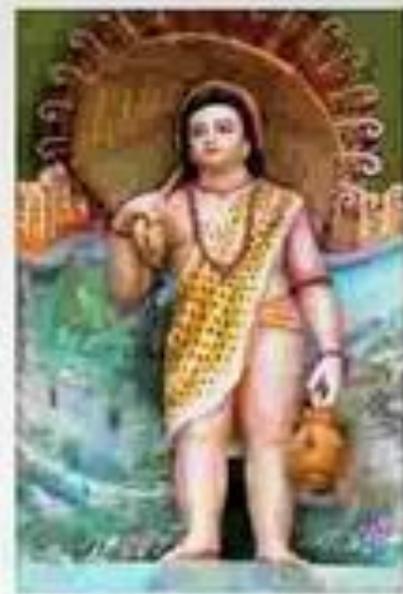
KURMA



VARAHA



NARASIMHA



VAMAN



PARASHURAM



RAMA



BALARAM



BUDDHA



KALKI

Rama

- Embodiment of chivalry and virtue
- 7th incarnation of Vishnu



Krishna

- Embodiment of Love, joy, playfulness
- Raised by cowherds and renowned as mischievous and a lover
- 8th incarnation of Vishnu



Shiva

- The destroyer
 - The transformer
 - The creator
- Will eventually destroy the world and restart the universe's cycle



Ganesh

- The remover of obstacles
- The god of intellect and wisdom



Kali

- Goddess of time, doomsday, death



Hanuman

- Leader of monkey armies in *Ramayana*
- Helped Rama recover his wife Sita from the demon king Ravana
- Brought mountain of herbs from Himalayas to heal wounded.



Debrief

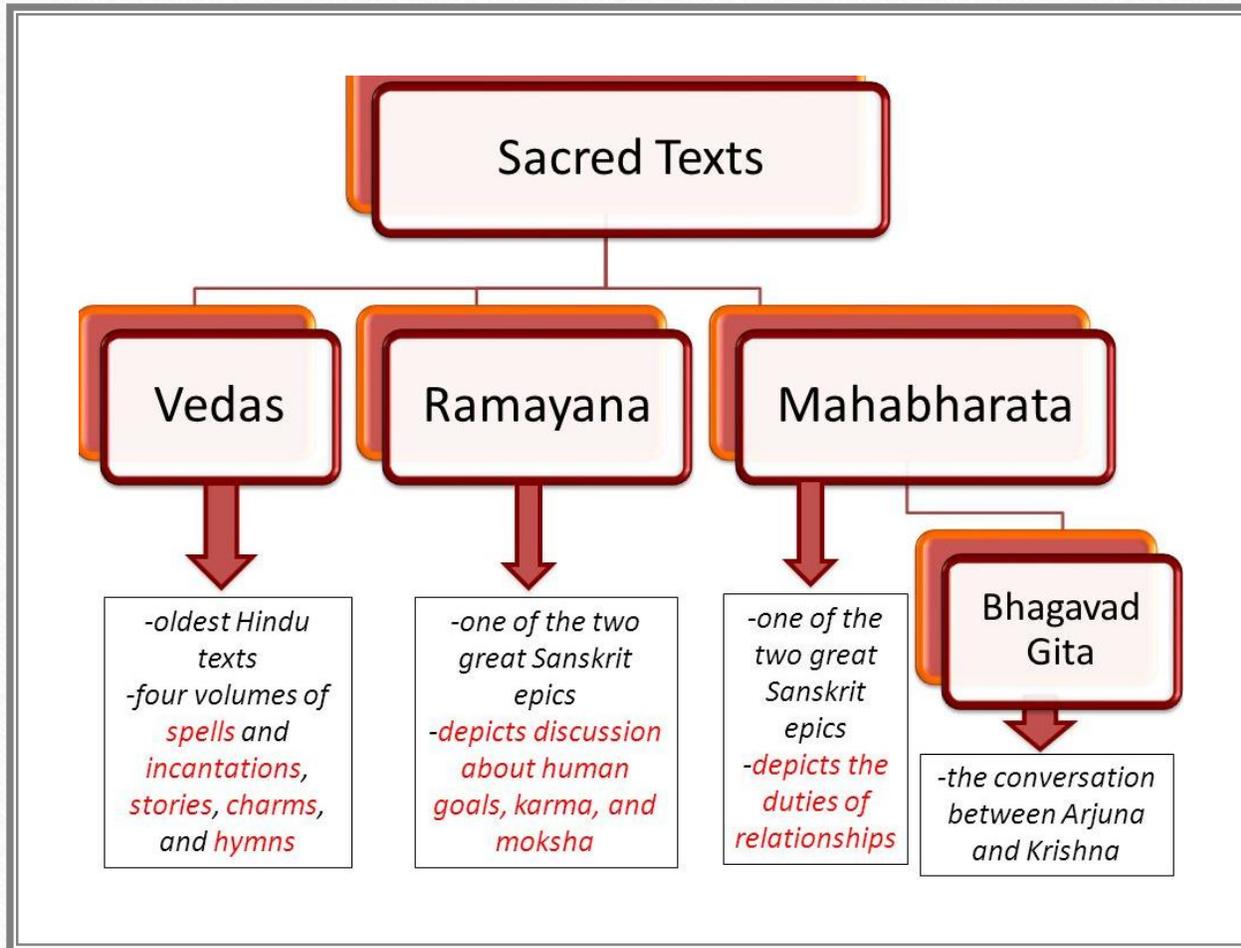
- What role do the deities play in their lives?
- Are the deities more beloved or feared? Why?

Reflection

- Which of the Hindu incarnations would you seek out and why?
- Would you search for an incarnation that represented/oversaw something else that wasn't shown today?

Happy Monday!

- How was your weekend?
- What beliefs, concepts, gods/avatars of Hinduism do you see in “Sonjay’s Super Team”? Try to find at least two!
- Agenda:
 - Texts of Hinduism & characteristics of an Epic hero
 - Story of King Sibi
 - Group analysis of reading



Hindu Texts

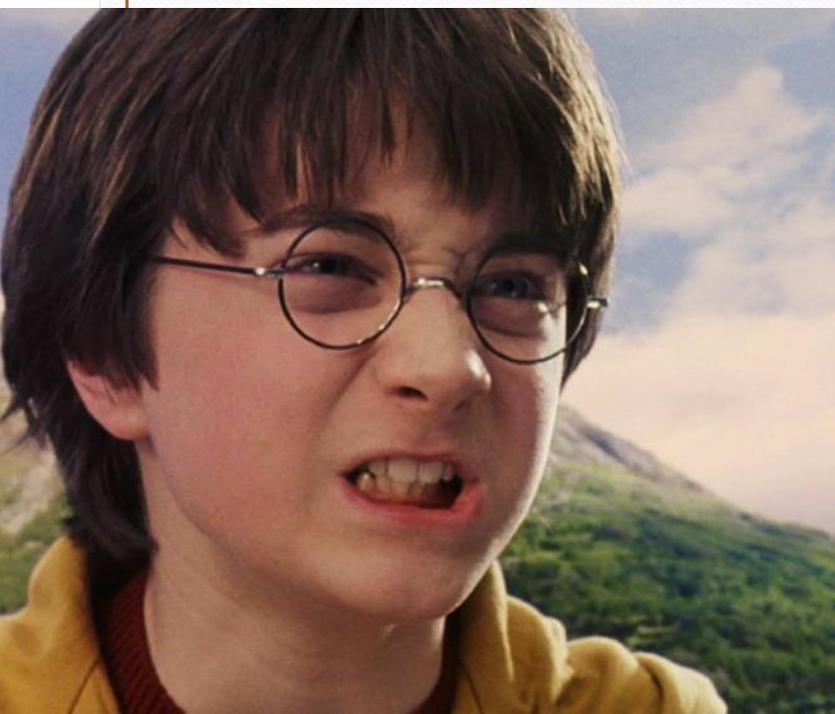
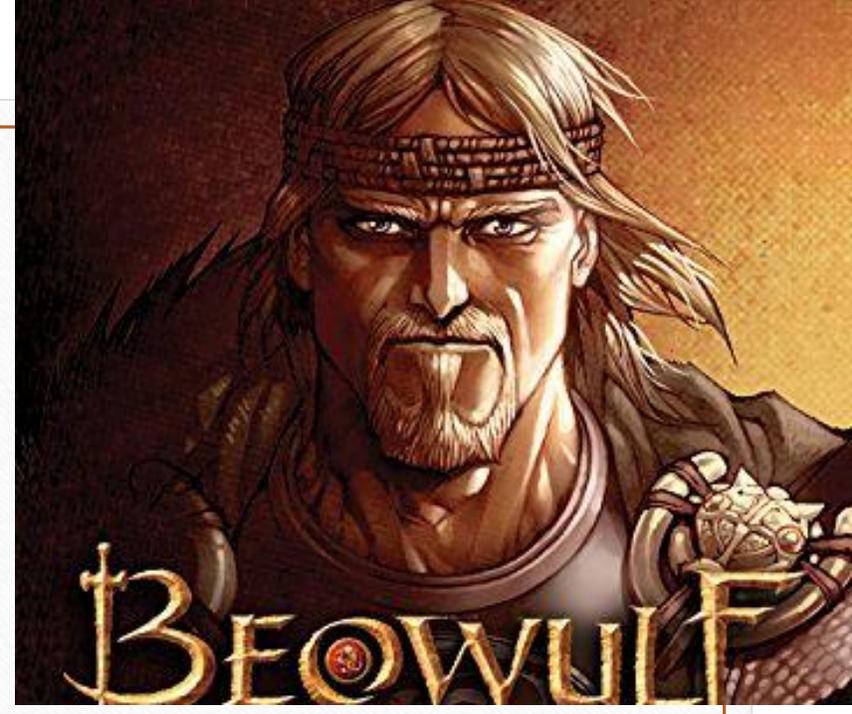
- The beliefs, gods, traditions we have discussed are in the epic stories of Hindu texts.
- Before we look at them, we need to understand what “epic poetry” is.

Epic Poetry

- A long narrative poem featuring an epic hero (who embodies the traits and characteristics valued by a specific culture)
- The setting is vast—often moving from earth, to underworld, to the heavens
- The tone is serious
- Often include *epithets* and/or *repetition*

Epic Heroes

- Noble birth
- Capable of great strength/courage (larger than life)
- Great warrior
- Travels over a vast setting
- Faces supernatural foes / receives supernatural aide
- Is a representation of the values of a specific culture
- Displays humility



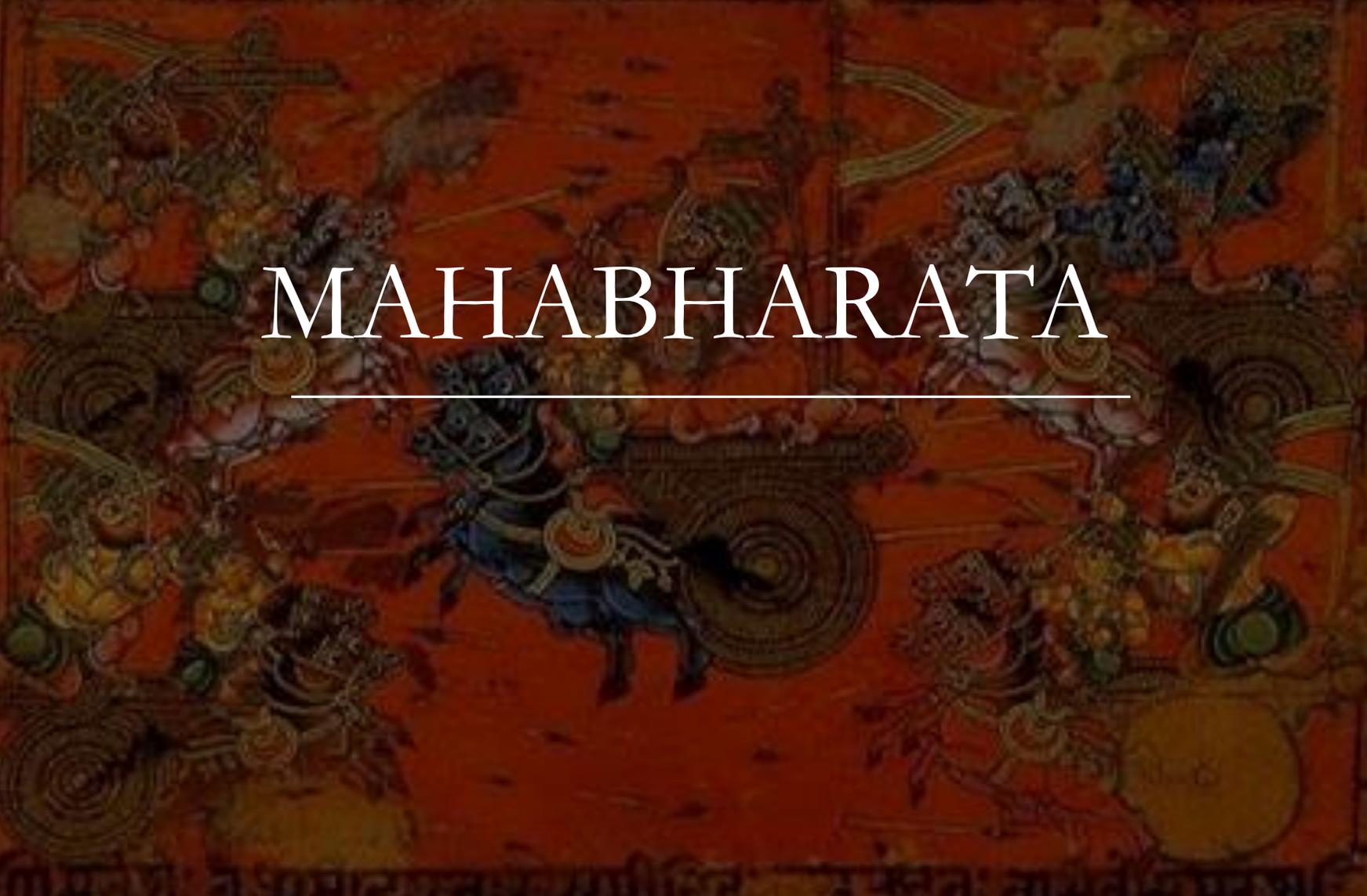
शाण्डिल्य

नाम

अनुन

संज्ञिघांमया श्रीभसेना महाबाहुर्देवा जानीकिलसंगतः एवमुत्थाययोतुसंत्वरमाणो युधिष्ठिरः

नतारथमह
चालैः सप्रभ
तानेगीः समा
वयुधिष्ठिर
प्रयाति त्व
यापज्ञानयु
रप्रयानेरा
संज्ञिघांमया
बवीद्यासा
दि स्याजि
मः नचागा
ग्रान्यम्री



म्राणागजान
इकैः वृत्तः
नद्युः शरव
पुरागमाः त
रितः क्रोधा
ज्यते एवमु
गनमन्वगा
कोपहत
धर्मपुत्र यु
तिफालान
रथेजिह
हवंसुर्व

MAHABHARATA

Sacred Texts

Vedas

*-oldest Hindu texts
-four volumes of spells and incantations, stories, charms, and hymns*

Ramayana

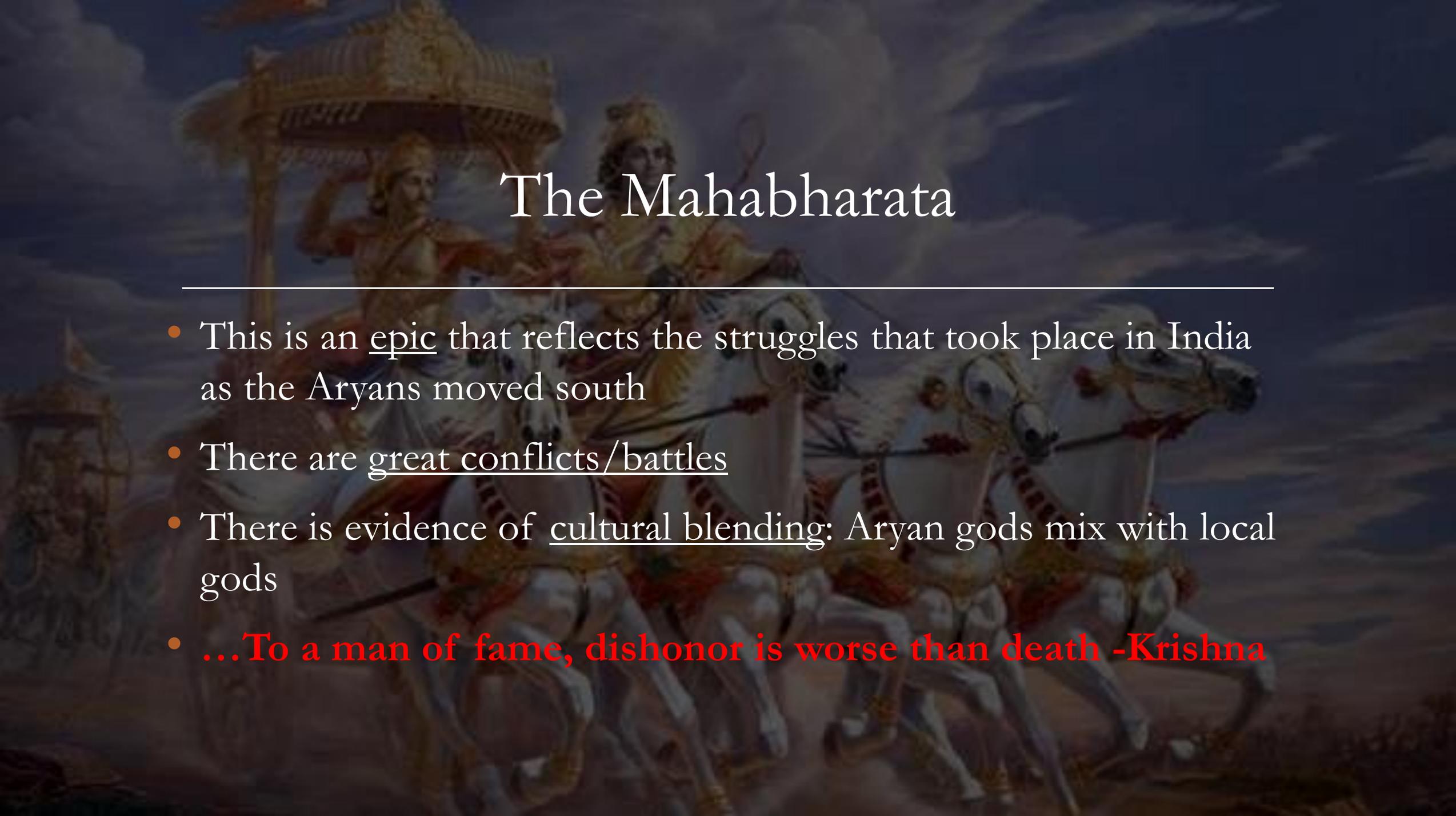
*-one of the two great Sanskrit epics
-depicts discussion about human goals, karma, and moksha*

Mahabharata

*-one of the two great Sanskrit epics
-depicts the duties of relationships*

Bhagavad Gita

-the conversation between Arjuna and Krishna

The background of the slide is a painting of a chariot with two warriors on white horses. The warriors are dressed in traditional Indian attire, with one holding a bow and arrow. The scene is set against a dramatic, cloudy sky. The title 'The Mahabharata' is centered over the painting in a white serif font.

The Mahabharata

- This is an epic that reflects the struggles that took place in India as the Aryans moved south
- There are great conflicts/battles
- There is evidence of cultural blending: Aryan gods mix with local gods
- **...To a man of fame, dishonor is worse than death -Krishna**

Epic Poetry of India

- **Mahabharata** translates to mean “*great epic of the Bharata dynasty*” and details the conflict between the two branches of the Bharata family (descendants of **Pandu** vs. descendants of **Kuru**)
- Is the world’s longest epic
 - 100,000 *couplets* fill 18 books
- Discusses history, legend, religion, morality, and philosophy ... so basically everything.

The Mahabharata

- Core story is a dynastic struggle to be ruler of Bharata dynasty
- Conflict between Pandava and Kaurava branches of same family
- Pandava (Pandu)
 - Yudishtra
 - Bhima
 - Arjuna
 - Nakula and Sahadeva
- Kaurava (Kuru)
 - Duryodhana
 - 100 brothers

The Mahabharata

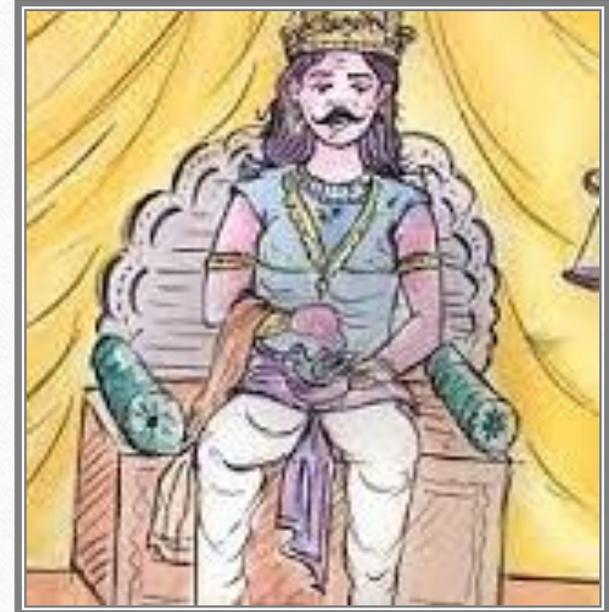
- Kaurava is the senior branch of the family,
- Two brothers from each side claim to be the first in line to inherit the throne.
- The struggle culminates in the great battle of Kurukshetra, in which the Pandavas are ultimately victorious.
 - The battle produces complex conflicts of kinship and friendship, instances of family loyalty and duty taking precedence over what is right, as well as the converse.

The Mahabharata

- The passage you will read comes from one of the stories of the Pandavas' exile.
- The stories offer advice and insight to overcoming worldly struggles.

Story of Sibi

- In the *Mahabharata*, the Pandavas are exiled to the forest
- Here they are told stories by various characters
 - These stories are meant to guide the Pandavas
- One of these stories is that of King Sibi



Story of Sibi

- Individually, highlight/note the key plot points of the story of Sibi from the Mahabharata
 - What happens?
 - Who are the characters?
 - Hero? Villain?



Warm Up!

- Using your notes, respond to the following questions as a group:
 - What happens?
 - Who are the characters?
 - Hero? Villain?

Story of Sibi

- As a group, brainstorm one part of the story that shows a characteristic of an epic hero.
- Write your answer in your note organizer or notebook
- Then...
 - As a group, brainstorm how that part of the story connects to the epic hero characteristic.



Story of Sibi

- As a group, brainstorm any parts of the story that could connect to the characteristics of an epic hero AND dharma.
- Write at least two more examples
- For each example, explain the connection (analysis)



Story of Sibi Poster

- With your group, you will do the following:
 - Give a brief overview or summary of the story
 - Pick 2 Epic Hero Characteristics that you feel Sibi most represents
 - Find 1 quote that supports your choice, and explain in 2 sentences how the quote connects to your evidence for **each** characteristic
 - What are the duties (**dharma**) of Sibi and the Hawk
 - How do they conflict?
 - Make sure to include visuals depicting Sibi, the Dove, and the Hawk

Warm Up!

- What is the story of Sibi about?
- What do you think the message of the story was?
- How can you apply this message to your own life?

Sibi Debrief

- **Epic Hero Characteristics**

- **Courage/Sacrifice**

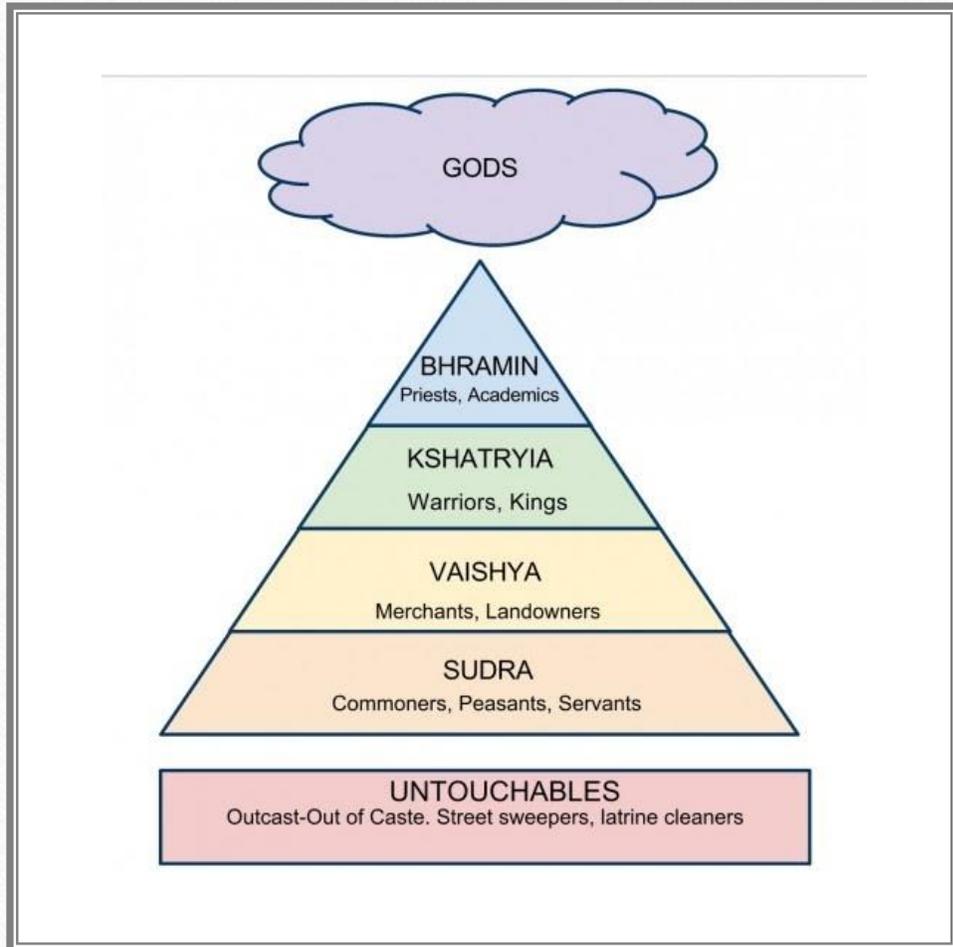
- Sibi told the hawk that he would give up his own life to protect and save the dove
- When Sibi tore off his own flesh to give to the Hawk

- **Compassion**

- Caring for the dove by protecting it
- Give the hawk food for him and his family

Sibi Debrief

- Dharma: King Sibi commits to his duty as royalty
 - As such, he is willing to sacrifice his own life to maintain his dharma
- Karma: The Hawk appeals to Sibi's sense of action/re-action
 - “Now this single, selfish act of yours will drain away your merit...”



Hinduism: Key Terms

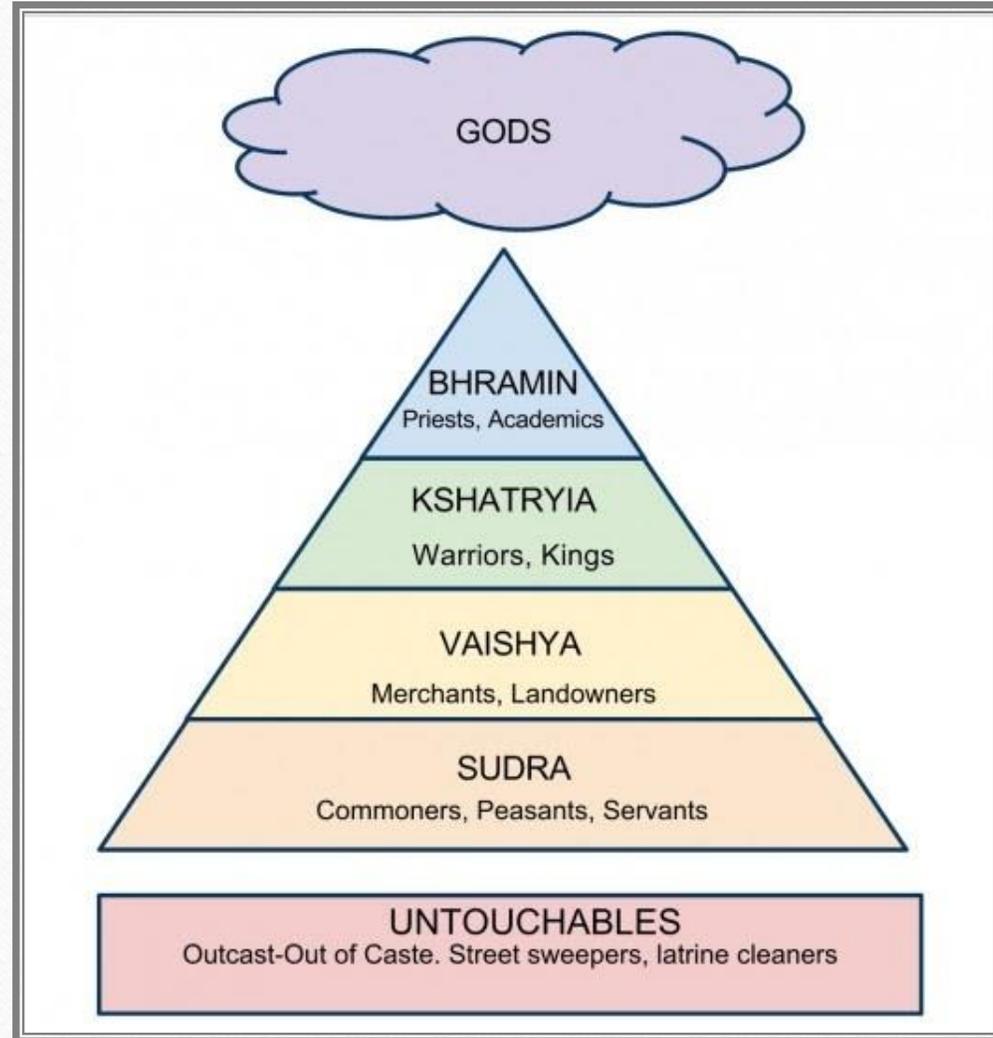
- **Caste System:**
 - Established social hierarchy in Indian culture for many centuries
 - Officially abolished, but still influences life
 - Karma determines position
 - Dharma can improve karma

Hinduism: Caste System

Reincarnation (samsara)	Karma	Dharma
A person is born, lives, dies, and is reborn again many times. Souls are reborn many times until they are pure enough to be with the creator, Brahma	A person's social position in the next life is determined by their conduct in the present life.	Code of behavior or set of moral and ethical rules that govern the conduct of each social class. Each group has a different set of rules to live by.

Hinduism: Caste System

- Upon achieving Moksha, the soul is released from life in this world
- This does not usually happen in one lifetime
- Who can reach Moksha in the Caste System?



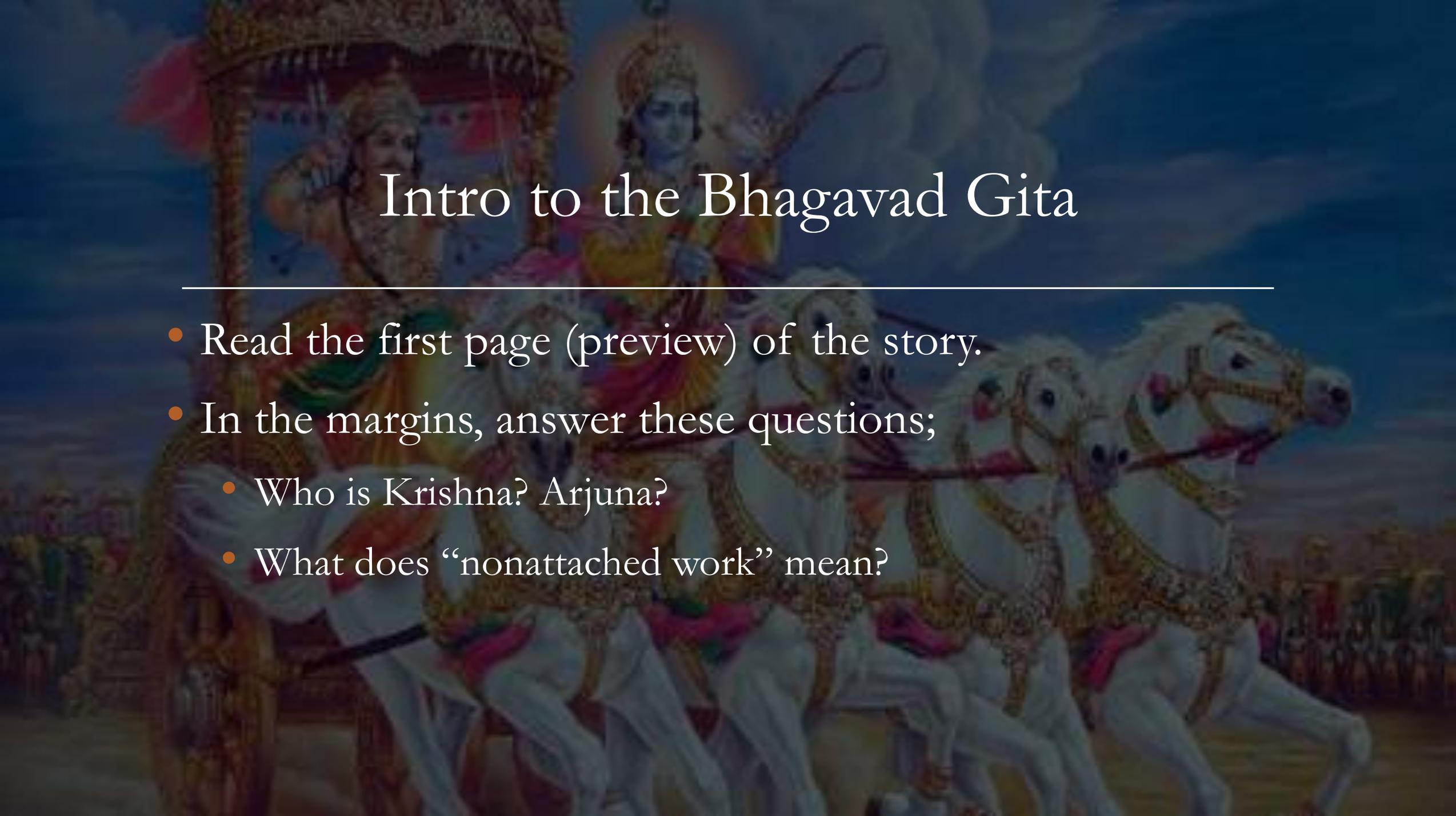


Bhagavad Gita

- Considered one of the most important texts in Hinduism
- The conflict between the Pandavas/Kauravas culminates in one smaller book within the Mahabharata.
- The story takes place on the eve of a great battle between the two sides.
- At the center of this conflict is Arjuna (Pandava)

Bhagavad Gita

- The Gita focuses on several key concepts within Hinduism.
 - **Atman**-the eternal soul of each individual="nonattached work"
 - Must perform the duties you were meant to and recognize that your material body may pay the price, but your eternal soul (**atman**) will be rewarded
 - **Caste system/dharma**: understanding the importance of each person fulfilling their role in life



Intro to the Bhagavad Gita

- Read the first page (preview) of the story.
- In the margins, answer these questions;
 - Who is Krishna? Arjuna?
 - What does “nonattached work” mean?



Warm Up!

- Who is Arjuna?
- Who is Krishna?
- What is Arjuna's dilemma?



The Legend of Bagger Vance

- Just enjoy the clip the first time through, but try to see if there are any connections between the clip and the story you read for today

The Legend of Bagger Vance

- Who do you think portrays Arjuna in the clip? What about Krishna? Why do you think that?
- What do you think "The Field" represents?
- What role does the Krishna character play in the clip? In what ways is it similar to the story?
- How does the Yoga relate to "The Field"?

The Yoga of Knowledge

- As a group, brainstorm any parts of the story that could connect to the characteristics of an epic hero, dharma, and The Legend of Bagger Vance.
 - Write at least two more examples
 - For each example, explain the connection (analysis)
 - Find evidence that supports the connection between "The Field" and "Yoga"

