

TONIGHT...MAY 3...  
**"WORLD RELIGIONS PART 2"**  
 Eastern Religions (Hindu, Buddhism, Sikhism, & more)

**CONCLUDES MAY 10** Neopagan, Wiccan, New Age, & Humanism

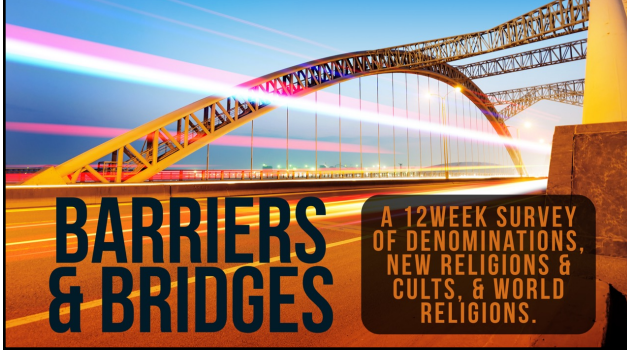
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W1 The Apostles & the Early Church  
 W2 East. Orthodox & Roman Catholic  
 W3 Lutherans, Presbyterians, & Anabaptists  
 W4 Anglicans, Puritans, & Methodists  
 W5 Congregational, Baptist, & Restoration Mov't (Christian Church, Disciples of Christ, Church of Christ)  
 W6 Apostolic, Pentecostal, Word of Faith, & more

W7 Unitarian Universalists, Christian Science, & Scientology  
 W8 Mormons & Jehovah's Witnesses  
 W9 Judaism, Islam, & more



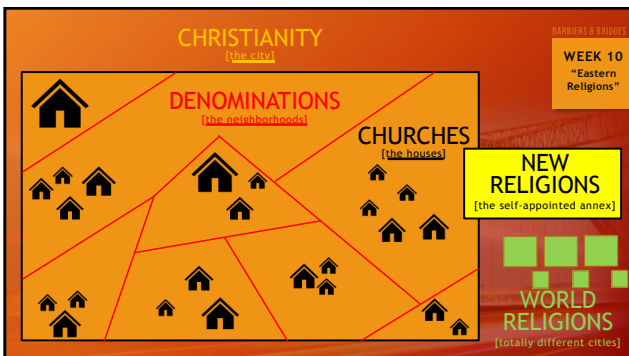
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**BARRIERS & BRIDGES**

A 12WEEK SURVEY OF DENOMINATIONS, NEW RELIGIONS & CULTS, & WORLD RELIGIONS.

2

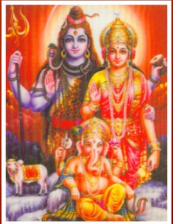


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**Hinduism - Background Information**

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- Hinduism is a polytheistic religion that started in India. gods can be in many forms, including animals and humans;
  - Brahma - the Creator
  - Vishnu - the Preserver
  - Shiva - the Destroyer
- Sacred Texts: Vedas, Ramayana, Bhagavad-Gita
- There is no single founder of the religion.
  - Hindu beliefs are a combination of the beliefs of the early Indus Valley peoples and the Aryans.




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**Main Beliefs of Hinduism**

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- Reincarnation:** after death, souls are reborn into another form; reincarnation is determined by karma and dharma;
- Ahimsa:** moral principle of nonviolence; Hindus believe that all things are aspects of brahman, therefore they should be respected;




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**Main Beliefs of Hinduism**

KARMA is the OPPOSITE OF GRACE

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- Karma:** all the actions of a person's life that affects his or her fate in the next life;
  - People who earn a good karma are reborn at a higher level of existence;
- Dharma:** the religious and moral duties of an individual; duties vary according to class, occupation, gender or age;
  - by obeying one's dharma, a person acquires merit for the next life



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If you obey your dharma and have good karma you will be reincarnated to achieve moksha.

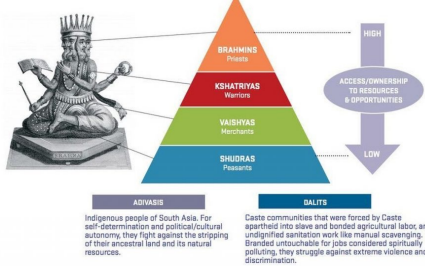
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How does the caste system influence Hindu beliefs?


Caste System = social classes into which you are born and cannot change; after death, Hindus hope to be reincarnated into a higher caste; each caste has its own dharma;



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Sacred Animals / Rivers:


cows, elephants and other animals are viewed as sacred; the Ganges River is the most sacred river to Hindus;



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Buddhism - Background Information

- Buddhism started in India by the "Buddha," or Siddhartha Gautama
- Founder; Siddhartha Gautama = an Indian prince who sought to eliminate suffering and devoted his life to achieving nirvana;



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**The Buddha**

What did the Buddha decide was causing suffering?

As "Sidd" traveled, he would fast and meditate.

- Siddhartha Gautama "Sidd" wandered India for 6 years.
- He finally realized the three things that cause suffering.
  1. Wanting what we like but don't have.
  2. Wanting to keep what we like and already have.
  3. Not wanting what we dislike but have.


When "Sidd's" ideas began to spread, he became known as the Buddha.



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Main Beliefs of Buddhism

- Karma
- Dharma
- Reincarnation
- Buddhists believe in NO GODS;
  - the Buddha was not normally viewed as a god;



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### Main Beliefs of Buddhism

- Eightfold Path / Middle Way  
 “the right way;” making the right decisions, actions, effort, etc.

1. Right View	Wisdom
2. Right Intention	
3. Right Speech	Ethical Conduct
4. Right Action	
5. Right Livelihood	Mental Development
6. Right Effort	
7. Right Mindfulness	
8. Right Concentration	

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### Main Beliefs of Buddhism

**Four Noble Truths =**

1. Life is full of suffering
2. Suffering is caused by desire
3. Eliminate suffering by eliminating desire
4. Eliminate desire by following the Eightfold Path / Middle Way





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### Main Beliefs of Buddhism

- Buddhists do not believe in the caste system; Buddhists believe that anyone, at any time, can achieve nirvana;
- Nirvana = the goal of every Buddhist; spiritual enlightenment;
- Ahimsa = NON-VIOLENCE

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### Who are Sikhs? Sikh - “disciple” or “student”




What are some commonly held misconceptions about Sikhs?

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### Punjab Region


- Most of the world’s 20 million Sikhs live in this part of northwestern India - Punjab.
- Many also live in other parts of the world.
- It is the 6<sup>th</sup> most popular religious belief in the world.



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### What is Sikhism?



- A 500 year old, monotheistic religion of Northwest India, followed by some 20 million
- Seeks to make religion a uniting rather than dividing force
- All people - male and female, Brahmin and Shudra, Hindu and Muslim - are united as brothers and sisters in devotion to the one God:

“there is no Muslim, there is no Hindu; all are equal human beings because they are the children of the same Father, God.” - Guru Nanak

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## Historical Origins Sikhism

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• 22 million Sikhs worldwide  
• 20 million Sikhs in India

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## The Founder of Sikhism

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- Guru Nanak was the first of 10 spiritual leaders.
- Founded Sikhism in 1499 when Moguls (Muslims) ruled.
  - Received a message from God (Sat Nam)
- Converted many Hindus and Muslims to his teachings

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	Name	Date of Birth	Guruship	Date of Death	Age
1	Nanak Dev	4/14/1469	8/20/1507	9/22/1539	69
2	Angad Dev	3/31/1504	9/7/1539	3/29/1552	48
3	Amar Das	5/5/1479	3/26/1552	9/1/1574	95
4	Ram Das	9/24/1534	9/1/1574	9/1/1581	46
5	Arjan Dev	4/15/1563	9/1/1581	5/30/1606	43
6	Har Gobind	6/19/1595	5/25/1606	2/28/1644	48
7	Har Rai	1/16/1630	3/3/1644	10/6/1661	31
8	Har Krishan	7/7/1656	10/6/1661	3/30/1664	7
9	Teg Bahadur	4/1/1621	3/20/1665	11/11/1675	54
10	Gobind Singh	12/22/1666	11/11/1675	10/7/1708	41

Har Krishan died at age seven from a small pox epidemic.

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## Guru's Lead by Example

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Honest labor and work ("Kirat karni") are the approved way of life in Sikhism.

Bhai Lehna ji working with Guru Nanak Dev ji in the fields

Equal Right to Women

Guru Amardas ji conferred equal status on Men & Women

Community Service - Helping the poor and needy

Guru Arjan Dev ji (5th Guru) serving the lepers

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## Basic Beliefs of Sikhism

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- a blending of Hinduism and Islam
- is monotheistic
- beliefs: karma, equality
- rejects: caste system, idol worship
- many have a desire to found and establish their own homeland

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## Teachings of the 10 Gurus


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"Eastern Religions"

- Religion should unite, not divide.
- Charity/Community involvement is more valuable than ritual/asceticism.
- Equality for ALL
  - Rejected the Caste System
- There is one god → → → → →
  - Sat Nam
  - Do not worship multiple idols.
- Sacred Text: Guru Granth Sahib
  - Collection of 10 Gurus' teachings

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## Basic Beliefs



- ♦ There is Only One God.
- ♦ Equality of mankind.
- ♦ Freedom and Liberty for all.
- ♦ Speaking out against injustice and standing up for the defenseless is considered a Sikh's duty.
- ♦ Condemnation of superstitions and blind rituals.
- ♦ Intoxications such as alcohol, tobacco, and other drugs are strictly forbidden.

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## Connect Sikhism to Other Religions

**WEEK 10**  
 "Eastern Religions"

- Goal of Sikhism:
  - To have good karma → Good Conduct
  - To break the cycle of reincarnation: Moksha
    - To become one with Sat Nam
    - After death, Sikhs are cremated & their ashes are spread over a river or in the sea.
- How to break the cycle of reincarnation:
  - Charity
  - Meditation (Communal)
  - See next slide



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## Teachings of Sikhism: The 5s

<p><b>Control the 5 Vices</b></p> <ol style="list-style-type: none"> <li>1. Greed</li> <li>2. Anger</li> <li>3. Pride</li> <li>4. Lust</li> <li>5. Materialism</li> </ol>	<p><b>Live by the 5 Virtues</b></p> <ol style="list-style-type: none"> <li>1. Compassion</li> <li>2. Honesty/ Justice</li> <li>3. Contentment</li> <li>4. Humility</li> <li>5. Pyar - Filled w/love for Sat Nam</li> </ol>
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## (1) Kesh

- Kesh is hair. Sikhs promise not to cut their hair but let it grow as a symbol of their faith. Because during their lifetimes it will get very long they wear turbans to keep it tidy.
- They believe that this demonstrates their obedience to God.



A Sikh wearing a Turban

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## The Turban

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 "Eastern Religions"

- Symbolizes discipline, integrity, humility, and spirituality.
- It is very insulting and disrespectful to a Sikh to remove his or her turban.
- Turbans are a mandatory part of Sikh faith.



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## (2) Kangha

- The Kangha is a small wooden comb. It keeps the hair fixed in place, and is a symbol of cleanliness. Combing their hair reminds Sikhs that their lives should be tidy and organised.




The Kangha

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*The Five K's (cont.)*

Sikhs use twice a day.  
It should be worn in the hair all the time.  
Combs help to clean hair and remove tangles from it, as well as being a symbol of cleanliness to the Sikhs.  
Combing their hair reminds them that their lives should be tidy and organized.



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(3) The Kara

- The kara is a steel bangle worn on the arm. It is a closed circle with no beginning and no end...as with God there is no beginning and no end.
- It is a reminder to behave well, keep faith and restrain from wrong doing. Wearing it will remind a sikh of his duties.





The Kara

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(4) The Kachera

- These are short trousers worn as underwear. They were more practical than the long, loose clothes most people in India wore at the time of Guru Gobind Singh.
- The Guru said they were a symbol that Sikhs were leaving old ideas behind, following new better ones.



The Kachera

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(5) The Kirpan

- The warrior's sword. These days a very tiny one is worn as a symbol of dignity and self respect.
- It demonstrates power and reminds sikhs that they must fight a spiritual battle, defend the weak and oppressed, and uphold the truth.



The Kirpan

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**Values & Practices**

**WEEK 10**  
"Eastern Religions"

- ✦ **Seva**: Daily selfless service to humanity
- ✦ **Vand Chakna**: sharing with others
- ✦ **Langar**: Community Kitchen,
  - An expression of service to community
- ✦ **Kirat Kamaiya**: Honest Labor
  - Honest earnings by hard work
  - Do not become burden on the society
- ✦ **Daily Prayers & Meditation**
  - No passive meditation
    - Maintain channel of knowledge by actively engaging in the society.
    - Prevent stagnation of social and intellectual skills
- ✦ **Introspection**



Bhai Kanya  
pioneer of the Red Cross & humanitarian aid organizations

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*The Afterlife*

**WEEK 10**  
"Eastern Religions"

- Sikhs believe in reincarnation until the karma is resolved and has merged with God.
- After death, Sikhs are cremated & their ashes are spread over a river or in the sea.
  - Mourners go to the Gurdwara to offer prayers for the deceased.
- A Saptah (7 day reading) or Dusehra (10 day reading) takes place at the house of the deceased.
- On the last day of the readings the "Sadd Ramkali" (the story of the third Guru's death, the transitory nature of life & the acceptance of God's will) is read.
- No memorials are erected for the deceased.

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**Sikh Temples - Gurdwaras**

WEEK 10  
"Eastern Religions"

- Common Practice
  - Remove shoes
  - Cover head
  - All are welcome
  - Prayers led by a granthi
  - Free kitchen always open
- The most sacred site to Sikhs is the Golden Temple in Amritsar, India
  - Pilgrimage! → → →

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*Sacred Art:  
The Golden Temple*

- The Golden Temple is located in Amritsar (in Punjab, India), which means "Pool of the Nectar of Immortality," the holiest city in Sikhism
- It is a symbol of spiritual and historical traditions of the Sikhs.
- It is known as a palace of pilgrimage and a sacred piece of art.

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