**Hinduism**

* One of the oldest religions in the world. 3rd largest
* Began with Aryan beliefs, but also included Indian beliefs.
	+ Eventually combined to form Hinduism
* 1000’s of gods and goddesses all part of one universal spirit called the **Brahman**
* It takes many lives to reach the Brahman
* **Reincarnation**-passing through many lives
	+ Influences how Hindus live their lives
		- Good person moves up in the caste system
		- Bad person moves down
		- To earn a better life must perform your duty
		- **Dharma**-the divine law
			* Different for different people or castes
* All life sacred
* **Karma**-consequences of how a person lives their life
* Belief in karma made them more accepting of the caste system
* Dedicated Hindus are happy with their role life regardless of caste

**Buddhism**

* Founded by Siddartha Gautama, known as the Buddha
	+ Meditated under a tree for 49 days wondering why there was suffering in the world
	+ Only way to find truth is to give up desires
	+ Give up all desires you reach **nirvana-**a state of wisdom
* Heart of Buddhism = 4 Noble Truths
	+ 1. Life is full of suffering.
	+ 2. People suffer because they desire worldly things and self-satisfaction.
	+ 3. The way to end suffering is to stop desiring things.
	+ 4. The only way to stop desiring things is to follow the 8 fold path.
* 8 Fold Path
	+ 1. Understand the 4 Noble Truths
	+ 2. Give up worldly things and don’t harm others.
	+ 3. Tell the truth, don’t gossip, or speak badly of others.
	+ 4. Don’t commit evil acts, like killing, stealing, living an unclean life.
	+ 5. Do rewarding work.
	+ 6. Work for good and oppose evil.
	+ 7. Make sure your mind keeps your senses under control.
	+ 8. Practice meditation as a way of understanding reality
* Did believe in reincarnation, but did not accept the idea of being born into a class and being stuck there.
* Lower Caste Indians and Outcastes liked this message.