**Hinduism**

**I. Introduction**

Hinduism is one of the world’s oldest belief systems (approximately 5,000 years old) that originated in the Indus River Valley. There is **no single founder** or date of the belief system’s creation because it is based on the beliefs and practices of a diverse group of people who added to the religion over thousands of years. Hinduism is followed by the majority of people in **India** and Nepal, but it also exists among significant populations outside of the sub-continent and has over 900 million followers worldwide, known as Hindus. Since Hinduism has been compiled from so many different belief systems throughout its history, some people refer to it as 'a way of life' or 'a family of religions' rather than a single religion. There are, however, some unifying concepts.

**DIRECTIONS: Actively read below about the religion of Hinduism. Highlight/underline the beliefs that make up this religion and fill in the template that follows.**

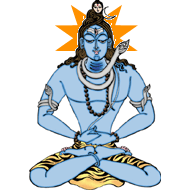
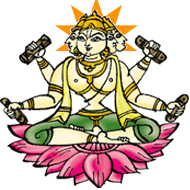
The sacred books of Hinduism are called the *Vedas* and the *Upanishads*. There are Hindu temples (houses of worship), but most Hindus practice their religion at home.

Hinduism is considered a polytheistic religion, but it is more complex than that. It is estimated that Hinduism includes more than 33,000 deities (gods). Each god has its own story, personality, and responsibilities. For example: **Hindu Trinity (“Trimurti”)**

**1. Brahma: The Creator 2. Vishnu: The Preserver 3. Shiva: The Destroyer**

responsible for creating life in the world makes sure the world and people and in charge of death and destruction

protected and safe



In Hinduism, thousands of gods are worshipped. However, all these gods are thought to be part of one main force, or one god. Just like different players come together to make a sports team, or different musicians come together to form a band, Hindu gods are together, the great religious force, or God in Hinduism. This great religious force is called the ***Brahman*.**

Like all religions, Hinduism has major beliefs that all Hindus must follow. For example **dharma** is the belief that every person has certain duties and that they are supposed to behave in a certain way. Another belief is **karma** which is the belief that every action you have will have an effect on you. All of your good actions and bad actions together equal your karma. In Hinduism, if you follow your dharma, you will have good karma. **Samsara** is yet another belief that says after you die, you are **reincarnated** or reborn into another form. You can be reborn into anything, from a tree, to a cockroach, to another human. This is called the cycle of life. A soul reincarnates again and again on earth until it becomes perfect and reunites with it Source. During this process the soul enters into many bodies, assumes many forms and passes through many births and deaths.

***“Just as a man discards worn out clothes and puts on new clothes, the soul discards worn out bodies and wears new ones."- Bhagavad gita***

What you are reborn as depends on your karma in your previous life. The last belief is **Moksha** which is like the belief in Heaven in Christianity. In Hinduism, moksha is the end of the cycle. If you have followed your dharma perfectly, you have achieved moksha and will be united with Brahman, the great religious force.

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| **Religious Duties of Hinduism – A Hindu Must:**  ***Worship god*** – Hindus must take time during each day to worship their god.  ***Read from the holy book*** – Hindus must learn their lessons from their holy book  ***Honor elders and parents*** - Hindus are very loyal family members. Parents and elders are honored for their wisdom and self-sacrifice.  ***Help the poor*** – Even the poorer Hindus must help people who are worse off than them.  ***Feed animals*** – Hindus consider all life to be sacred. Because of this, they worship and respect animals. The cow, in particular, is a sacred animal and Hindus do not eat beef. |

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Band: \_\_\_\_\_\_\_**

**Directions: Using TEAL strategies, answer the following question:**

**How did Hinduism influence the lives of its followers?** (Explain how the issue (religion) has **affected people**.)

Hinduism has many beliefs, which influence its followers in a **positive/negative (circle one)** way.

One belief of Hinduism is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, which means \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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This influences its followers **positively/negatively (circle one)** because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **EXCELLENT**   * **T**opic sentence clearly states a specific position. * **E**vidence has 3 or more supporting facts from the document to support position. * **A**nalysis is in-depth and completely supports the position taken. * **L**ink of the evidence and analysis is clear and connected to the topic sentence. | **GOOD**   * **T**opic sentence is clear, but does not state a specific position. * **E**vidence has 2-3 supporting facts from the document to support position. * **A**nalysis is vague and/or partly supports the position. * **L**ink of the evidence and analysis is connected to the topic sentence | **SATISFACTORY**   * **T**opic sentence is not clear and/or does not state a position. * **E**vidence is present, but does not have details and/or support position taken. * **A**nalysis has little details and/or does not support the position. * **L**ink of the evidence and analysis is not clear and/or present and/or does not connect to the topic sentence. | **UNSATISFACTORY**   * **T**opic sentence is not present. * **E**vidence is not present to support position and/or evidence does not support the position taken. * **A**nalysis is not present and/or does not support the position taken. * **L**ink of the evidence and analysis is not present. |