

Y7RE Knowledge Organiser Module 3a - Hinduism

Key Vocabulary

Hinduism— The Religion of the Indus people. An umbrella term for the religion the British invaders found

Reincarnation—When the soul leaves the body after death and enters a new body.

Bhagavad Gita— One of the key holy texts of Hinduism

Atman— The Hindu word for the soul.

Karma— The idea of what goes around comes around. If you do good, you get good karma, if you do bad, you get bad karma.

Nirvana— The Hindu word for heaven.

Trimurti—The three main Gods. Hindus believe these are all different forms of the main God, Brahman.

Moksha— When you stop being reborn and get to go to Nirvana.

Dharma—Hindu word for duty.



HOW DID HINDUISM START?



In the 1700s Britain was expanding its empire. India was one of the countries the British Army invaded and conquered. Most of the British Soldiers who invaded were Christians and saw the local people worshipping 100,000s of different Gods, praying in different ways and sacrificing food to different statues. The British soldiers didn't like this because they were used to worshipping one God!

People who worship one God, like us, are called **monotheists**. The Indian people were people who worshipped many different Gods = **polytheists**.

The British needed to make sense of this new religion they found so they called all of these different beliefs and practices under **one** name - Hinduism. This was named after the **Indus Valley** where they first saw people worshipping. Hinduism = the religion of the Indus people.



HOW DID HINDUISM START?

In actual fact here are some facts that the British invaders never actually realised:

- ❑ Hinduism is believed by historians to be the **oldest religion** in the world.
- ❑ Hinduism is not actually one religion - it is a collective word for thousands of different smaller religions, but a word made up by Britain to make sense of what they say.
- ❑ There are 3 main Gods in Hinduism but 100,000s of other Gods.
- ❑ However, many Hindus actually believe that all of these Gods are all versions of just one God called Brahman!



Where do Hindus go when they die?

The Trimurti



Lord Brahma - The Creator

Hindus worship Lord Brahma because he creates everything. He gives life, he is often prayed to when a Hindu couple are trying for a baby and they will offer him food/money to help them get pregnant.

Lord Vishnu - The sustainer

Lord Vishnu is responsible for keeping everything going. Hindus pray to him when they are hoping for a new job or for some good news on their health or for good weather. He is known as the 'maintainer' - he keeps good things.



Lord Shiva - The destroyer

Lord Vishnu is responsible for death and destruction. You might think this is evil, but for Hindus death is an exciting new adventure onto your next life so it is not something they fear. Shiva destroys so that Brahma can create!

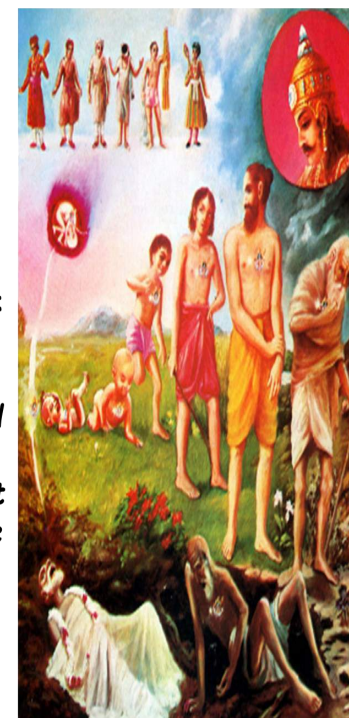


THE BHAGAVAD GITA ON REINCARNATION

One of the holiest books in Hinduism, the Bhagavad Gita describes Hindu afterlife like this:

"Just as a person gets rid of old clothes when they get worn out, so too does the soul (atman) cast off old bodies when they too are worn out".

Discussion questions:
What does this quote mean?



IMPACT OF THIS BELIEF:

For Hindus the way to come back as something better is to do good deeds. E.G if you help lots of old ladies across the road with their shopping you might come back as a millionaire.

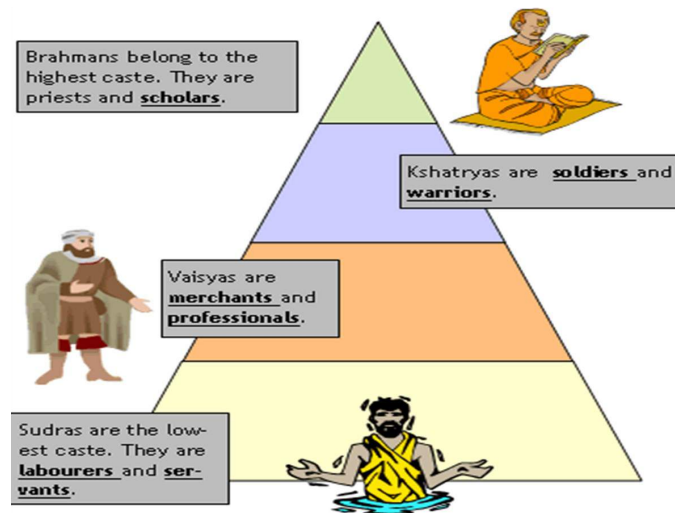
However, if you bully other people or make fun of other people you might come back in the next life as a slug.

Good karma is a bit like credits.
Bad karma is a bit like debits.
If you have more credits than debits you come back better. If you have more debits, you come back as something worse.



Y7RE Knowledge Organiser Module 3a - Hinduism

THE 4 VARNAS OF HINDUISM

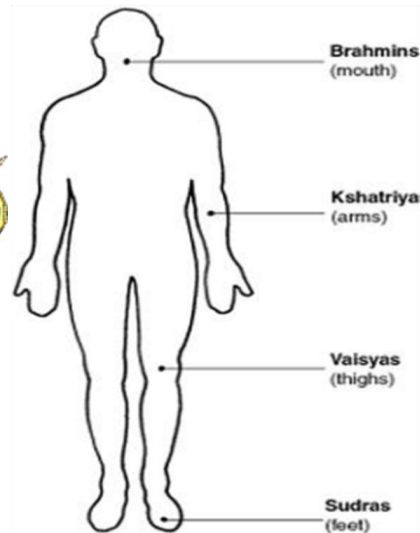


RULES OF THE 4 VARNAS



- ☐ Lord Brahma (the creator) decides what varna (caste) you are born into.
- ☐ The decision is based upon how you lived your past life.
- ☐ If you were good and got good karma you go up the varnas.
- ☐ If you were bad and got bad karma you go down the varnas.
- ☐ The stage before heaven = Brahmin/priest. This is the best rebirth to have.
- ☐ You cannot mix with people in other varnas and you can never marry into another varna.

PJPII EXTENSION KNOWLEDGE



The varna system is often described like a body.
The priests = the head - they are wise and speak the truth therefore they must rule society.

The warriors= the arms- they are strong and they protect the body.

The business people= the legs- they support the body. This class includes doctors/police/teachers/business people/lawyers/shop owners/farmers

The servants = feet - They are walked on. They do the knitty gritty jobs.



My dharmas are:

- Pray for others
- Give up worldly goods and possessions.
- Meditate



My dharmas are:

- Heal/teach/police
- Make crops/food/products



My dharmas are:

- Fight
- Protect my country



My dharmas are:

- Serve others
- Clean up
- Do other jobs other people don't want to.

THE UNTOUCHABLES



There is one class in society that is looked down upon so much they are not counted as one of the 4 varnas.

These are known as the dalits = the untouchables.

Again, you are born into this group by Lord Brahma's decision. Dalits are not allowed to mix with or even speak to people from the other varnas. They live in shanty towns and have no access to education or health care.



Many Dalit children have to forage in rubbish tips and sewage works to find scraps to eat. They are not allowed to get jobs or live with the main population. There are about 200 million dalit in India.

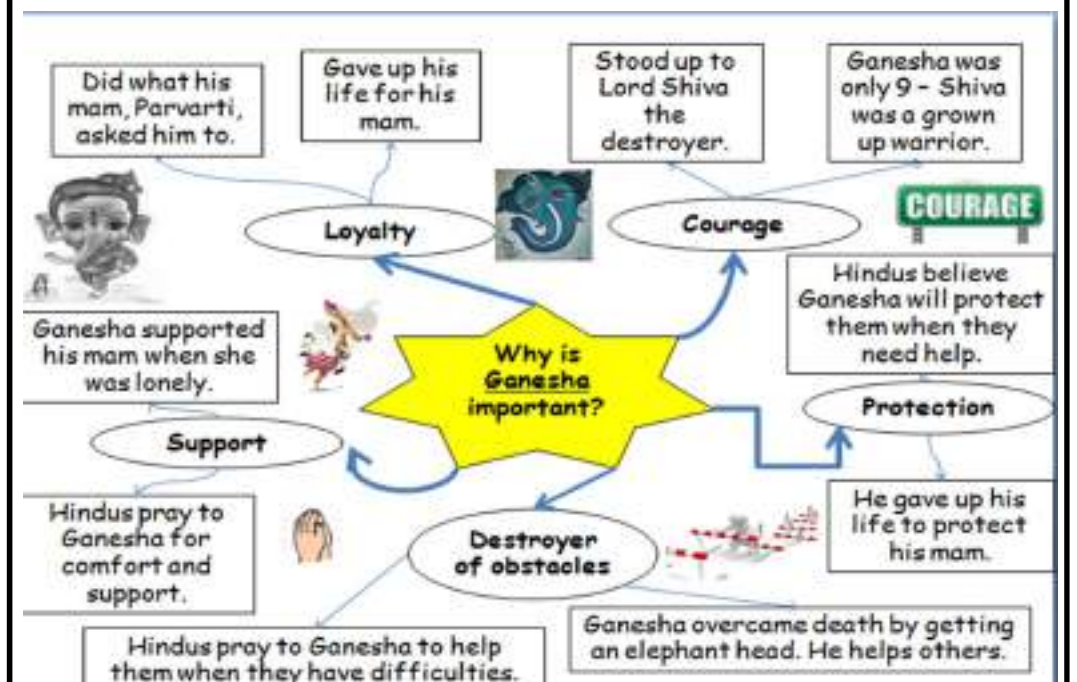


Lord Ganesha



Lord Ganesha is one of the many fascinating Gods in Hinduism. He is prayed to by Hindus when they face challenges, obstacles or difficulties in life because he is known as the overcomer of obstacles.

Ganesha was a brave boy growing up. His mam Parvati asked him to guard the house. His dad, who he did not really know since he had been at war most of his life came back and Ganesha refused to let him in. Tired and angry, Lord Shiva (his dad) sliced off his head. Parvati was furious and demanded Lord Shiva fixed this. So Shiva replaced his head with that of the first animal he found, namely an Elephant. So today, Lord Shiva is known as the overcomer of obstacles and is a symbol of courage, bravery, loyalty and protection.



Y7RE Knowledge Organiser Module 3a - Hinduism

Goddess Kali



Goddess Kali is what we call a 'Goddess of tooth' - a fierce Goddess who Hindus pray to for protection and to help them through challenges. Legend has it that Kali slayed an evil 10 headed demon and drank his blood to help restore good in a great Hindu battle against evil.

Kali is someone who protects Hindus and Hindus will offer sacrifices of food, drinks and gifts to seek her protection.

WHY IS KALI SO IMPORTANT?

Key Belief

Kali is a Goddess of tooth = fierce

Kali is a Goddess who protects others

Kali is a Goddess who defeats evil and promotes justice



Impact of belief

Hindus pray to Kali for protection and safety

Hindus offer food and gifts to Kali to defend them from evil.



Lord Hanuman



Lord Hanuman is the monkey God and general of the monkey army. Lord Hanuman is a symbol of devotion and loyalty after he led a daring rescue mission by building a bridge of monkeys from the island of Sri to the island of Lanka to rescue princess Sita from an evil demon. Lord Hanuman entered a violent battle to save princess Sita and was totally devoted to ensuring her rescue. In India, all monkeys are sacred and believed to be the descendants of Lord Hanuman.

WHAT DOES THIS SHOW ABOUT LORD HANUMAN?

Faith

He had 100% faith in his King Rama.

Loyalty

As a monkey soldier he did his duty for his king. He therefore fulfilled his dharma.

Bravery

He was willing to risk his life to save another's.

Courage

He did not show any fear when he went into battle.



Sacred cows



In Hindu society, the cow is seen as a sacred animal. It is believed to be like a Goddess and Hinduism encourages its believers to treat them with respect and love. All life comes from a cow in the sense that its milk and dung can be used to create food, building material and fire fuel so it is an excellent animal to sustain life. Hindus will never eat beef, so a MacDonald's Big Mac would certainly be out of the question.

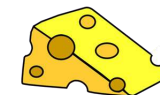
THE COW = "THE MOTHER OF LIFE"



It's milk helps us to survive



It's milk can be turned into cheese to eat.



It's dung can be dried out and used as fuel for fires.



It's dung can be dried out and made into bricks to build houses.

Y7RE Knowledge Organiser Module 3b - Buddhism



Prince Siddhartha, more commonly known today as 'the Buddha' started life as a Hindu prince.

Buddhism has its origins in Hinduism. Prince Siddhartha grew up in a very sheltered life. He grew up in a palace and after his mam died in childbirth, his father hid all forms of suffering from him. Prince Siddhartha had no idea about poverty, ageing, illness and death as his dad banished anyone who was poor, ill or old from the palace.

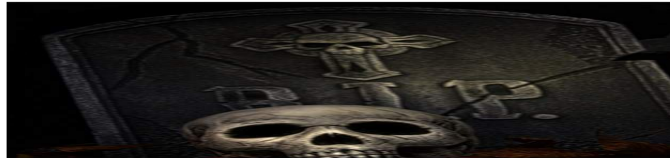
One day, Prince Siddhartha decided to escape the palace and explore the outside world for himself and was horrified at what he saw. These were called the 'four visions'.



Siddhartha's first vision as a Hindu Prince is Old Age - he sees this and is disgusted, realising that all humans become decrepit.



Siddhartha's second vision as a Hindu Prince is illness- he sees this and is disgusted, realising that all humans become ill.



Siddhartha's third vision was death. He was again shocked. It was the first time he realised he could die too.



Siddhartha's final vision was poverty. Upon seeing this poverty he was ashamed at the life he had been living and decided to leave it behind and become a hindu monk.



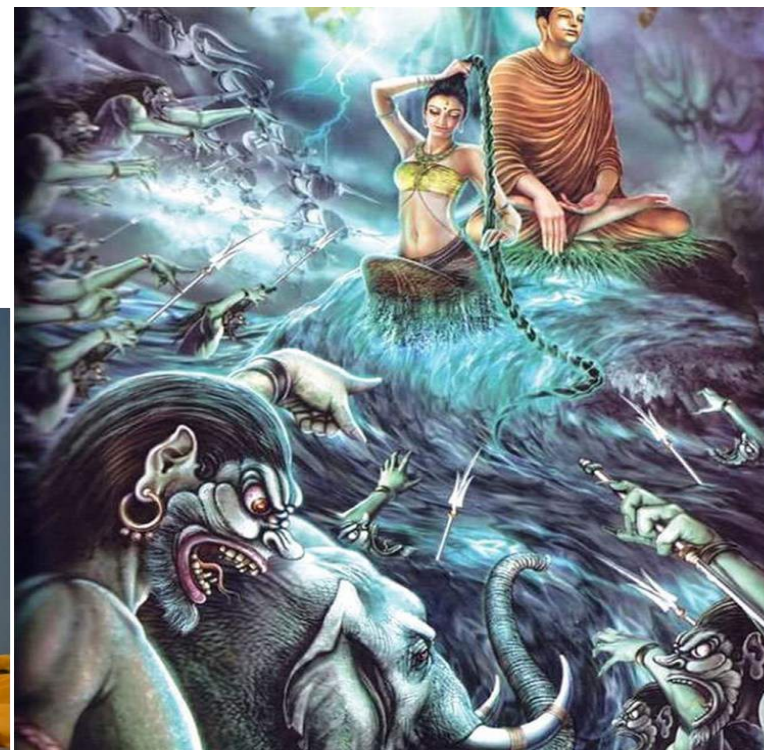
Horried by his four visions, Prince Siddhartha runs off from the Palace.

He leaves behind the King, his own wife, his baby, his wealth and luxury!

He goes instead to join the Hindu Saddhus - holy wise men who give up everything to pray and meditate in the scorching heat. He gave up clothes, food, a home, water.

As a Sadhu he spent months surviving off a single grain of rice a day and only drinking water from the river Ganges.

He sat in 40 degree heat meditating and trying to dedicate his life to being poor and giving up everything he had.



Whilst Sidharta was a Sadhu praying, the devil came and tried to tempt him to stop.

He sent beautiful princesses to tempt him, he sent people carrying lots of food, he sent jewels and wealth to try and tempt the prince but nothing would work.

Sidharta remained in meditation, detaching himself from all of these thoughts.



One day when Prince Siddhartha was praying a huge cobra came and sat above him.

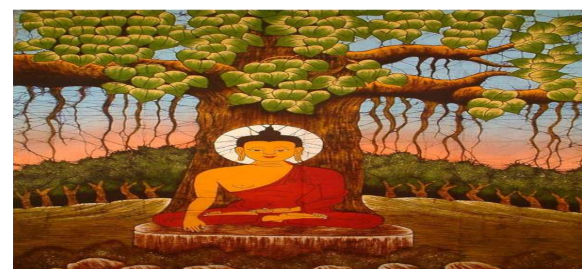
His fellow holy men were terrified. Snakes in India account for 1000s of deaths every year.

Instead of killing him the cobra protected him showing how special Siddhartha was.

<https://www.youtube.com/watch?v=25WR6M4ew4E>

Finally, Prince Siddhartha was one day sat under the Bodhi tree when he came to a realisation: Neither having too much nor giving everything up was the way to salvation.

The middle way was the answer. That is: Have only enough that you need, nothing more. Don't get attached to material things for these lead to suffering.



When Buddha had this realisation he achieved **enlightenment**.

He became detached from thinking.

He became detached from greed.

He became detached from wanting things.

He simply disappeared and stopped suffering.

He became what Buddhists call an **enlightened one** - a spiritual teacher that exists to help others detach themselves from this life.

Y7RE Knowledge Organiser Module 3b - Buddhism

WHAT IS REINCARNATION?



Buddhism teaches that living is suffering.

The purpose of life is to stop being reborn
since then you cannot suffer.

Buddhists believe that we are trapped in a cycle of rebirth. (Keep getting reborn).

If we do good we get good **kamma** and come back as something better.

If we do bad we get bad **kamma** and come back as something worse.

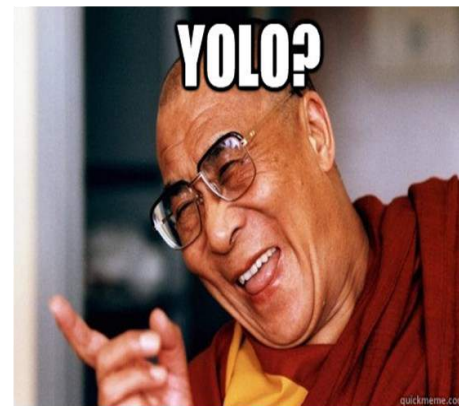
Buddhists believe that to stop being reborn we need to detach ourselves from the world; give up money, give up greed, give up thinking. If you can free your mind from desire you can stop being reborn.

WHO IS THE DALAI LAMA?

The leader of Buddhism is called the **Dalai Lama**. (He's a bit like our Pope in terms of importance)

He is believed to be an eternal spiritual guide sent to help others be enlightened (stop being reborn).

When a Dalai Lama dies they test every Buddhist baby born to see if they are the new Dalai Lama.



They hold secret tests to see if the Baby can remember anything from it's previous life as the Dalai Lama.

The new Dalai Lama should remember things from its previous life. Once a baby has past this test it becomes the new Dalai Lama.



WHAT CAUSES US TO SUFFER?

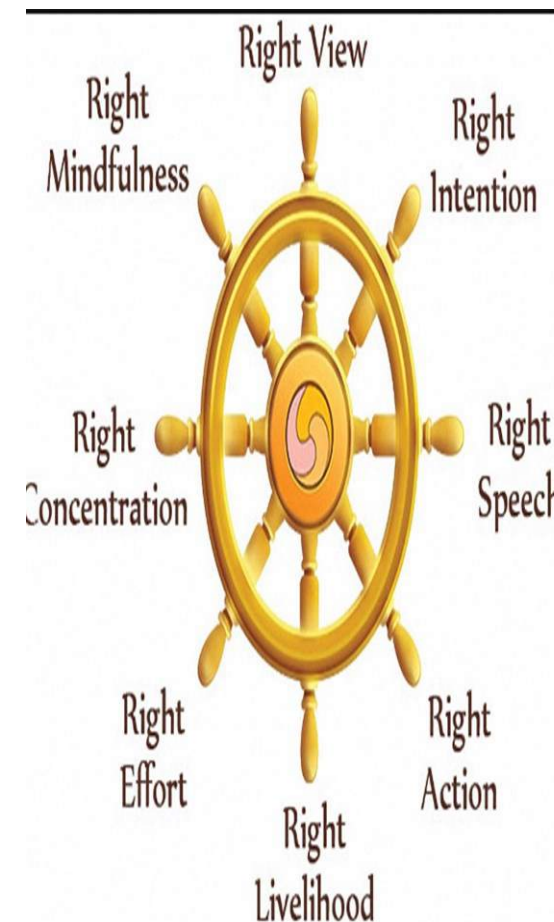


Remember when Buddha became enlightened under the Bodhi tree like we learned three lessons ago? This was because he realised the way to end suffering: Free yourself from ALL thought. Don't get attached to material things like Xboxes, phones, shoes, toys etc. But also don't give up everything.

For Buddhists you have to avoid feelings like fear, greed, lust, jealousy, hatred, love, desire, joy, sadness. All of these feelings make us suffer.



For Buddhists all life is a series of suffering. The aim of life for Buddhists is to stop being reborn. Then you can be happy. Selfishness is the biggest obstacle to being enlightened. Selfishness makes you never achieve enlightenment.



Buddhism teaches its followers that to avoid suffering you must follow these 8 rules:

- ❑ Right view = **think good things**
- ❑ Right intention = do things for a **good reason**
- ❑ Right speech = only **say nice things**.
- ❑ Right action = only **do nice things**.
- ❑ Right livelihood = Only **work as something good**
- ❑ Right effort = put **a lot of effort** in
- ❑ Right concentration = **Focus hard**
- ❑ Right mindfulness = think good things.