

World History and Culture
Kailua High School
Social Studies Requirement
2023-2024

Study Guide for Hinduism

Subcontinent: a large land mass that juts out from a continent. Example: India / South Asia

Plateau: a raised area of level land. Example: Deccan plateau

Monsoon: seasonal winds that regularly blow from a certain direction for part of the year

Harappa: an ancient city of the Indus civilization

Mohenjo-Daro: a twin city of Harappa. Dominated by a massive hilltop whose purpose remains unknown

Priest King: name of a statue found in Mohenjo-Daro; well dressed, well groomed

Veneration: to regard with great respect

Kamadhenu: the sacred cow and believed to be the mother of all cows; she grants all wishes and desires

Veda: a Sanskrit word which means "knowledge" or "science". Vedic texts are oldest literature of Indian thought, beginning 3000 BCE

Rajah: an Indian king or prince

Indra: an Aryan god of war and storm; authority of the firmament, dispensing rain. Indra slayed Vritra, or Ahi, the serpent of draught

Brahman: the Absolute god of Hindus; a very mysterious Being; the creator and enjoyer of all creation

Mystic: one who seeks unity with God through contemplation and self-surrender

Sri Aurobindo: a mystic from India; reminded Hindus that God is nameless, immeasurable, and beyond description even though he holds in Himself all description of name and knowledge and all measures of form and substance, force and activity

Acculturation: the blending of two or more cultures (through assimilation)

Assimilate: take in and fully understand

Atman: an essential self; breath, or soul whose source is God; a universal soul or universal spirit

Moksha: the ultimate goal of existence; achieving union with Brahman; the liberation from the cycle of death and rebirth

Reincarnation: the rebirth of the soul in another bodily form; reincarnation allows people to continue working toward moksha through several lifetimes

Karma: all the actions of a person's life that affect his or her fate in the next life; the law of moral causation

Dharma: the very foundation of life for Hindus; that which holds the people of this world together; one's duty in life

Ahimsa: nonviolence; abstinence from causing any pain to any living creature, either by thought, word, or deed; harmless mind, harmless mouth, harmless hand; replace hate with love

Caste: a Portuguese word for Varna: a system that divides society into four varnas: Brahmins, Kshatriyas, Vaishya, Shudras; social groups into which people are born which can rarely be changed

Siddhartha Gautama (563-483 BCE): founder of Buddhism

Buddha: the name given to Siddhartha after achieving enlightenment

Buddhism: the belief that one can attain enlightenment without having to be reborn.

Buddhism rejects: Religious authority of Hindu Brahmins; Hindu caste system; Hindu deities

Four Noble Truths:

all life is full of suffering, pain, and sorrow

the cause of suffering is non-virtue, or negative deeds and mindsets, such as hatred and desire

the only cure for suffering is to overcome non-virtue

the way to overcome non-virtue is to follow the Eightfold Path

Eightfold Path:

- Right Views: know the truth
- Right aspirations: resist evil
- Right speech: say nothing to hurt others
- Right conduct: respect life
- Right livelihood: work for the good of others
- Right effort: free your mind of evil

- Right mindfulness: control your thoughts
- Right contemplation: practice meditation

Nirvana: the final goal of Buddhism and Hinduism (moksha)—union with the universe and release from the cycle of death and rebirth

Theravada Buddhism: closely follows the teachings of Buddha; a life devoted to hard spiritual work; Buddha was a wise teacher but he wasn't divine; Buddhism is a philosophy, not a religion; Theravada Buddhism spread to Sri Lanka and Southeast Asia

Mahayana Buddhism: a sect for ordinary people to follow; Buddha became a god who postponed his own entry into nirvana to help others; therefore, the reincarnation of future Buddhas; Mahayana Buddhism is a religion, not a philosophy; Mahayana Buddhism spread to China, Tibet, Korea, and Japan; Mahayana Buddhists believe in an afterlife filled with many heavens and hells.

Bodhisattva: a person who can attain nirvana but delays doing so out of compassion to save suffering humans

Maitreya: a future Buddha who will only appear after no one has said the name Buddha for 5000 years

Budai: a form of sculpture that portrays a fat and happy Maitreya Buddha; modeled after a literary figure from China; "Laughing Buddha" or "Fat Buddha"

Stupa: a Buddhist religious monument; originally only a simple mound of mud or clay to cover supposed relics of the Buddha; five parts to a stupa:

A square base

A hemispherical dome

A conical spire

A crescent moon

A circular disc

