Hinduism and Buddhism Develop

BEFORE YOU READ
In the last section, you read about the Hittites and the Aryans.
In this section, you will learn about the roots of Hinduism and Buddhism.

AS YOU READ
Use the chart below to show features of Hinduism, Buddhism, and also Jainism.

TERMS AND NAMES
- reincarnation: Belief that the soul is reborn
- karma: Good or bad deeds
- Jainism: Religion that teaches every living creature has a soul and no living creature can be harmed
- Siddhartha Gautama: Founder of Buddhism
- enlightenment: Wisdom
- nirvana: Buddha's word for release from selfishness and pain

Hinduism Evolves Over Centuries (pages 66–68)

What is Hinduism?
Hinduism is a collection of religious beliefs that forms no one system. Unlike many religions, it was not founded by only one person. It is a religion that allows great variety for its followers. Certain ideas became common to the beliefs of all Hindus.

Hindus believe that each person has a soul. However, there is also a larger soul, called Brahma, that brings together all the individual souls. A person's goal is to become free of desire and not bothered by suffering. When that takes place, the person's soul wins escape from life on Earth. Hindus believe in reincarnation. They believe the soul is born again into another body after death. In the next life, the soul has another chance to learn its lessons. According to Hindus, how a person behaves in one life has an effect on the person's next life. This is the soul's karma—good or bad deeds.

Another religion that arose in India was Jainism. It was started by Mahavira, a man who lived from about 599 to 527 B.C. He believed that every creature in the world—even an animal—has
a soul. Because of that, people must be sure not to harm any creature. Today, Jains take jobs that are certain not to hurt living things.

1. Name three Hindu beliefs.

The Buddha Seeks Enlightenment (pages 68–71)

What is Buddhism?

Another new religion, Buddhism, arose about the same time as Hinduism and Jainism. Buddhism has millions of followers all around the world. It was started around 528 B.C. by Siddhartha Gautama.

Siddhartha searched for a way that would allow him to escape the suffering of human life. He spent many years searching for this answer. He was looking for enlightenment, or wisdom. Finally, he sat down and meditated under a tree. After 49 days, he had his answer. He was now called the Buddha, which means the “enlightened one.”

The Buddha began to teach others how to attain enlightenment. They were to follow a plan of behavior called the Eightfold Path—right views, right resolve, right speech, right conduct, right livelihood, right effort, right mindfulness, and right concentration. This would lead to nirvana, or a release from selfishness and pain.

As with Hinduism, the Buddha taught that the soul would be reborn into a new life. This chain of new lives would continue until the soul, like Buddha, reached understanding.

These ideas attracted many followers. Many people who lived in the lower classes of Indian society saw these ideas as a chance to escape from the limits placed on them. This teaching also spread in southern India. There the Aryans did not have much influence. Some followers took the ideas to other lands.

In the centuries after Buddha’s death in 483 B.C., Buddhism appeared in Southeast Asia. Later it was carried to China and then to Korea and Japan. Merchants and traders played an important role in spreading the religion. Strangely, in India where Buddhism was founded, the religion faded. Many places that are important to Buddhism remain in India, however. Buddhists from around the world come there to visit locations connected to the life of Buddha.

2. Name four basic beliefs of Buddhism.

Skillbuilder

Use the chart to answer the questions.

<table>
<thead>
<tr>
<th>Four Noble Truths of Buddhism</th>
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<tbody>
<tr>
<td><strong>First Noble Truth</strong></td>
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<td><strong>Second Noble Truth</strong></td>
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<td><strong>Third Noble Truth</strong></td>
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<td><strong>Fourth Noble Truth</strong></td>
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1. What is the subject of the first three noble truths?

2. What is the Eightfold Path?