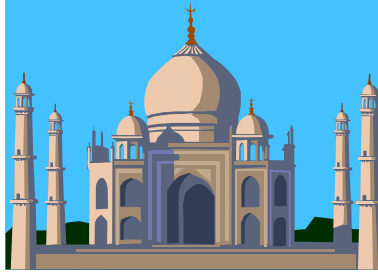


Two Main Religions of India



1. Hinduism

Main texts:

- a. Vedic (composed c. 1500 BC)
 - i. Vedas—collection of poems about the creation of the world, gods and goddesses, and priestly rituals
 - ii. Major gods: Indra, Varuna,
- b. Vedanta—philosophical discussions of life and union with the godhead
 1. Upanishads
 - a. Bhagavad Gita (classic Hinduism)
 - i. conversation between the famed warrior Arjuna and the god Krishna
 - ii. Contained classic expression of monotheism
 2. Development of quintessential Hindu beliefs in the Vedanta period
 - a. karma—energy created by your deeds, for good or evil
 - b. samsara (reincarnation)
 - c. other gods come to the fore: Shiva, Krishna, Brahman (one all-powerful creator)

2. Buddhism

Four Noble Truths

- i. Noble Truth of Suffering (life is pain)
- ii. Noble Truth of the Origin of Suffering (craving and desires)
- iii. Noble truth of the extinction of suffering (nirvana)
- iv. Noble truth that leads to the extinction of suffering (the Eightfold Path):
right understanding, right thought, right speech, right action, right livelihood, right effort, right mindfulness and right concentration.