Goal of Unit:
You will learn about the Rise of Civilizations near Rivers. After Examining Mesopotamia and Egypt, we will now focus on India

Write everything in your notes packet that is this color
AIM: How did civilization develop in the Indus River Valley?
WHAT WAS THE INDUS RIVER VALLEY CIVILIZATION?

- 1st civilization in India
- Organized cities such as Mohenjo-Daro and Harappa
- 1500 BCE: Hinduism developed
- 537 BCE: Buddhism developed
India is the home to about 1 billion people today. That’s 1/7 of the world’s total population! The roots of civilization in India stretch all the way back to ancient times - around the same time Mesopotamia and Egypt were also thriving. Just like those two civilizations, India began around the INDUS RIVER VALLEY - hence the name “India”. In fact, the Ancient Greeks used to refer to Indians as Indoi, which translates to “people of the Indus”.

We know a lot about ancient India thanks to archeological excavations. So far, the largest cities of the Indus River Valley had been uncovered, namely Mohenjo-Daro and Harappa. According to World History: Patterns of Interactions (1999), these cities were laid out along a precise grid with a fortified citadel and separate section for residential housing - like Manhattan, only without the skyscrapers. We've discovered that ancient engineers provided indoor plumbing and sewer systems and we also know that most houses even had private bathrooms and toilets!
Mohenjo-Daro Then
Mohenjo-Daro Now
Mohenjo-Daro Now
1) Recall: What is a river valley?

2) Why do you think Indian civilization began in the Indus River Valley?

3) How did people in the Indus River Valley innovate to create an advance civilization for its time?
ACTIVITY #2: DOCUMENT ANALYSIS

Directions: Analyze the document below and answer the question that follows.
4) Analyzing these images, can you infer that the Indus people domesticated animals? Why or why not?

5) Analyzing these images, can you infer that the Indus people had a writing system?

6) Describe any other inferences you can make about civilization in the Indus River Valley by analyzing these artifacts.
AIM: What are the major beliefs of Hinduism?
The oldest major religion still practiced today, over 5,000 years old, has no founder. Hindus believe in Brahma: the creator god who takes many forms:
- Vishnu: the preserver
- Shiva: the destroyer
- Ganesh: good fortune, wisdom

Debated whether they are monotheistic or polytheistic.
Worship their gods in temples.
What is the Caste System?

- Social hierarchy
- Born into a caste
- Stays there their whole life.
- Your caste decides what jobs you can hold, who you marry, who your friends are.
- You can only be REINCARNATED into a another caste (die and be born again)
What is DHARMA?

- a cosmic law underlying right behavior and social order
- Your “duty” in life that you must fulfill because it is right
What is KARMA?

• The sum of your dharma

• If you’ve been a good person and done your dharma justice, you will have good karma
ACTIVITY #1: VIDEO - THE CONCEPT OF POLYTHEISM
Directions: Analyze the video and answer the questions that follow.

7) Why are there many gods in Hinduism?

8) How does everyone in society benefit from their religion being polytheistic?
7) Why are there many gods in Hinduism?

8) How does everyone in society benefit from their religion being polytheistic?
ACTIVITY #2: DOCUMENT ANALYSIS - THE CONCEPT OF REINCARNATION

Directions: Analyze the text below and answer the questions that follow.

To Hindus every person has an essential self or atman. Some view it as the same as Brahman and other as a form of Brahman. The ultimate goal of existence, Hindus believe, is achieving MOKSHA, or union with Brahman. To do that, individuals must free themselves from selfish desires that separate them from Brahman. Most people cannot achieve moksha in one lifetime, but Hindus believe in REINCARNATION, or the rebirth of the soul in another bodily form. Reincarnation allows people to continue world toward moksha through several lifetimes.

SOURCE: Adapted from Prentice Hall World History, Ellis and Esler.
9) What is reincarnation? What is the purpose of reincarnation?

10) How is Hinduism different from Judaism?
The CASTE SYSTEM is a social class system/social hierarchy in Hinduism. Because Hindus believe in reincarnation, where you fall in this system depends on your actions in your past life. The idea is that if you did really well and were kind and peaceful in your last life, you will be re-born into a higher caste with a better quality of life. If you are not good to people, steal/cheat, or lie your way through life while being unkind, you will be born into the same caste or lower.

At the bottom of the Caste System, you'll find the "UNTOUCHABLES" - who are so low in society that they are below the rest of the Caste System. They are required to do "unclean" work and often homeless or live in unsanitary conditions. Untouchables used to be forbidden from entering temples, schools, and wells where caste members draw water. However, in most places, it is now considered offensive to refer to someone as "untouchable" or to insinuate (suggest) that they might be one.
<table>
<thead>
<tr>
<th><strong>DHARMA</strong></th>
<th><strong>KARMA</strong></th>
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</thead>
</table>
| Dharma is tricky because the word itself does not have an English translation. It is literally a concept for which there are no words! **DHARMA** refers to ones “**DUTY**” in life. Each caste has jobs they are supposed to perform and rules they are supposed to follow. One is not supposed to do the duty of another’s caste. Imagine if being a football player and being a student were two different castes. As a student, your entire life’s **DHARMA** would revolve around homework and studying. You wouldn’t even think about football - because that is someone else’s **DHARMA**. | **KARMA** is the sum of one’s good and bad actions during life. If one follows their **DHARMA** (duty), then they will have good **KARMA**. If one does not follow their dharma, they will have bad **KARMA**.  

Think of it this way - if you are in the “student caste” like we just mentioned - and you ditch your responsibilities to play football with the people who are in the football caste, they you have bad karma, and you will be downgraded in your next life when you are reincarnated. |
11) What is the caste system? How do you move up or down in the Caste System?

12) Explain the difference between KARMA and DHARMA.

13) How can good or bad karma affect your place in the Caste System?
Varna: 5 main classes
Jati: Smaller class levels within the caste levels

Samsara
Your atman is reborn into a new life/new caste

Karma
Good/Bad: All your actions in this life have consequences in the next life.

Achieve Moksha
Release from the cycle of rebirth. Atman joins with creator god.

Dharma
Your sacred duties to your caste & family

Varna: 5 main classes
- Brahman
- Kshatriyas
- Vaisyas
- Sudras
- Untouchables / Pariah / Harijan

Jati: Smaller class levels within the caste levels

* Cow
* Elephant
* Tiger

Untouchables / Pariah / Harijan
What is the EFFECT of the CASTE SYSTEM?

- Creates social order – no social mobility!
- Sense of identity/respect & reliance for/on others
- *ahimsa* – nonviolence towards living things; vegetarian diet is best
  - Cow is sacred animal – no beef ever eaten!
AIM: How did Buddhism begin?
What is BUDDHISM?

- Began in India
- Focuses on the humanity instead of divinity
- Teaches non-violence
- Buddhists believe anyone can become “Enlightened” and become a Buddha.
- Rejects the inequality of the Hindu Caste System
Who is SIDDHARTHA GAUTAMA?

- Lived from about 563-483 BCE
- Founder of Buddhism
- Was a Hindu prince but gave it up to seek the answers to human suffering
- Became “The Enlightened One” — aka the Buddha
What are the FOUR NOBLE TRUTHS?

1) In all life there suffering exists. It is part of being human.

2) Suffering is caused by worldly desire.

3) The only way to end or reduce suffering is to remove desire.

4) The way to end desire is to follow the Eightfold Path.
What is the EIGHTFOLD PATH?

1) Right understanding
2) Right thought
3) Right speech
4) Right conduct
5) Right means of making $
6) Right mental attitude
7) Right mindfulness
8) Right concentration
14) Explain the historical circumstances that led to Siddhartha reaching Enlightenment to become “the Buddha”.

15) Does Buddhism reject the Caste System, or embrace it? Explain your answer.
ACTIVITY #2: VIDEO ANALYSIS - SIDDHARTHA GAUTAMA

Directions: Analyze the video and answer the questions that follow.

16) Why did the king shield Siddhartha from the outside world?

17) How did seeing the harsh realities of life affect Siddhartha? Why did he leave the palace and give away his expensive belongings?
18) What type of lifestyle did Siddhartha adopt? How did he respond to failure?

19) How did Siddhartha become the Buddha? Who did Buddha believe was capable of reaching Enlightenment?
The Bodhi Tree

This tree is in the exact spot where Buddha reached Enlightenment. The original tree is long gone — but this tree is a descendant from seeds of the original.
Why is Buddha depicted in different ways?

Siddhartha is often imagined as meditating peacefully. A monk from the 10th century (who lived over 1000 years after Siddhartha) named Hotei (or Budai) is venerated in Chinese Buddhism as being happy and jolly. His statue is called the “Laughing Buddha” and it is a symbol of the spread of Buddhism and the adaptations some countries have made when they adopted it.
**ACTIVITY #3: QUOTE ANALYSIS - BUDDHA**

**Directions:** Analyze the quote and answer the questions that follow.

<table>
<thead>
<tr>
<th>Quote A</th>
<th>Quote B</th>
<th>Quote C</th>
<th>Quote D</th>
<th>Quote E</th>
</tr>
</thead>
<tbody>
<tr>
<td>“Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment”.</td>
<td>“Three things cannot be long hidden: the sun, the moon, and the truth”&gt;</td>
<td>“The mind is everything. What you think you become”.</td>
<td>“Thousands of candles can be lit from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared”.</td>
<td>“You, yourself, as much as anybody in the entire universe, deserve your love and affection”.</td>
</tr>
</tbody>
</table>

20) Choose one quote to analyze. What do you think Buddha is trying to say through the quote you’ve chosen? How do you think Buddhism affects the lives of people who practice it?
ACTIVITY #4: QUOTE ANALYSIS - BUDDHA
Directions: Analyze the quote and answer the questions that follow.

21) According to this document, why was the Buddha successful in his time?

22) Why did the Buddha encourage?

23) As Buddhism spread out of India into other lands such as China, how did Buddhism impact ancient Asian civilizations?
How Buddhism spread through Asia
BUDDHISM IN CARMEL, NY
AIM: What are the major beliefs of Buddhism?
<table>
<thead>
<tr>
<th>1. LIFE IS FULL OF SUFFERING.</th>
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<tbody>
<tr>
<td>There is suffering in life and you are not exempt (excused) from it.</td>
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</table>

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<tr>
<th>2. THERE IS A CAUSE TO OUR SUFFERING.</th>
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</thead>
<tbody>
<tr>
<td>There is always something that causes suffering and its usually caused by worldly desire for something.</td>
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</table>

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<tr>
<th>3. THERE IS AN END TO OUR SUFFERING.</th>
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<tbody>
<tr>
<td>To end your suffering, you must first end your worldly desire for whatever it is that causes you pain.</td>
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</table>

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<tr>
<th>4. THE EIGHTFOLD PATH CAN END SUFFERING.</th>
</tr>
</thead>
<tbody>
<tr>
<td>You can end your suffering by following the Eightfold Path.</td>
</tr>
</tbody>
</table>
24) Explain the purpose of the Four Noble Truths in Buddhism.

25) Describe how Buddha claims suffering is caused. Do you agree with this? Why or why not?

26) Buddhists believe the 2\textsuperscript{nd} Noble Truth, “Suffering is caused by desire”, is true. Do you?
ACTIVITY #2: DOCUMENT ANALYSIS - THE EIGHTFOLD PATH

Directions: Analyze the text below and answer the questions that follow.

In Buddhism, there is the belief in NIRVANA - a transcendent state in which there is neither suffering, desire, nor sense of self, and the subject is released from the effects of karma and the cycle of death and rebirth. It represents the final goal of Buddhism.

Buddhists believe the EIGHTFOLD PATH is the way to nirvana and therefore, enlightenment - comprising eight aspects in which someone must become practiced: right views, intention, speech, action, livelihood, effort, mindfulness, and concentration.
27) What is Nirvana?

28) How is the Eightfold Path used to get someone to Nirvana?

29) Compare and Contrast the Eightfold Path to what you can recall about the Ten Commandments
What are the goals of Buddhism?

To reach the state of intellectual, spiritual perfection is **enlightenment**.

**Nirvana**: ends the cycle of rebirth, your soul joins with the universe. (full acceptance of imperfection, impermanence, & interconnectedness)
Modern Practices of Buddhism

- **Meditation**: a method to free the mind of thoughts: yoga, mandalas, & rock gardens
- Non-Violence
- Vegetarians
- Non-Materialistic
- Buddhist Monks live/study in monasteries