

ESSENCE OF SPIRITUALITY

SPIRITUALITY

- Finding answers to life's essential question about purpose, meaning, worth, and wonder in quest of an ultimate or the Holy.
- Personal experience of God (sacred, devotional faith, affective, subjective, and mystical.)
- process of searching

THEOLOGY

- The theology we practice forms the root and basis for the way we express our spirituality.
- THEOLOGY is the systematic study of God. Its is about finding the reason why we believe in God.
- gives us objective truths about God.
- Theology and spirituality differ, but support each other

SPIRITUALITY AND THEOLOGY

- St. Thomas said that it is natural for a man to seek God for we are created with the capacity to know Him.
- because of this “divine longing” that we have “theology” a "fusion of this belief in God and the intellectual activity to understand the divine.)
- as St. Anselm defined theology as “faith seeking understanding.

PERSONAL SPIRITUALITY

- **Sense of connection to something bigger than ourselves.**
- typically involves **searching for the meaning of life.**
- describes a spiritual experience as **sacred** or **transcendent** or simply a **deep sense of aliveness and interconnectedness.**
- Large measures direct how we pray and how we relate to God in our daily lives.
- feeling of connection with all life— humans, plants, and animals.
- honors individual needs and circumstances.

It is a universal experience— something that touches us all.
Some people believe spirituality is a part of religion. Others who are not religious, still seek and have spiritual experience.

HOW DOES THE BIBLE DEFINE SPIRITUALITY?

- Relationship between God and man.

“But if **you** remain in **me** and **my words** remain in **you**, **you** may ask for anything **you** want, and it **will** be granted!” “If **you** abide in **me**, and **my words** abide in **you**, ask whatever **you** wish, and it **will** be done for **you**.”

John 15:7

FOUR HEADINGS

- **Holiness**
- **Gift of the spirit**
- **Life in the spirit**
- **Discipline of the spirit**

RELIGION

- Specific set of organized beliefs and practice usually shared by a community or group.
- Requires people to be obedient with their beliefs.
- **Cult**— ceremonies
- **Code**— laws and don'ts (The 10 Commandments)
- **Creed**— what you believe in. Content of what you believe.

SPIRITUALITY

- More of an individual practice, and has to do w/ having sense of peace and purpose.
- constantly listening to their inner voice.

WHY DO WE NEED SPIRITUALITY?

- **Healing**
- **integrated process**
- **sense of peace**

EXAMPLES

- Prayer
- meditation
- miracles
- visualizations
- dreams
- spirit helpers/guardian helpers
- animal spirit helpers
- ceremonies

7 WAYS TO PRACTICE SPIRITUALITY

1. Meditation
2. prayer
3. gratitude practice
4. journal your heart out
5. take care of your body (self love)
6. breathe
7. surrender (freedom)

SPIRITUAL PERSON

- Synonymous w/ being a person whose highest priority is to be loving to yourself and others.
- Cares about people, animals, and the planet.

- knows that we are all *one*, and consciously attempts to honor this oneness.
- a kind person

SPIRITUALLY-MINDED

- Having the mindset on spiritual things.
- filled with holy desire & purposes
- spiritual transcendence

5 CHARACTERISTICS

1. Meaning
2. value
3. transcendence
4. connecting (w/ oneself, others, God, and environment)
5. growth & progress in life

HUMAN RELATIONSHIP INVOLVES 3 DEMENSION OF AWARENESS

(I) mine, (THOU) yours, (WE) ours

1. **I**
 - I and my experience of everything (including myself)
2. **You**
 - You and your experience of everything (including yourself)
3. **Me-As-You**
 - (When I put myself in your shoes, as it were) and you-as-me (when you do the same with regard to me)

GROUP SPIRITUALITY

- Working in groups serves as a powerful reminder both of our corporality—the things we share, both as bodies and as the body—and also our individually, or what we think of as being unique to ourselves.
- unseen presence within the group that makes it into a healing context for a relationship.
- serve as useful purposes for education, support, & spiritual growth.

RELIGION

- avenue to be saved from sins
- "to believe is to see"
- assures our destiny after death
- considered as a way of life

Faith + Religious experience
= leap of faith (proof)

FUNDAMENTAL FEATURES OF RELIGION (DIMENSIONS)

1. **COSMOLOGICAL DIMENSION**
2. **SOTERIOLOGICAL/SALVIFIC DIMENSION**
3. **ANTHROPOLOGICAL DIMENSION**
4. **SYMBOLIC DIMENSION**
5. **MORAL DIMENSION**
6. **ORGANIZATIONAL DIMENSION**
7. **THEOLOGICAL DIMENSION**

ASPECTS OF FAITH

1. **FAITH** — rooted from religious experience. An experience of trust and surrender
2. **REDEEMING**
3. **SENSE OF MYSTERY**
4. **RITUAL**
5. **MORAL LIFE**
6. **STRUCTURE**
7. **CREED**

SYMBOLS & RITUALS

- form of cult—own set of rituals

MORALITY

- form of code
- moral life
- living accordance to good life

ORGANIZATION

- form of code or cult
- organization is structure which means it has leaders and leaders are responsible for rendering the flack

SUPREME AUTHORITY

- form of creed—what we believe in
- working for God vs doing God's work (discernment)

BLESSED TRINITY

1. Father
2. Son
3. Holy Spirit

RELIGIOUS EXPERIENCE

- what is devine—holy and sacred
- holy desire
- very personal, personal experience
- It changes you, it makes you a better person

ONE SPIRITUAL JOURNEY

1. Religion
2. religious experience
3. spirituality

RELIGION

- provides reason

- your faith makes sense because you are religious

RELIGIOUS EXPERIENCE

- Religious experience must reflect with spirituality

KUMITID VS COMMITTED

- KUMITID — narrow minded because you are not active
- COMMITTED — faith makes sense and you are aware

SPIRITUALITY

- Spiritual guidance
- between you and God
- personal relationship with God
- everything becomes meaningful
- personal connection to personal experience
- to find our will through prayer
- DISCERNMENT — you become more intimate with God because you consult your decisions with Him
- must be habitual— you do it everyday

reason + faith
= SPIRITUALITY

”ABIDE IN GOD”

- part of your life

HINDUISM: THE MANY WAYS

IMPORTANT FACTS

- **OLDEST LIVING MAJOR RELIGION**
- Originating over 4,000 years ago, Hinduism is the world's oldest continuously practiced major religion
- **THIRD-LARGEST RELIGION**
- with about 1.2 billion followers
- **SHAPED INDIAN CULTURE**
- shaped India's culture, traditions, social values, and religious practices for thousands of years.
- **INFLUENCED OTHER RELIGIONS**
- Its teachings and philosophies contributed to the development of Buddhism, Jainism, and later influenced Sikhism

ORIGIN & HISTORY OF HINDUISM

- Indus river valley (pakistan and northwestern india)
- 2000 - 1500 BCE

FOUNDER

- No single founder

INDUS VALLEY CIVILIZATION

Time period:

- Flourished approximately around 3300 –1300 BCE

Location:

- Present-day Pakistan, northwestern India, and northeastern Afghanistan.

Major cities:

- Harappa and Mohenjo-daro emerged during the Mature Harappan Period around 2600–1900 BCE.

First inhabitants:

- Their ethnic identity, language, and what they called themselves remain unknown
- The civilization began to decline around 1900 BCE

THE ARYANS

- Around 1500 BCE, the nomadic people identified as Aryans migrated into the region from central Asia.
- The word Aryan means “noble ones.”
- Their original homeland is far from the Indus Valley and is said to be in turkiyë.
- They spoke and influenced early Sanskrit.
- The earliest Vedic hymns were composed by Indo-Aryan priests (rishis). Passing them orally rather than writing them

Hinduism does not have a single holy book that guides religious practice. Instead, Hinduism has a large body of spiritual texts that guide devotees

THE VEDAS

- The term Vedas means “Knowledge”
- Most valued scriptures in Hinduism.
- Written texts recited by priests during special occasions.
- Most Vedas are said to be written between 2000 BCE and 400BCE

THE FOUR BASIC BOOKS OF THE VEDAS

- **RIG-VEDA**
- **YAJUR-VEDA**
- **SAMA-VEDA**
- **ARTHARVA-VEDA**

RIG-VEDA

- An anthology of hymns dedicated to aryan deities. It is the oldest and most sacred canonical text of hinduism
- like manual
- manual for long, healthy, and wealthy life
- creation of hymn
- sacrifice of supreme person—PURUSHA—for human life to begin
- reverence of cows— mark of hinduism

YAJUR-VEDA

- contains ritual instructions and directions for sacrifices to the gods

SAMA-VEDA

- focuses on the verses from the rig-veda, which are musically arranged.

ATHARVA-VEDA

- collection of spells, incantations, and charms for home use

DEITIES IN RIG-VEDA

INDRA

- most popular deity
- god of thunder and rain
- ruler of space, earth, and heaven
- warrior, huge, bearded, and hard drinking and has a thunderbolt as a weapon

AGNI

- god fire and sacrifice

VARUNA

- maintains order in cosmos
- omniscient and omnispersive
- enemy of INDRA

SOMA

- lord of plants
- intriguing among vedic gods
- his name refers to pressing certain plant to an antioxidant drink to produce insight and immortality
- using hallucinating drug

YAMA

- god of dead

VISHNU

- primary deity in hinduism

RUDRA

- god of destruction

SHIVA

- forerunner of hindu deity

4 PARTS OF VEDA BOOKS:

1. **MANTRAS** — hymns
2. **BRAHMANAS** — ritual material
3. **ARANYAKAS** — texts for ascetics and forest-dwellers
4. **UPANISHADS** — philosophical utterances

THE UPANISHADS

- means “to sit nearby”, refers to the students sitting at the feet of their spiritual teacher
- basis for all hindu religious philosophy
- mystical knowledge is the source of all reality
- one supreme reality, called BRAHMAN

BRAHMAN

- one supreme reality and ultimate source from which all other realities come
- only principle of unity
- infinite and eternal
- impersonal reality and is not assigned personal qualities because it will form limit

BRAHMAN IS:

- **SAT:** reality itself
- **CHIT:** pure consciousness
- **ANANDA:** utter bliss

LAW OF KARMA

- introduced by upanishads
- means “action”
- law explaining the cause and effect

ATMAN

- self
- remains eternal and unchanging

SAMSARA

- cycle of rebirth

HINDUISM

- theistic but also monistic
- has 330 million deities but recognize one supreme God
- Allows its believers to worship God in many different form and persons— devas and deities

BRAHMAN

- one God
- genderless God
- divine ground of all matter
- supreme force and the absolute reality—omnipresent, omnipotent, omniscient, and indescribable

VEDAS AND UPANISHADS

- singular God as the only One

PURANAS (hindu ancient tales) says that...

**BRAHMAN created SHIVA,
SHIVA created VISHNU**

TRIMUTRI — trinity

1. **BRAHMAN**
2. **SHIVA**
3. **VISHNU**

BRAHMAN

- creator
- with 4 heads and 4 arms, and a beard
- less worship compared to vishnu and shiva

VISHNU

- preserver
- overseer of the universe
- a.k.a “AVATAR” means in sanskrit as “descent”
- incarcerated the form of KRISHNA and RAMA— the heroes in MAHABHARATA and RAMAYANA

SHIVA

- destroyer
- violent and powerful can be both destructive and creative
- sexual power

EPICS

- stories threatened by evils and saved by vishnu
- RAMAYANA
- MAHABHARATA

RAMAYANA

- story of RAMA with his wife SITA

MAHABHARATA

- descendants of BHARATA
- longest epic poem ever written
- 700 verses called BHAGAVAD GITA

BHAGAVAD GITA

- most important single sacred scripture of hinduism and most famous

CASTE SYSTEM:

- The word caste, CASTA, means “pure”
- CASTA - not mixing different groups

LAWS OF MANU

- collection of ethical and religious guidelines for individuals and societies
- stand at the heart of hindu caste system

RELIGIOUS EXPERIENCES

YOGA

- most known hindu concept
- a.k.a “HATHA YOGA”
- sanskrit term yoga means “TO YOKE OR TO JOIN”
- unities the ATMAN (individual soul) with BRAHMAN (ultimate reality)
- spiritual path toward moshka (liberation from rebirth)
- more than physical exercise, it is a way of spiritual growth

MARGA

- means path

YOGI

- practitioner of yoga

3 PATHS OF YOGA

- **KARMA YOGA**
- **BHAKIT YOGA**
- **JNANA YOGA**

KARMA YOGA

- most common path for hindu
- Selfless service
- doing one’s duty
- follows dharma
- following laws of manu
- treat everything with detachment

BHAKIT YOGA

- path of devotion to a personal deity
- sacrificing to various gods
- recognize specific God as the ultimate deity
- PUJA - expression of devotion (daily activity)
- festivals and pilgrimage

FESTIVALS OF BHAKIT YOGA

HOLI

- festival of color
- marks the end of winter and beginning of spring
- commemorating the myth of PRAHLAD – the son of a demon king
- color paint

DIWALI

- festival of lights
- celebrated in autumn with fireworks
- in honor of LAKSHMI – goddess of wealth

MAHASIVARATRI

- solemn ritual marked by fasting to worship SHIVA
- RAMA NAVAMI – celebration of the birth of RAMA

GANESH

- summer festival in honor of GANESH

- Elephant-headed god

JANMASHTAMI

- celebrated in autumn in honor of the birth of Krishna

KUMBH MELA

- held every 12yrs

RENERATION OF COWS

- part of bhakti yoga
- cows are recognized as deities
- cows are believed to be representation of all NON-HUMAN LIFE
- cows are seen to promote the attitude of giving freely
- cows are the mother of all humanity

PILGRIMS

GANGES RIVER

- most popular pilgrim site for hindus
- first among seven sacred rivers in india
- believe to be goddess herself

JNANA YOGA

- path of knowledge
- meditation to experience the ultimate
- strict process
- includes repetition of MANTRA – sacred word or sound

FAMOUS MANTRAS

- OM / AUM – sanskrit and based on rigveda
- OM – representation of Brahma through sound

GURU

- spiritual teacher

SPIRITUALITY:

- DHARMA - guides future
- KARMA - shapes future
- SAMSARA - cycle of rebirth
- MOKSHA - highest spiritual goal

DHARMA

- duty and righteous living
- proper order of the cosmos
- structure of existence
- means duty of a person’s role in life & society
- “all humans share the duty of seeking liberation”

KARMA

- law of cause and effect
- eternal and unchanging soul (atman)
- this law causation says that a human person is determined in his future actions based on the effects of his past actions
- his deeds become his destiny
- “one’s actions will determine one’s form of rebirth”
- “every action has consequences”

SAMSARA

- means “FLOWING ON”
- cycle of rebirth
- soul continues to be born until moksha is achieved
- morally good in past life = will be born in good bodies
- immoral in past life = will be born in bad bodies

MOKSHA

- ultimate goal content
- means “LIBERATION”
- freedom from samsara
- union with brahman
- “no more rebirth”

ROLE OF WOMEN

- hindu women's voices remain muted because of historical structure that women has lower status than men

CREED

- Beliefs

- Brahman (Supreme Reality)
- Atman (Soul)
- Karma
- Samsara
- Moksha
- Vedas
- Upanishads

CUIT

- Worship & Rituals
- Puja (Worship)
- Yoga (Meditation)
- Tirtha Yatra (pilgrimage)
- Mantras
- Diwali
- Holi
- Janmashtami
- Maha Shivaratri

CODE

- Moral Teachings
- Dharma (duty and righteous living)
- Karma (Law of cause and effect)
- Living honestly
- Fulfilling responsibilities
- Doing good actions

BUDDHISM: THE MIDDLE WAY

ORIGIN AND HISTORY

- Began in India in the 6th century BCE (time of radical social & political change).
- People were drawn away from simple agricultural village life (local rulers built kingdoms, expanded cities, & flourished trade routes).
- Time of many people’s inquiry on the reality of life & the spirit.
- Buddhism was introduced, believing that material comfort, nor the denial of such, doesn’t protect one from suffering and death (while Hinduism dominated the country).
- Followers of Siddhartha Gautama (founder) believe that everyone needs to find balance, marked by a moderately disciplined lifestyle, to find the Middle Way.

SIDDHARTHA GAUTAMA

- Siddhartha Gautama was born around 563 BE as a prince in present-day Nepal.
- He belonged to the warrior caste and was raised in luxury by his father.
- A prophecy said that he would become either a great political leader or a homeless monk.
- He encountered a distressed old man, a sick man, a dead man, and a monk, known as the Four Passing Sights.
- These experiences made him realize that suffering, illness, old age, and death are part of life.
- They inspired him to search for the true meaning of life and a way to end suffering.

The Great Renunciation

- He left the palace to search for the cause of suffering and how to end it.
- He studied the Upanishads, practiced meditation for six years, and lived in extreme self-denial for five years.
- After surviving on only one grain of rice a day, he realized that balance-not extremes-was the path to spiritual fulfillment.

The Experience of Enlightenment

- He meditated under the Bodhi Tree in Bodh Gaya and remained firm despite Mara’s temptations.
- He awakened, reached Enlightenment, and became known as the Buddha, or "The Enlightened One."
- He then proclaimed the First Dharma and began teaching others the path to liberation.

Death of the Buddha

- The Buddha spent 45 years teaching the Middle Way throughout India.
- He died at the age of 80 near Varanasi and entered Parinirvana.
- His final words encouraged his followers to "Work out your own liberation with diligence."

SPREAD OF BUDDHISM & THREE BRANCHES

- King Ashoka accepted the Buddha's teachings and sent missionaries to spread Buddhism across Asia.
- This led to the growth of Theravada Buddhism, while later Mahayana and Vajrayana developed as other major branches of Buddhism.
- Today, these three branches represent the main traditions practiced by Buddhists around the world.

Theravada Buddhism

- Theravada means "The Way of the Elders" and is also known as Southern Buddhism.
- It is considered the most conservative school because it preserves the earliest teachings of the Buddha.
- Many believe it is the closest tradition to ancient Buddhism in both doctrine and practice.

Mahayana Buddhism

- Mahayana means "Large Vehicle" and is also known as East Asian Buddhism.
- It emphasizes helping many people achieve enlightenment together.
- In Mahayana teachings, Theravada is referred to as Hinayana, meaning the "Small Vehicle" or "Small Raft."

Vajrayana Buddhism

- Vajrayana means "Thunderbolt" or "Diamond Vehicle" and is a sub-branch of Mahayana Buddhism.
- It is considered the esoteric school of Buddhism because of its specialized teachings and practices.
- Today, it is commonly associated with Tibetan Buddhism and Zen Buddhism

CORE BELIEFS

- buddhism focuses on understanding suffering and developing wisdom and compassion
- buddhist scriptures differ across traditions, languages and regions

4 NOBLE TRUTHS

- Life includes suffering; craving contributes to it; suffering can end; the path leads toward its end.

KARMA AND REBIRTH

- Intentional actions have consequences and influence future experience.

3 MARKS OF EXISTENCE

- Impermanence, dissatisfaction, and non-self describe conditioned life.

NIRVANA

- Freedom from craving, ignorance, and the cycle of suffering .

TIPITAKA/PALI CANON

- Theravada collection: monastic rules, teachings, and philosophical analysis.

SUTRAS

- Discourses attributed to the Buddha or preserved by Buddhist traditions.

MAHAYANA TEXTS

- Examples include the Lotus Sutra, Heart Sutra, and Diamond Sutra.

TIBETAN CANON

- The Kangyur contains translated teachings; the Tengyur contains commentaries.

TRADITIONS:

MEDITATION

- Meditation is one of the most important practices in Buddhism.
- It helps Buddhists develop mindfulness, wisdom, and inner peace.
- Through meditation, they train the mind to overcome suffering and achieve enlightenment.

TEMPLE WORSHIP

- Buddhists visit temples to pray, meditate, and honor the Buddha.
- They offer flowers, candles, and incense as symbols of respect: and gratitude.
- Temples also serve as places for learning and community gatherings.

CHANTING

- Chanting involves reciting Buddhist teachings, prayers, or sacred texts.
- It helps improve concentration and strengthen one's faith.
- Many Buddhists chant during meditation and religious ceremonies.

VESAK CELEBRATION

- Vesak is the most important Buddhist festival.
- It commemorates the birth, Enlightenment, and death of the Buddha.
- Buddhists celebrate through prayers, meditation, acts of kindness, and charitable activities.
- Buddhism is generally considered an atheistic religion because it does not center on a personal God.
- Theravada Buddhists are agnostic and do not claim to know whether a god or gods exist.
- Instead, Buddhism teaches that liberation from suffering is achieved through one's own effort, wisdom, and practice.

CONTRIBUTION TO CIVILIZATION

- education
- philosophy
- government
- arts
- literature
- architecture
-

BUDDHISM

- one of the oldest major world religions, founded over 2,500 years ago
- challenged rigid social divisions by teaching anyone can attain enlightenment, regardless of social status
- ultimate goal– NIRVANA
- “everything is impermanent”
- 2 Major branches: THERAVADA and MAHAYANA
- Buddhism was founded by Siddhartha Gautama and teaches the Middle Way, avoiding extreme luxury and self-denial.
- Its core teachings focus on overcoming suffering through wisdom, compassion, ethical living, and mindfulness.
- The three main branches are Theravada, Mahayana, and Vajrayana.
- Buddhist teachings are preserved in sacred texts such as the Tipitaka, Sutras, and Tibetan Canon.
- Through meditation and personal discipline, Buddhists aim to achieve Nirvana or enlightenment.

NOBLE TRUTHS

1. **DUKKHA**
2. **TANHA**
3. **NIRVANA**
4. **THE EIGHTFOLD PATH**

DUKKHA

- suffering is the most fundamental problem to human existence
- acceptance of suffering is inevitable

TANHA

- main cause of suffering is the desire for sensual pleasure, the desire to be born again, and desire for life to end
- cause of suffering is the desire (TANHA) that leads to attachment
- most essential step to leading an authentic life is to let go of all desires, no matter how beneficial it seem

NIRVANA

- means “blowing out” or “extinguishing”
- an existence is marked by suffering does not end with suffering
- not a post-death state, but a phenomenon experienced by someone who has freed himself from any form of desire and suffering

THE EIGHTFOLD PATH

RIGHT BELIEF

- a.k.a “RIGHT UNDERSTANDING” or “RIGHT VIEW”
- having proper perspective of reality (belief in dharma)

THREE MARKS OF EXISTENCE

- **ANATTA**
- **ANNICA**
- **DUKKHA**

RIGHT ASPIRATION

- a.k.a “RIGHT PURPOSE” or “RIGHT THOUGHT”
- liberating one's mind from desires of the senses (malice and greed)

RIGHT SPEECH

- not bearing false witness to other persons

RIGHT CONDUCT

- a.k.a "RIGHT ACTION"
- not killing, stealing, sexual relations and gambling

RIGHT MEANS OF LIVELIHOOD

- it disallows the followers to engage in 4 types of occupation
 - killing
 - commerce or services for hire
 - trickery
 - deception or astrology

RIGHT ENDEAVOR

- a.k.a "RIGHT EFFORT"
- avoiding any form of action that will cause negative karmic influence
- pursue beneficial actions

RIGHT MINDFULNESS

- a.k.a "RIGHT ALERTNESS"
- giving oneself diligently to focused observation of oneself and others

RIGHT MEDICATION

- a.k.a "RIGHT CONCENTRATION"
- proper focusing of one's mind
- stage of calmness and peace as person enters the state of absorption into spiritual or samadhi, which will lead to nirvana

3 INSTRUCTIONS OF THERAVADA BUDDHIST TRADITION

1. **SILA** (morality)
2. **SAMADHI** (concentration)
3. **PRAJNA** (wisdom)

CONFUCIANISM: THE WAYS OF VIRTUE

- an ethical and philosophical tradition founded by Confucius in 551 BCE
- It is a nontheistic religion, meaning it does not worship a supreme or divine being.
- Emphasizes on personal ethics, morality, education, and social harmony.

ORIGIN

- Originated in Ancient Imperial China in the state of Lu during the Spring and Autumn Period.

FOUNDER

- Confucius
- Disciples helped spread and create the Four Books.

CONFUCIUS

- "Confucius" - given by Catholic Missionaries.
- Kong Qui is his real name but locally known as Kong Fuzi (Master Kong)
- Self taught scholar who later became a State of Lu official (Minister of crime)
- Became a teacher and lead a school after his exile.

SACRED TEXTS

THE FIVE CLASSICS (WUJING)

- compilation of edited ancient texts and poems by Confucius before his death.

Book of Poetry (Shijing)

- A collection of 305 poems and folk songs that deal diverse topics such as emotions, daily lives, and wars of early China. Also known as Book of Odes or Book of Songs.

Book of Documents (Shujing)

- A collection of royal speeches and historical records that establishes the moral duties of rulers and introduces the Mandate of Heaven, containing 58 chapters.

Book of Changes (Ching)

- An ancient guide that uses 64 hexagrams for guidance on personal, philosophical, and political questions.

Book of Rites (Liji)

- A guide detailing ceremonies, social norms, and ritual conduct necessary for personal cultivation and imperial harmony.

Spring and Autumn Annals (Chunqiu)

- A historical record of the State of Lu that chronicles main events and tallies in almost 250 years, edited by Confucius himself using a strict code of wording to deliver moral lessons on those events.

THE FOUR BOOKS (SISHU)

- A compilation of books written by his disciples after Confucius' death.

The Analects (Lunyu)

- A collection of Confucius' conversations and sayings recorded by his followers that emphasizes the importance of virtues and moral behavior.

The Great Learning (Daxue)

- Attributed to Confucius's disciple, Zengzi, it teaches how personal virtue and self-improvement serves as the starting point for managing a family, ruling a country, and bringing peace to the world. It is also an introductory basis to Confucian morality.

The Doctrine of the Mean (Zhongyong)

- A spiritual text, attributed to Confucius's grandson Kong Zi, that emphasizes emotional balance and inner harmony as the keys to perfecting oneself.

Mencius (Mengzi)

- Written by the philosopher Mencius, one of Confucius' disciples, this book argues that all people are born naturally good and kind.

CORE BELIEFS

Five Virtues:

- **Benevolence**
- **Righteousness**
- **Ritual Propriety**
- **Wisdom**
- **Trustworthiness**

RELIGIOUS PRACTICES

- **Ancestor veneration**
- **Xiao (Filial Piety)**
- **Confucius memorial ceremonies**
- **Jongmyo Jerye (Korea)**

GOAL

- TO BECOME A JUNZI (SUPERIOR PERSON)

CULT

- Ancestor Veneration: Showing deep respect to deceased ancestors through food offerings, sweeping graves, and bowing to family tablets.
- Ritual Propriety (Li): Following etiquette, proper manners, and traditional ceremonies (like weddings, funerals, and graduations) to keep life orderly and respectful.

CREED

- Inherent Goodness: The belief that humans are born naturally good and can become perfect through education and self-reflection.
- The Mandate of Heaven (Tianming): The belief that the universe (Heaven) grants rulers the right to govern based on their moral virtue.
- Cosmic and Social Harmony: The belief that the universe functions perfectly when humans fulfill their parts and respects the laws of nature.

CODE

- The Five Constant Virtues: The moral compass every person must follow: Ren, Yi, Li, Zhi, Xin.
- The Golden Rule: The daily practice of "Do not do to others what you do not want done to yourself."

TAOSIM: THE WAYS OF VIRTUE

LIFE OF LAO TZU

LAO TZU

- Lao Tzu (Laozi), traditionally regarded as the founder of Taoism, was said to have lived around 604 BCE.
- His name means "Old Master,"
- held a government position as an archivist before leaving because he believed that a simple life was better than involvement in government.
- He was traditionally associated with the writing of the Tao Te Ching, which became an important text of Taoist philosophy.

TAOIST MOVEMENT

- The Taoist movement began as a philosophical tradition in ancient China and gradually developed into an organized religious tradition.
- By the 2nd century CE, organized Taoist movements began to emerge, incorporating religious practices, spiritual beings, rituals, and communities.
- Over time, Taoism developed different schools and a growing collection of sacred texts, eventually forming a Taoist canon.
- This development transformed Taoism from Daojia ("philosophy of the Dao") into Daojiao ("teachings of the Dao").

TAO TE CHING

- A Foundational text of Taoism, traditionally attributed to Lao Tzu.
- Consists of 81 chapters and discusses how people should live according to the Dao (the Way).
- Emphasizes simplicity, virtue, naturalness, and wu wei (non-action).
- Became highly influential in Chinese philosophy and Taoist tradition.

RELIGIOUS EXPERIENCES:

YIN AND YANG

- Present in reality before Confucian and Taoist philosophy.
- Described to be complimentary to each other.
- Seen as Balance.
- Has two distinct components;

YANG

- Active, Warm, Bright, Positive.
- Wood and Fire are considered as Yang
- Masculine force, represented by a tiger

YIN

- Passive, Cold, Dark, Negative
- Metal and Water are considered as Yin
- Feminine force, represented by a dragon

YIN AND YANG

- "Systematic Balance": It is important to know that Yin and Yang in the context of Taoism represents balance, rather than associating its elements under special scenarios.
- Symbol: Dots are represented with their counterpart because there is always the counterpart's force in the other and vice versa.

TAO

- A virtue which all things happen and exist
- Incomprehensible and incommunicable
- According to the Tao Te Ching, all beings are manifested of the Tao.
- It is the source of all beings and reality itself. Therefore, the ultimate goal of all life is to live in harmony with the Tao
- The Tao is like a flowing water, in constant motion, and that reality is the flow of the Tao."

CULT

- Connected to Taoist Religious Experiences and Taoist Spirituality, including practices that focus on balance through Yin and Yang.

CODE

- Connected to Life of Lao Tzu, Tao Te Ching, and Wu wei, which teach followers to live simply and follow the natural flow of the Tao.

CREED

- Connected to the belief in the Tao and living in harmony with nature, which continues to influence Taoism Today

TAOSIM

- Taoism is more than just a religion; it is a way of understanding life, nature, and our relationship with the world.

- Through the teachings of Lao Tzu, the Tao Te Ching, and concepts like Tao, Yin and Yang, and Wu wei, we learn the importance of balance, simplicity, and living in harmony.
- Even in modern times, Taoism continues to influence people by providing guidance on how to face challenges and maintain peace within ourselves and with others.

I. ESSENCE OF SPIRITUALITY

SPIRITUALITY

- Search for **purpose, meaning, worth, wonder**, and the **ultimate/Holy**
- **Personal experience of God**
- A **process of searching**
- Sense of connection to something **greater than oneself**
- Can exist **with or without religion**
- In Christianity: **relationship between God and man**

THEOLOGY

- **Systematic study of God**
- Seeks the **reason why we believe in God**
- Gives **objective truths** about God
- **Theology + Spirituality support each other**
- St. Anselm: **“Faith seeking understanding”**

ST. THOMAS AQUINAS

- Humans naturally seek God
- We are created with the **capacity to know God**
- This creates a **“divine longing”**

PERSONAL SPIRITUALITY

- Connection with **God, oneself, others, nature**
- Search for **meaning of life**
- Individual and personal
- Honors individual **needs and circumstances**

BIBLE & SPIRITUALITY

Spirituality = Relationship between God and man

John 15:7:
→ **“Abide in God”** = remain/continue in relationship with God.

FOUR HEADINGS OF SPIRITUALITY

1. **Holiness**
2. **Gift of the Spirit**
3. **Life in the Spirit**
4. **Discipline of the Spirit**

II. RELIGION VS. SPIRITUALITY

RELIGION	SPIRITUALITY
Organized beliefs & practices	More individual/personal
Shared by community	Personal experience
Has rules/laws	Sense of peace & purpose
Requires obedience	Listening to inner voice
Cult, Code, Creed	Personal relationship with God

RELIGION

- Avenue to salvation from sins
- Way of life
- Gives assurance of destiny after death
- **“To believe is to see”**

RELIGION'S 3 C's

- **CULT** = ceremonies, worship, rituals
- **CODE** = laws, moral rules
- **CREED** = beliefs

WHY DO WE NEED SPIRITUALITY?

Healing + Integration + Peace

EXAMPLES

- Prayer
- Meditation
- Miracles
- Visualization
- Dreams
- Spirit/guardian helpers
- Ceremonies

III. PRACTICING SPIRITUALITY

7 WAYS

M-P-G-J-T-B-S

1. **Meditation**
2. **Prayer**
3. **Gratitude**
4. **Journal**
5. **Take care of body/self-love**
6. **Breathe**
7. **Surrender**

SPIRITUAL PERSON

- Loving to self and others
- Cares about people, animals, planet
- Recognizes **oneness**
- Kind

SPIRITUALLY-MINDED

- Mindset focused on spiritual things
- Holy desires and purposes
- Spiritual transcendence

5 CHARACTERISTICS OF SPIRITUALITY

M-V-T-C-G

1. **Meaning**
2. **Value**
3. **Transcendence**
4. **Connecting**
5. **Growth & Progress**

IV. HUMAN RELATIONSHIP

3 DIMENSIONS OF AWARENESS

I – THOU – WE

1. I → My experience
2. **You/Thou** → Your experience
3. **Me-as-You / You-as-Me** → Putting yourself in another's shoes

GROUP SPIRITUALITY

- Reminds us of our **shared humanity**
- Recognizes both **individuality and community**
- Creates a **healing context**
- Supports:
 - Education
 - Support
 - Spiritual growth

V. RELIGIOUS EXPERIENCE

RELIGIOUS EXPERIENCE

- Encounter with what is **divine, holy, sacred**
- Very **personal**
- Creates **holy desire**
- **Changes you** and makes you a better person

SPIRITUAL JOURNEY

Religion → Religious Experience → Spirituality

- Religion = provides reason
- Religious Experience = personal encounter
- Spirituality = lived relationship/connection

FAITH

Faith + Religious Experience = Leap of Faith

KUMITID VS COMMITTED

- Kumitid → narrow-minded/inactive faith
- Committed → faith makes sense + awareness

DISCERNMENT

- Consulting God in making decisions
- Helps you become **more intimate with God**
- Finding God's will through **prayer**
- Should become **habitual**

Reason + Faith = Spirituality

VI. FUNDAMENTAL DIMENSIONS OF RELIGION

7 DIMENSIONS

C-S-A-S-M-O-T

1. Cosmological
2. Soteriological/Salvific → salvation
3. Anthropological → human person
4. Symbolic
5. Moral
6. Organizational
7. Theological

ASPECTS OF FAITH

1. Faith
2. Redeeming
3. Sense of Mystery
4. Ritual
5. Moral Life
6. Structure
7. Creed

BLESSED TRINITY

1. Father
2. Son
3. Holy Spirit

32 VII. HINDUISM — “THE MANY WAYS”

BASIC FACTS

- One of the **oldest continuously practiced major religions**
- Origin: **Indus River Valley**
- Around **2000–1500 BCE** in the traditional account
- **No single founder**
- Influenced Indian culture
- Influenced Buddhism, Jainism, and later Sikhism

INDUS VALLEY CIVILIZATION

- **3300–1300 BCE**
- Present-day Pakistan, NW India, NE Afghanistan
- Major cities:
 - Harappa
 - Mohenjo-daro
- Mature period: **2600–1900 BCE**

ARYANS

- Migrated around **1500 BCE**
- “Aryan” = **noble ones**
- Influenced early **Sanskrit**
- Rishis composed early Vedic hymns orally

VIII. HINDU SCRIPTURES

VEDAS

Veda = Knowledge

Most valued Hindu scriptures.

FOUR VEDAS

R-Y-S-A

1. **Rig-Veda** → hymns
2. **Yajur-Veda** → rituals/sacrifices
3. **Sama-Veda** → musical verses
4. **Atharva-Veda** → spells, charms, incantations

RIG-VEDA

- Oldest and most sacred
- Hymns to Aryan deities
- Purusha sacrifice
- Reverence for cows

4 PARTS

M-B-A-U

1. **Mantras** → hymns
2. **Brahmanas** → ritual materials
3. **Aranyakas** → forest-dwellers/ascetics
4. **Upanishads** → philosophy

IX. HINDU DEITIES

DEITY	REMEMBER
Indra	Thunder, rain, warrior
Agni	Fire & sacrifice
Varuna	Cosmic order
Soma	Plants / sacred drink
Yama	God of dead
Vishnu	Preserver
Rudra	Destruction
Shiva	Destroyer

TRIMURTI

Brahma – Vishnu – Shiva

- **Brahma** → Creator
- **Vishnu** → Preserver
- **Shiva** → Destroyer

⚠ Don't confuse:

- **Brahman** = Supreme Reality
- **Brahma** = Creator deity

X. UPANISHADS

Upanishad = “to sit nearby”

- Students sit near spiritual teacher
- Basis of Hindu philosophy
- Teaches mystical knowledge
- One supreme reality = **BRAHMAN**

BRAHMAN

- Supreme Reality
- Ultimate source of everything
- Infinite and eternal
- Impersonal
- **Sat = Reality**
- **Chit = Consciousness**
- **Ananda = Bliss**

ATMAN

- Individual **self/soul**
- Eternal and unchanging

KEY RELATIONSHIP

ATMAN → individual self
BRAHMAN → ultimate reality

Yoga seeks to unite **Atman with Brahman**.

XI. HINDU CORE CONCEPTS

DHARMA

→ **Duty + righteous living**

- Proper order of cosmos
- Role/responsibility in life and society

KARMA

→ **Cause and effect**

- Actions have consequences
- Past actions influence future
- “Every action has consequences”

SAMSARA

→ **Cycle of rebirth**

- Soul continues being reborn
- Good karma → favorable rebirth
- Bad karma → unfavorable rebirth

MOKSHA

→ **Liberation**

- Freedom from Samsara
- Union with Brahman
- **No more rebirth**
- Highest spiritual goal

EASY ORDER:

DHARMA → **KARMA** → **SAMSARA** → **MOKSHA**

Duty → **Actions** → **Rebirth** → **Liberation**

XII. HINDU EPICS

RAMAYANA

- Story of **Rama and Sita**

MAHABHARATA

- Descendants of **Bharata**
- One of the longest epic poems
- Contains **Bhagavad Gita**

BHAGAVAD GITA

- Most famous/important Hindu sacred scripture
- Part of **Mahabharata**

XIII. HINDU YOGA

YOGA

- Sanskrit: “**to yoke/to join**”
- Unites **Atman + Brahman**
- Spiritual path toward **Moksha**
- Not merely physical exercise

MARGA

→ **Path**

YOGI

→ Practitioner of yoga

3 PATHS

K-B-J

1. **Karma Yoga** → action/service
2. **Bhakti Yoga** → devotion
3. **Jnana Yoga** → knowledge

KARMA YOGA

- Selfless service
- Doing duty
- Dharma
- Detachment

BHAKTI YOGA

- Devotion to personal deity
- Worship/sacrifice
- **Puja**
- Festivals/pilgrimage

JNANA YOGA

- Path of knowledge
- Meditation
- Mantras

MANTRA

- Sacred word/sound
- **OM/AUM** → sacred sound

GURU

→ Spiritual teacher

XIV. HINDU FESTIVALS

Festival	KEYWORD
Holi	Colors
Diwali	Lights / Lakshmi
Maha Shivaratri	Shiva / fasting
Rama Navami	Birth of Rama
Ganesh Festival	Ganesha
Janmashtami	Birth of Krishna

Kumbh Mela	Every 12 years
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GANGES

- Major pilgrimage site
- One of India’s sacred rivers
- Believed to be a **goddess**

COWS

- Sacred/revered
- Symbol of giving
- Associated with non-human life
- Seen as mother of humanity

XV. HINDUISM: CREED, CULT, CODE

CREED = BELIEFS

- Brahman
- Atman
- Karma
- Samsara
- Moksha
- Vedas
- Upanishads

CULT = WORSHIP/RITUALS

- Puja
- Yoga
- Tirtha Yatra
- Mantras
- Diwali
- Holi
- Janmashtami
- Maha Shivaratri

CODE = MORAL TEACHINGS

- Dharma
- Karma
- Honesty
- Responsibilities
- Good actions

🌀 XVI. BUDDHISM — “THE MIDDLE WAY”

BASIC FACTS

- Began in **India**
- **6th century BCE**
- Founded by **Siddhartha Gautama**
- Avoids extremes:
 - Extreme luxury
 - Extreme self-denial
- Goal = **Nirvana**

SIDDHARTHA GAUTAMA

- Born around **563 BCE**
- Prince in present-day Nepal
- Warrior caste
- Raised in luxury

FOUR PASSING SIGHTS

O-S-D-M

1. **Old man**
2. **Sick man**
3. **Dead man**
4. **Monk**

→ Made him realize **suffering, illness, old age, and death.**

XVII. GREAT RENUNCIATION

Siddhartha:

- Left palace
- Sought cause/end of suffering
- Studied Upanishads
- Meditated

- Practiced extreme self-denial
- Realized **extremes don’t work**

→ Found the **Middle Way**

ENLIGHTENMENT

- Meditated under **Bodhi Tree**
- Resisted Mara
- Became **Buddha = Enlightened One**

DEATH

- Taught for **45 years**
- Died at **80**
- Entered **Parinirvana**

XVIII. THREE BRANCHES OF BUDDHISM

T-M-V

THERAVADA

- “Way of the Elders”
- Southern Buddhism
- Most conservative
- Preserves earliest teachings

MAHAYANA

- “Large Vehicle”
- East Asian Buddhism
- Emphasizes enlightenment for many

VAJRAYANA

- “Thunderbolt/Diamond Vehicle”
- Esoteric
- Associated with Tibetan Buddhism

XIX. BUDDHIST CORE BELIEFS

FOUR NOBLE TRUTHS

D-T-N-P

1. **Dukkha** → suffering exists
2. **Tanha** → craving causes suffering
3. **Nirvana** → suffering can end
4. **Eightfold Path** → way to end suffering

DUKKHA

→ **Suffering/dissatisfaction**

TANHA

→ **Craving/desire**

NIRVANA

→ **Extinguishing/blowing out**

- Freedom from craving
- Freedom from ignorance
- Freedom from suffering
- End of cycle of suffering

XX. THREE MARKS OF EXISTENCE

A-A-D

1. **Anicca** → Impermanence
2. **Anatta** → Non-self
3. **Dukkha** → Suffering/dissatisfaction

XXI. BUDDHIST KARMA & REBIRTH

KARMA

- Intentional actions have consequences
- Influence future experiences

REBIRTH

- Continuation of conditioned existence
- Goal is liberation from the cycle

XXII. EIGHTFOLD PATH

W-W-S-C-L-E-M-C

1. **Right View** → understanding reality
2. **Right Thought** → proper intention
3. **Right Speech** → truthful speech
4. **Right Action** → ethical conduct
5. **Right Livelihood** → proper occupation
6. **Right Effort** → beneficial actions
7. **Right Mindfulness** → awareness
8. **Right Concentration** → focused mind

IMPORTANT GROUPING

WISDOM

- Right View
- Right Thought

MORALITY

- Right Speech
- Right Action
- Right Livelihood

CONCENTRATION

- Right Effort
- Right Mindfulness
- Right Concentration

XXIII. THERAVADA 3 INSTRUCTIONS

S-S-P

1. **Sila** → Morality
2. **Samadhi** → Concentration
3. **Prajna** → Wisdom

XXIV. BUDDHIST SCRIPTURES

TIPITAKA / PALI CANON

- Theravada collection
- Monastic rules
- Teachings
- Philosophical analysis

SUTRAS

- Discourses attributed to/preserved as teachings of Buddha

MAHAYANA TEXTS

- Lotus Sutra
- Heart Sutra
- Diamond Sutra

TIBETAN CANON

- **Kangyur** → translated teachings
- **Tengyur** → commentaries

XXV. BUDDHIST PRACTICES

MEDITATION

- Mindfulness
- Wisdom
- Inner peace
- Overcome suffering

TEMPLE WORSHIP

- Prayer
- Meditation
- Honor Buddha
- Flowers, candles, incense

CHANTING

- Teachings/prayers/sacred texts
- Improves concentration

VESAK

- Most important Buddhist festival
- Celebrates:
 - Birth
 - Enlightenment
 - Death of Buddha

RELIGIOUS VIEW

- Generally **non-theistic/atheistic**
- Does not center on a personal God
- Liberation comes through **one’s own effort, wisdom, practice**

 XXVI. CONFUCIANISM — “THE WAYS OF VIRTUE”

BASIC FACTS

- Founded by **Confucius**
- Around **551 BCE**
- Ancient China
- State of **Lu**
- Ethical & philosophical tradition
- **Nontheistic**
- Focus:
 - Morality
 - Education
 - Personal ethics
 - Social harmony

CONFUCIUS

- Real name: **Kong Qiu**
- **Kong Fuzi** = Master Kong
- “Confucius” name given by Catholic missionaries
- Teacher and scholar
- Served as government official

XXVII. CONFUCIAN SACRED TEXTS

FIVE CLASSICS — WUJING

P-D-C-R-S

1. **Book of Poetry**
2. **Book of Documents**
3. **Book of Changes**
4. **Book of Rites**
5. **Spring and Autumn Annals**

BOOK OF POETRY

→ 305 poems/folk songs

BOOK OF DOCUMENTS

→ Royal speeches, historical records, **Mandate of Heaven**

BOOK OF CHANGES

→ **64** hexagrams

BOOK OF RITES

→ Ceremonies, social norms, rituals

SPRING & AUTUMN ANNALS

→ History of State of Lu

XXVIII. FOUR BOOKS — SISHU

1. **Analects**
2. **Great Learning**
3. **Doctrine of the Mean**
4. **Mencius**

ANALects

→ Sayings/conversations of Confucius

GREAT LEARNING

→ Self-improvement → family → government → world peace

DOCTRINE OF THE MEAN

→ Balance and inner harmony

MENCIUS

→ Humans are **naturally good**

XXIX. CONFUCIAN FIVE VIRTUES

R-Y-L-Z-X

- 1. **Ren** → Benevolence
- 2. **Yi** → Righteousness
- 3. **Li** → Ritual Propriety
- 4. **Zhi** → Wisdom
- 5. **Xin** → Trustworthiness

GOLDEN RULE

Do not do to others what you do not want done to yourself.

XXX. CONFUCIAN PRACTICES

CULT

- Ancestor veneration
- Food offerings
- Sweeping graves
- Bowing to family tablets
- Ritual propriety

RELIGIOUS PRACTICES

- Ancestor veneration
- **Xiao = Filial Piety**
- Confucius memorial ceremonies
- Jongmyo Jerye

GOAL

JUNZI = Superior/ideal person

XXXI. CONFUCIAN CREED

INHERENT GOODNESS

→ Humans are naturally good.

MANDATE OF HEAVEN

→ Heaven gives rulers authority based on **moral virtue**.

COSMIC & SOCIAL HARMONY

→ Harmony occurs when people fulfill their roles and respect order/nature.

CODE

→ Five Constant Virtues + Golden Rule

🌀 XXXII. TAOISM — “THE WAYS OF VIRTUE”

LAO TZU

- Traditionally founder
- Also called **Laozi**
- “Old Master”
- Traditionally lived around **604 BCE**
- Government archivist
- Left government to pursue a simple life
- Traditionally associated with **Tao Te Ching**

XXXIII. TAOIST MOVEMENT

DAOJIA

→ Philosophy of the Dao

DAOJIAO

→ Religious teachings of the Dao

- Began as philosophical tradition
- Became organized religion around **2nd century CE**
- Developed rituals, spiritual beings, communities, schools, texts

XXXIV. TAO TE CHING

- Foundational Taoist text
- Traditionally attributed to **Lao Tzu**
- **81 chapters**
- Teaches:
 - Simplicity
 - Virtue
 - Naturalness
 - **Wu wei**

WU WEI

→ **Non-action / effortless action**

XXXV. TAO

TAO = “THE WAY”

- Source of all beings
- Reality itself
- Incomprehensible/incommunicable
- All beings manifest from Tao
- Goal = **live in harmony with Tao**
- Compared to **flowing water**

XXXVI. YIN & YANG

YANG

- Active
- Warm
- Bright
- Positive
- Wood & Fire
- Masculine
- Tiger

YIN

- Passive
- Cold
- Dark
- Negative
- Metal & Water
- Feminine
- Dragon

KEY IDEA:

Yin + Yang = **BALANCE**

⚠ The dots in the symbol show that **each contains a counterpart of the other**.

XXXVII. TAOISM: CULT, CODE, CREED

CULT

→ Religious practices/rituals focused on balance and Yin-Yang

CODE

→ Tao Te Ching + Wu Wei + simple living + natural flow

CREED

→ Belief in **Tao** and living in harmony with nature

🔥 SUPER HIGH-YIELD COMPARISON

	HINDUISM	BUDDHISM	CONFUCIANISM	TAOISM

Founder	None	Siddhartha Gautama	Confucius	Lao Tzu
Origin	India	India	China	China
Main Goal	Moksha	Nirvana	Junzi	Harmony with Tao
Key Problem	Samsara	Suffering	Moral/social disorder	Imbalance
Key Concept	Karma	Four Noble Truths	Virtues	Yin-Yang
Main Text	Vedas	Tipitaka/S utras	Five/Four Books	Tao Te Ching
God	Many forms, one Supreme Reality	Non-theistic	Nontheistic	Tao is ultimate reality
Path	Yoga/Marga	Eightfold Path	Virtue/education	Wu wei
Rebirth	Yes	Yes	Not central	Not central

🧠 MUST-MEMORIZE ONE-LINERS

Spirituality → personal search for meaning and the Holy
Theology → systematic study of God
Religion → organized beliefs and practices
Cult → rituals
Code → moral laws
Creed → beliefs
Discernment → seeking God's will in decisions

HINDUISM

Brahman → Supreme Reality
Atman → Self/soul
Dharma → Duty
Karma → Cause & effect
Samsara → Rebirth cycle
Moksha → Liberation
Yoga → Union/path
Brahma → Creator
Vishnu → Preserver
Shiva → Destroyer

BUDDHISM

Dukkha → Suffering
Tanha → Craving
Nirvana → Liberation/extinguishing craving
Anicca → Impermanence
Anatta → Non-self
Eightfold Path → Path to end suffering
Buddha → Enlightened One

CONFUCIANISM

Ren → Benevolence
Yi → Righteousness
Li → Ritual propriety
Zhi → Wisdom
Xin → Trustworthiness
Xiao → Filial piety
Junzi → Superior/ideal person
Tianming → Mandate of Heaven

TAOISM

Tao → The Way
Yin-Yang → Balance
Wu wei → Non-action/effortless action
Lao Tzu → Traditional founder
Tao Te Ching → Foundational text

🌐 RELIGIONS — QUICK CHEAT SHEET

Religion	Main Focus / Thing to Remember	Key Word
🕉️ Hinduism	Liberation from rebirth through dharma, karma, and spiritual paths	MOKSHA
🕸️ Buddhism	Ending suffering by overcoming craving and following the Eightfold Path	NIRVANA
🏠 Confucianism	Moral living and social harmony through virtues, education, and proper relationships	VIRTUE
🌀 Taoism	Living in harmony with the natural flow of life/Tao through balance and wu wei	HARMONY

🕉️ HINDUISM

Main idea: Life is a cycle of **rebirth (Samsara)** caused by karma.
→ Follow **Dharma** → create good **Karma** → eventually achieve **Moksha**.

Think: “How can I be liberated?”

Key concepts:

- **Brahman** = Supreme Reality
- **Atman** = Self/soul
- **Karma** = actions & consequences
- **Samsara** = rebirth
- **Moksha** = liberation

🕸️ BUDDHISM

Main idea: Life involves **suffering (Dukkha)**, mainly because of **craving (Tanha)**.
→ Let go of craving → follow the **Eightfold Path** → achieve **Nirvana**.

Think: “How can I end suffering?”

Key concepts:

- **Dukkha** = suffering
- **Tanha** = craving
- **Nirvana** = freedom from suffering/craving
- **Eightfold Path** = way to liberation
- **Middle Way** = avoid extremes

 CONFUCIANISM

Main idea: Create a **good and harmonious society** by becoming a morally virtuous person.

Think: “How should I live and treat others?”

Focuses on:

- **Virtue**
- **Education**
- **Respect**
- **Filial piety**
- **Proper relationships**
- **Social harmony**

Goal: **Junzi** = superior/ideal person

5 Virtues:
Ren – Yi – Li – Zhi – Xin

 TAOISM

Main idea: Live in **harmony with the Tao (the Way)** and the natural flow of life.

Think: “How can I live naturally and peacefully?”

Focuses on:

- **Tao** = The Way
- **Yin & Yang** = balance
- **Wu wei** = non-action/effortless action
- **Simplicity**
- **Nature**
- **Balance**

Goal: **Harmony with the Tao**

 EASIEST WAY TO MEMORIZE

HINDUISM → LIBERATION
 **Moksha**

BUDDHISM → SUFFERING
 **Nirvana**

CONFUCIANISM → VIRTUE
 **Junzi**

TAOISM → HARMONY
 **Tao**

 ONE-LINE VERSION

Hinduism = Escape rebirth
Buddhism = End suffering
Confucianism = Become virtuous
Taoism = Live in harmony