***2021 IBSL World Religion Students’ Awesome Review Outlines***

***OUTLINE #1 Jill Thai***

**What are the different Types of Buddhism**

* Siddhartha Gautama (563-483 BCE)
  + Bhikku followers 1st and 2nd Councils
* King Ashoka (200BCE)
  + Pali Canon (100BCE)

1. Theravada, *Way of Elders* "authentic orthodox"
   1. Strictly stick to Pali Canon only
   2. Where? Thailand, Sri Lanka, Laos, Cambodia
   3. Belief:
      1. Hina-yana, *small vehicle*
         1. Believes that you reach nirvana on your own, individual enlightenment
            1. "Be lamp to yourselves"
         2. Buddhism not religion: no rituals, grace, elaborate explanations
      2. GOAL? To become a ***arhat***
         1. Attain Nirvana on their own
         2. Not a "religion"
         3. No Grace, only individual salvation
         4. No Explanations
            1. **Pali Canon is enough**

**\*\*Dhammapada sacred text**

* + 1. What you want to Develop?
       1. ***Prajna*, wisdom**
    2. See Buddha as human **Saint**
    3. See compassion as the byproduct of enlightenment
    4. For monks and nuns (separate from the people)
  1. Meditation
     1. "I take refuge in the buddha, the Dharma, +the Sangha
        1. Insight meditation
  2. What is Nirvana?
     1. A place to go and enter
     2. Escape Samsara to enter Nirvana

1. Mahayana, *Great Vehicle "raft"*
   1. Expand on and develop Pali Canon
   2. Where? China, Taiwan, South Korea(Zen), Japan(Zen)
   3. Belief:
      1. More like "religions": have rituals and explanations
      2. GOAL? To become a ***bodhisttva***
         1. Attain Nirvana together and come back to help others
         2. Ex: Tara, Dallai llama
         3. Believes grace to be real (Buddha and Bodhisttvas can help you on your journey, but not give it to you
            1. Gives many Explanations (**1000s sacred texts (sutras): heart sutra, lotus sutra, diamond sutra**)

Reality is **Tri-Kaya** "three Bodies"

Nirmanakaya (Earthly Body)

Samboghakaya (bliss body; the realm of celestial Buddhas and boshisattvas)

The MOST IMPORTANT bodhisattva: **Avalokitesvara (compassion)**

Dharmakaya (body of truth)

1. What you want to Develop?
   1. ***Prajna*, wisdom** + ***Karuna*, compassion *equally***
2. See Buddha as **Savior**
   1. If you chant their name, they will come to help you
3. See compassion to be actively developed
4. For *layity* (everyone) (interact with people)
5. BODISAFA Vow
6. Meditation
   1. May I attain Enlightenment for the benefit of all sentient beings"
   2. Chant to bodhisattvas then insight meditation
   3. At the end of meditation: "I offer this meditation for the benefit of all sentient beings"
7. What is Nirvana?
   1. A state of mind to be in the present
   2. Samsara=Nirvana
   3. Now is a shared experience
      1. Every now is an opportunity to develop patience, insight, and most importantly compassion
8. Pure land Mahayana in Taiwan
   1. Amitabha
9. Tzu chi: Master Cheng Yen
   1. They must use their time doing volunteer work (more important than rituals)
10. Zen in Japan and South Korea
    1. Zazen (sitting meditation)
    2. Sanzen (discuss Koan, riddle, with master)
       1. Until you reach satori
11. Vajrayana (thunderbolt Buddhism)
    1. Where? Tibet

Vajrayana: I also wanna mention in my essay is that there is a unique form of Buddhism that is called Vajrayana, which is Tibetan Buddhism (THUNDERBOLT)

* Fast, secret, immediate Nirvana
  + This is secretive, esoteric, and advanced
* Ritual: Sand Mandalas
  + Visualize and enter higher realm, when you are done, you destroy it
* Visualization meditation: Tara! (GREEN TARA)

1. Read secret texts front he ancient texts of Tantra
   1. They teach a system of thought and practice based on the idea that the material world is a manifestation of divine energy
   2. Practitioners can control this energy through ritual use of mantras/mandalas, worship of deities, visualization and identification with deities, and deliberate breaking of taboos
      1. Practicing such as the potential of catapulting an ordinary person to the level of advanced bodhisattva in a single lifetime
2. Guru yoga: the practitioner will seek to unite his mind with that of a guru, thereby gaining the experience of wisdom

**Taoism**

Paper 1: part A

1. It is the human mind that complicates life
2. The Tao is supposed to be simple
3. Following the way, a road of living

Paper 1: part B

1. Main ideas of Taoism
   1. Finding a balance
   2. Non complication
   3. Create own
2. However There are actually 3 types of Taoism
   1. Philosophical
      1. Yes I see these ideas
         1. Tao De Ching
         2. Zhuangzi
   2. Practical
      1. Yes I see these ideas
      2. Taichi, Qi Gong
   3. Formal religious
      1. In some ways the formal religion of Taoism in Taiwan does follow these however in the temples of taiwan, people do this which may follow or conflict against this.

Taoism Practice

* How to harness the Qi?
  + Chinese medicine balance yin and yang
    - Illness is caused by chi bing blocked
  + Qi Gong Taichi
  + Martial arts

Main ideas:

* Comparisons with other reliigon

Daoism: Wil you ever find the answer in any book?

Or religion? No

But you can find answers in one place: the NATURE

Answer is not in the mind

Philosophy: how to understand Dao

Temple religion:

* Taiwan 1400 ad and China 200 ad
  + Energy gather and share
  + "common people"= farmers
    - Guan du Temple of Taiwan
      * Half for taost and buddhist
* Guandu 1) Jade emperor and Mazu empress
  + Yinyang
* Local gods+ goddess protect Taiwan

1. All one god
2. Praying to and protective community god and protective bodhisattvas
3. Interacting with energy (pre creation and post creation energy)
4. Mandala map of the Taoist spiritual realm
5. **Mahayana Buddhist approach- calling forth your own spiritual energies inside of you <--Analysis**

**Guanyin Mazu, Wenchang**

**Final Essay**

* Life god death?
  + Philosophy of taoism
    - Zhuangzi
  + Practice-- how to access the Qi
    - Taichi Qigong
  + Temple (relate back to the questions)
    - Energy of the temple

Main terminology

1. Yinyang (陰陽）
2. Wu wei/ non action(無爲)
3. Pu "an uncarved rock" being in the natural state (樸)

**Judaism**  
   
  
 Paper 1: A

* + Your supposed to follow the Torah (maybe the most important center of all Judaism) (For example, the bar mitzvah)
  + Importance of daily weekly prayer in Judaism (Sabbath which happens once a week)
  + An important part of Judaism is the struggle against the Evil inside you and around you
* Paper 1: B  
  + It is all about community, the remembrance of ancestors and continuing the struggle with each other
    - Ritual: Sabbath is praying together, passover is eating together
  + The Sacred text of the Torah is used in all of these
* + Jewish Prayer
    - Prayer in Jewish tradition is very communal and familial experience
      * Shabbath: With family from dusk of Friday to sundown Saturday
      * Official quorum/ minyan is official when 10 or 13 males are gathered
        1. Men wear Kipah, tallit, and tefillin
        2. Done in a community

Begins with reciting Shema, then Torah, then Prophets

Shema: From Deuteronomy in Torah

* + - * 1. The Amidah: the central prayer in the Jewish tradition

When they pray thy take three steps forward and backward and bow as a gesture of entering the place of God.

* + - * 1. The Ashrei (Psalm 145)
        2. The Temple of Jerusalem: the only side wall left is called the "Wailing Wall"
* Covenant  
    
     
  + The Torah
    - First 5 books/ story of Jewish People (Hebrews)
  + 100% Love + Devotion to 1 God (Covenant)
    - Unconditional Faith
  + The Land: "Promised land"
    - Israel- Jerusalem "Canaan"
  + The People- Community worship
    - A collective faith experience
    - Communal religious life
* Bar mitzvah (boys) bat mitzvah (girls)  
  + Son commandment/ daughter commandment
    - Taking on the sacred obligation/ duty is something to be celebrated
    - Maybe suffering is not to be looked at as a bad thing: it is an opportunity for you to rise above
* Religion of remembrance of History of Jewish people "Juda-ism"  
  + Hebrews in 12 tribes (nomadic people that herds sheep)
    - One tribe called Judah
  + 2000 BCE Ur
    - Abraham made covenant with Yahweh
    - 1500 BCE slaves in Egypt
    - 1200 BCE Moses out of Egypt to go to **Canaan** (**promise land**)
    - Deal of the Covenant= The Ten Commandments+ Other THINGS
      * Covenant makes this religion (**Ethical monotheism**)
        1. "**Mitzvot**"= **Commandments**
        2. **Ethical**--> boys at birth need circumcision
      * Other things: Leviticus, numbers, Deuteronomy
        1. Ex: Leviticus-- a lot of specific sacrificial rules; Jewish priest (**rabbis**) must follow these rules
        2. Jewish rules on food "**Kosher**"
        3. --> All of these rules connects to ethics= "making the mind pure and making the body pure"
        4. **Numbers**+ **Deuteronomy**

Conquering neighboring peoples in Canaan

History= justifying conquers

Jewish Faith= different symbolical meaning

COMMENTARY (**Talmud**) by Rabbis trying to explain **TORAH**

Talmud= commentary

Both are sacred texts

* + - 1000 BCE 3 Kings unite all 12 tribes, powerful city-state
      * Saul, David, Solomon: establishes the promised city= Jerusalem
        1. Temple of Jerusalem: stores the Ark of covenant (10 commandments)

Historians believe the Torah was written in the 1000 BCE written by the priestly scribes of King David and Solomon

3 themes from Historian point of view

God's relationship to the Hebrew people

God's power, if you follow the covenants good things will happen

Glory of the 3 kings

* + - 700 BCE- 500 BCE
      * City state of Israel
        1. Conquered by Assyrian kingdom then conquered by Babylonian

Destroys the city

* + - * 1. Makes the 12 tribes slaves again
      * THEN the book of Prophets was written (3 themes)
        1. Vengeance or Revolutions
        2. Why? Is evil winning?
        3. Who is going to lead us back to greatness? Messiah

Interpretations Jewish= rebuild power and Isarael

Christianity? Jesus

Bob Marley-reggae promised land- Africa African slaves (African American slaves saw the similarity of being slaves in a foreign land and how can they keep their relationship with God)

Ex: Psalms 137--> from a slave's point of view when their masters ask them to entertain them with the songs of the LORD--> concludes that it would be alright if they do it in their heart for the right reasons

* Judaism terminology  
  + Covenant
  + Commandment
  + Shema
* **Omniscience 全知全能** **Omnipotence** **We cant understand all the reasons but its ok we will not lose faith**   
    
   **Transcendence**
  + **Beyond or above the range of normal or physical human experience**
* **Incarnation**
  + **Therefore it's impossible for GOD to Incarnate as human**
* **Immanence** **Anthropomorphic**   
    
   **Covenant Judaism**
  + **Hebrews give dedication to God**
  + **God returns with land and wealth and male sons…???**
* **KABBALAH**
  + **Ying Yang and Jewish Star of David flag**
    - **Male female, opposite forces**

**Christianity**

Paper 1: A

1. Story of Adam and Eve, according to the Old testament, they are the first humans created by God
2. Jesus is the incarnation of God, the second man brings the new covenant with Jesus
3. We have both, a bit of Adam and Holy spirit in all of us, the trinity believes in the Father, Son, and Spirit

Paper 1: B

* Main ideas: Jesus is the heart of the religion
  + Jesus is part of the trinity and is the way to God
* Sacred text: references to the 4 Gospels or others
  + John 3:16 for God so love the world, he sent his only son
  + Letter of Paul: they say faith in Jesus is only the most important
  + How do you understand salvation
    - Some emphasize Kingdom of Heaven and Kingdom of God
      * Either salvation in afterlife
      * Or Salvation in spiritual awakening now
* Rituals/practices
  + Revolves around Jesus
    - Re-enact catholic mass (last supper)
    - Re-enact Lent Holy week (Jesus resurrections)

Christianity Terminology: 427-437

* Trinity
* Original sin
* Heaven
* Kingdom of God
* 463-end of chapters= Christian rituals

Importance of Jesus in Christianity

* Why is Jesus so significant for all Christians
  + Jesus is God incarnate
  + Jesus is bringing a new covenant
  + Jesus's life is a model

* The Nicene Creed (Catholics have to recite this)

God is a Trinity (Father, Son, Spirit)

* Jesus is still God, just communicating with us on Earth
* Jesus died and left Holy Spirit in us, as God for us so that we can have a connection with God

Explain the New Covenant

1. Agape love > All Torah and rules
   1. Unconditional love
      1. No more worries or attachments
      2. Love everyone, especially your enemies
2. Selfless service to all
3. Inner sacrifice > outer sacrifice (humility)
   1. Personal covenant
   2. No judging others

What do you get in return?

1. You get what you give
   1. Unconditional love and mercy
2. Kingdom of Heaven (Letters of Paul)
   1. Matthew Chapter 6:5-15
      1. "promised land" in heaven
      2. We would like to take "heaven" and bring it on "earth"
3. Kingdom of God Mark Chapter 4: 10-20; Gnostic Gospels
   1. Mental state/ spiritual awakening
      1. You can have this NOW
      2. Something that is here
   2. Relationship with God, intimate space w/ God
   3. Luke Chapter 17: 20-21
      1. "once on being asked by the Pharisees when the kingdom of God would come, Jesus replied, 'the coming of the kingdom of God is not something that can be observed, nor will people say, 'here it is,' or 'there it is,' because the kingdom of God is in your midst'"
         1. Like Hinduism and Buddhism, the awakening of this mindset is within yourself, ex nirvana
4. Healing (Jesus can heal anyone)
   1. What is it that heals? Jesus? Or something else?
      1. Matthew
   2. Literally or symbolically

***Outline #2: Nathan Liu***

**Buddhism**

Theravada, individual experience

where? - Thailand, Sri Lanka, Laos, Cambodia

name? - "Way of Elders" authentic orthodox

original buddhism taught by Siddartha Gautama

Dukka – the suffering that egos cause one must defeat it

Tanha – the ego of people

Samsara – infinite cycle of life

Goal? become an arhat

arhat - **people who reached Nirvana**

Attain nirvana on own (salt analogy)

Prajna wisdom

to reach and enter Nirvana

no "explanations"

only 1 text - Pali Canon

"Salt" better to experience than explain

monks +nuns - separate

Nirvana - a better place *to go to*

Samsara -> Nirvana

Important celebration dates

* Vesak
  + celebration of siddartha's bday

8 Fold Paths – 8 qualities that one must fulfill and follow to reach Nirvana

4 Noble Truths – Siddartha’s views on suffering and the Dukkha, how dukkha is the suffering to life and Tanha is the cause of it. The only way to solve the suffering is to follow the 8 fold path.

**Textbook pg 145**

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Important texts - Pali Canon

-> tripitaka

* Vinaya Discipline
* Sutra (sutras)
* Abhidharma
  + **Dharmapada/Dhammapada**

**=================================================**

Mahayana, practice buddhism together as a community

where? - Tibet (Vajrayana)

China, **Taiwan**, South Korean + Japan (Zen)

name? "Maha-yana"

"Great Vehicle/raft"

Great Path

all everyone on the raft together

Goal? become a bodhisattva

Bodhisattva - people who reached Nirvana but chooses to come back and guide people to Nirvana in Samsara

attain Nirvana together

Dalai Lama - vows to reborn as human until everyone has reached Nirvana

Tara - vows to be reborn as a woman.

1. Prajna Wisdom + karuna (compassion love kindness)

Many "explanations"

1000+ sacred texts

* heart Sutra
* lotus sutra
* diamond sutra

lots of explanations

**REALITY IS Tri-Kaya "3 Bodies"**

* Nirmanakaya ("earthly body")
* Samboghakaya ("bliss body")
* Dharmakaya ("body of truth")

Avalokitesvara

* most important bodhisattva
* bodhisattva of compassion
* In Taiwan - Guanyin

Buddhism for *everyone*

* monks + nuns -> interactions

The only place to find Nirvana is right here and now

* training to be present 100%
* just be here now
* Nirvana = Samsara

Nirvana - a state of mind to be in now

Samsara = Nirvana

Now is a shared s=experience

every Now is an opportunity to develop patience, insight + most important compassion.

Different types of Mahayana

* Pure land
  + Amitabha
* Tzu Chi
  + Master Chen Yen
    - Volunteer work -> rituals
* Japan & Korea
  + Zazen
  + Sanzen
  + Koan
  + Satori

Vajrayana

* Tibetan Buddhism
* Thunderbolt
* Rituals + practices
* Secret Esoteric
* Sand Mandalas
* Visualization Meditation
  + looking at Tara

**Taoism**

**YIN & YANG**

Yang energy

* yang
* male
* hot
* dry
* bright
* active

Yin

* female
* cold

Opposite of each other

Interdependent

* one cannot exist without another

Transforming and interchangeable

* Yin turns into Yang, vice versa

Balance yin and yang in your life style

Philosophy of Taoism

* 500BCE - Lao Zi Tao Te Ching
* 200BCE - Zhuangzi
  + "Master Zhuang"
  + book called Zhuangzi
  + wants to find a life of freedom without order constantly experiencing something new
  + right now it is order without life (normal life)
  + zhuangzi famous dream of the butterfly
    - butterfly = free flying, life of freedom without order.
    - we are walking in a dream (wake up)
* Chinese poetry + paiting, etc

Practice of Taoism

* Tai Chi
* Chi Gong
  + each movements mirror
* "Chinese Medicine"
  + balance yin + yang
  + illness - chi blocked
* Martial Arts

Religion of Taoism

* Taoist temples in Taiwan
  + Guandu Temple
  + 50, 50 taoist and buddhist
    - mandala shaped
      * balanced
  + energies in temples

Meaning of life?

* balance
* off balance - lose meaning of life
  + practice taichi daily to maintain balance

What is God?

* Tao
  + creative energy
    - Chi
    - "The Force"
  + Taichi
    - building up the "creative energy"

God wants you to be free

Meaning of life: experience everything

People shouldn't fear death, death comes naturally

* natural process

death is what makes life precious

go with the flow

learn from your mistakes

IB exam - Wu Wei

* Doing without doing
  + doing without thinking
  + follow natural accordance
    - everything will fall in place
  + constantly changing/reflex depending on what's happening in the present
* problem with ego, trying to figure out things as you want to
  + rid of egotism / cleverness
* most important symbol
  + water
    - flowing
    - constantly changing shape
* dancing with fate / universe
* tao te ching
  + who wrote?
    - lao zi
  + when?
    - 500 BCE
  + where? context?
    - Warring States
    - Vs. Confucius
  + legend? controversy
    - Lao Zi was real
      * wrote Tao Te Ching before leaving to the mountains
    - Lao Zi is a collection of philosophers
      * wanted to create a figure

"The Tao is both named and nameless."

* Yin Yan
* Living Paradox
* embrace both sides of you

"Ever desireless, one can see the mystery;

ever desiring, one sees only the manifestations."

The Frog in the well

* egotistical frog thinks well 2 good
* turtle gives him insight on whats going on in the outside world
* well = life
* replace well with new experiences and what you really want to do with your heart

The ring bull

* don’t disrupt nature
* 4 legs = nature
* harness /= nature, no

nature

* spontaneity
* change as nature changes
* go with the flow
* doesn't think about how or why
  + no prejudice
  + be free
* answer lies in you

**Judaism**

Seminar Tuesday

IB paper-1

Judaism

* Orthodox has only male Rabbis
* Reform has women Rabbis
* Sacred texts
  + The Torah
    - consolidation of the king's power
  + Book of Prophets
    - context: Temple of Jerusalem taken, destroyed, empire taken over by Assyrian and Babylonians and Hebrews enslaved again.
    - theme
      * Who will lead (messiah)
      * Why does evil keep winning?
      * Faith in god
      * Revenge, vengeance on the babylonians
* Rituals/practices
  + Passover
    - remembrance of Exodus
    - The 40 years of Hebrews in desert escaping from Egypt
  + Bar/Bat Mitzvah
    - Becoming a Jewish Adult
  + prayers
    - Shema
      * means Listen (god)
      * part of longer prayer of Amida
        + speaks aloud to god almost like conserving
        + grateful to God
        + 3 steps forward like entering god's kingdom, gods presence and bowing
        + 3 steps backwards leaving god's kingdom
    - Wailing Wall, at least once in life, singing Shema
  + 10-13 males
    - Synagogne
    - Men wears Kipah, tallit tefillin.
  + Sabbath
    - Day of Rest

1500BCE - 1200BCE moses leads enslaved Hebrews out of Egypt creates covenant

* 10 commandments
* ethical monotheism
* moses 10 commandments "mitzvot"
* ritual -> bar/bat mitzvah
  + ethics
    - jewish circumcision

Leviticus

* only jewish rabbis perform sacrifice to god.
  + Kosher
    - rules for today food, only eat kosher food

Numbers + Deuteronomy

* conquer neighboring peoples in Canaan
  + Jewish Fatih, different symbolically
  + commentary explain Talmud, interpretation of the sacred text
    - torah - sacred text

Story Hebrew 2 tribes

2000 bce

* ur
* abraham
* wandering in desssert

1500bce

* salves escape egypt through moses

1000bce

* Saul -> David -> Solomon (3 kings who united all 12 tribes)
  + strong empire
  + solomon builds city of promised land Jerusalem, Israel
  + Temple of Jerusalem
    - ark of covnent 10 commandments
  + priestly scribes of 3 kings wrote torah in 1000bce

Kabballah

* mystical symbols
* Hebrew Symbols
* immanence with God
* how to feel God, be near

Talmud

* commentary on Torah
* more law

700BCE

City state of Israel

* conquered by assyrian babylonian
  + destroyed city
  + the 12 hebrew tribes were slaves again
* 500 bce
  + books of prophets
    - promised land destroyed
    - Hebrew enslaved again
      * revolution vengeance
      * why? (evil keeps winning)
      * Who leads back to greatness
        + messiah (mesiach)

rebuild power of israel

Christianity Jesus

Main Ideas

* unconditional love towards God
* one God
* ethical monotheism
* omniscience
* omnipotence
* transcendence
* incarnation
* immanence
* anthropomorphic

**Christianity**

Old Covenant

* Only Jewish people -> God
* 1 God
  + promised land
  + Israel
* Ethical Monotheism

Explain new Covenant

All People Do what

1. Agape Love
   1. unconditional love
   2. no attachments to anything
   3. loving everybody despite their sins
2. Selfless service to all
   1. helping everybody not expecting anything in return
   2. towards the poor weak sick
3. Inner Sacrifice > outer sacrifice (inner covenant)
   1. if people are mean to you be nice to them
   2. no judging

God gives you

1. Unconditional love + forgiveness/ mercy
   1. truly sorry for your sins
2. Healing
   1. literally/symbolically
   2. restoration in physical health
   3. restoration in faith towards life & god
3. Kingdom of Heaven
   1. reward is the promised land
   2. not the same thing
   3. afterlife
4. Kingdom of God
   1. spiritual awakening
   2. enlightenment
   3. awaken of mental state
   4. experiencing the present
   5. Kingdom of God is within you
   6. similarity to Mahayana Buddhism (it's the now there present and in you)

Ways of knowing Jesus + his messages

* reason
* faith
  + believe it to know
  + leap of faith
* intuition & experience
  + feel
* emotion

resurrection of jesus

* bodhisattva - sense
* here + now in the present

Mass

* inner ritual
* now you walk in the spirit of love
* start connecting with god

Christian Holy Week

* Palm Sunday (From 4 Gospels)
  + Jesus & movement -> Jerusalem for Passover
* Holy Thursday
  + Jesus arrested & condemned to death
  + Last Supper -> passover ritual
* Good Friday
  + Jesus is cricified
* Easter Sunday
  + "The Resurrection of Jesus.
  + "appears" to the disciples

Jesus significant

* Jesus is God incarnate
* Jesus brings new covenant
* Jesus' life is model

Big "?" God?

Father + Son + Holy Spirit

* all = God

Jesus = God incarnated

All gospels agree on (synoptic or gnostic gospels)

* jesus gains a huge following
  + diverse followers
    - rich + poor
    - men + women
    - Jew + non Jew
* 0CE huge following = messiah by the jewish prophets
  + Romans don't allow talk of Messiah
    - Messiah = blasphemy
* Pontius Pilate
  + highest authority
  + Herod
    - Jewish Rabbis
  + Jesus arrested to be brought to Pilate and to Herod after

4 Synoptic Gospels to understand Jesus

* Matthew
* Mark
* Luke
* John

Jesus's 12 disciples, picked name to make it seem like they wrote it

325CE Council of Nicaea

* Gnostic Gospels
  + 10 other sources thrown away
  + Gospel of Mary
    - Da Vinci Code
    - Makes Jesus's wife, Mary into a prostitute
  + Thomas
  + Philip
* Portrays Jesus as the same as God.
* 70+ gospels

Paul

* letters
* follower of Jesus
* 60 - 100CE

Historian Questions

* 70-100CE
  + might be inaccurate information
* Audience?
  + Matthew
    - audience, specific Jewish Rabbis
    - educated people
    - Jesus is messiah
    - Jesus Life -> match the prophecy says
      * Books of the Gospel
  + Mark + Luke
    - non Jewish
    - Romans
    - miracles
      * walking on water
      * 2 fish and feed everyone
  + John
    - Greek Philosophers

30CE Jesus's death

* split movement 30 - 60 CE
  + James
    - Jesus's oldest brother
    - Male disciples
    - Faith + Kingdom of Heaven
      * believing in God
      * reward is going to heaven.
  + Mary Magdalene
    - council necea will only including James movement 320 CE
    - Gnosis + Kingdom of God
      * mystical wisdom
      * spiritual resurrection now
* 60CE Paul's letters to underground Christians
  + covenant now only Faith In Jesus + Heaven

***Outline #3: Vivian Weng***

Buddhism

* Main Ideas:
  + Four Noble Truths:
    - Suffering is inevitable
    - All suffering is derived from desire
    - There is a way to end desire and suffering
    - The way is the Eightfold Path
  + Eightfold Path:
    - Right View
      * see things as they are, in accordance with the Buddha’s teachings
    - Right Intention
      * unshakable commitment to tread the path to enlightenment in accordance with the Buddha’s teachings
    - Right Speech
      * Addressing others with kindness, not lying, not using abusive speech, or idly chattering
    - Right Action
      * No killing, stealin, or sexual misconduct
    - Right Livelihood
      * Make a living without hurting anyone and helps all
    - Right Effort
      * Trying to abandon all thought and action that is harmful to oneself or others and to cultivate virtues that benefit oneself and others
    - Right Mindfulness
      * Focused awareness of the body and mind and the phenomena arising within and affecting each
    - Right Concentration
      * Cultivating the four stages of concentration leading to equanimity beyond pleasure and pain
  + Three Marks of Existence:
    - Impermanence
      * Anicca
      * Nothing is the same, even for a moment
      * Everything is in the state of becoming
    - Dukkha
    - Doctrine of No-self (anatman)
      * as our greatest desire is the attachment to the notion of self. A body is defined in the skandhas(bundles): the body, perception, feelings, innate tendencies, and thought. Each part of us is always changing in response to reality
  + Perfections
    - Theravada:
    - 10 perfections
      * **(1) generosity (dāna)**
      * **(2) morality (sīla)**
      * **(3) renunciation (nekhamma)**
      * **(4) insight (pañña)**
      * **(5) energy (viriya)**
      * **(6) patience (khanti)**
      * **(7) truthfulness (sacca)**
      * **(8) resolution (adhiṭṭhāna)**
      * **(9) loving-kindness (metta)**
      * **(10) equanimity (upekkhā).**
* transtheistic religion= acknowledges gods, but it doesn't help with path to enlightenment
* Purpose of life:
  + Theravada:
    - Prajna, become arhat (“those who are worthy)
  + Mahayana:
    - Prajna, karuna
* Similarity and Diff between branches:
  + Mahayana:
    - "Great Raft"
      * Everyone is practices Buddhism together
    - Group religious experience
      * Many buddhas
    - Leads to many sacred texts
      * Heart Sutra
      * Lotus Sutra
      * Diamond Sutra
    - Bodhisattva
      * Attain nirvana together
      * Help everyone
      * After nirvana, come back to help others (as human or celestial body)
      * ex) tara vows to be reborn as human female against and again until everyone reaches nirvana
    - Trikaya: mahayana understanding of nirvana
      * Dharmakaya (body of truth)
        + Buddha nature exists as it is, beyond all forms, labels, and other limits
      * Sambhogakaya (realm of celestial buddha and bodhisattvas)
        + Buddha nature exists at a heavenly level populated by celestial buddhas and bodhisattvas
      * Nirmanalcaya (Earthly Body)
        + Buddha nature is manifested in particular forms, sucha s the historical buddha, and is present in human and all other beings
      * Symbolically it is your state of mind
      * We all have the qualities in the trikaya, when bowing, you are nurturing one of those qualities
  + Zen:
    - Zazen: sitting meditation
    - Sanzen: going to a Zen master for instruction
    - Koan:
      * a paradoxical anecdote or riddle without a solution, used in Zen Buddhism to demonstrate the inadequacy of logical reasoning and provoke enlightenment.
    - Satori: enlightenment
* Religious Texts:
  + Pali Canon (Theravada)
    - Aka Tripitaka (three basket)
      * Vinaya Pitaka (discipline basket)
        + Hundred of monastic rules prescribed by buddha and stories that illustrate how these rules originated
      * Sutra Pitaka (Discourse Basket)
        + Teachings of buddha recorded in the sutras (sermons) of Buddha
        + Has the dhammapada (early collections of sayings of the Buddha)

We are responsible for our own happiness

Verse 7: Pleasure needs to be limited so that Mara can not tempt you

Shows nekkhamma

* + - * Abhidharma Pitaka (Basket of texts about the dharma)
        + Reorganize teachings in sutra pitaka
  + Diamond Sutra and Heart Sutra
    - Both emphasize cultivation of bodhichitta
    - Emphasize the six perfections
      * generosity (dāna)
      * morality (śīla)
      * patience (kṣānti)
      * vigor/diligence (vīrya)
      * concentration (dhyāna)
      * wisdom (prajñā).
      * This list was expanded to complement the ten stages (bhūmi) traversed by a bodhisattva in the course leading to full buddhahood. The additional perfections were (7) skill-in-means (upāya-kauśalya), (8) resolution (praṇidhāna), (9) strength (bala), and (10) knowledge (jñāna).
* Key Vocabulary:
  + Four Noble Truths:

1. Dukkha (suffering)
2. Tanha (desire)
3. Nirvana (enlightenment)

* Prajna: wisdom
* Arhat: religious ideal for theravada, those who are worthy (reach enlightenment)
* Karuna: compassionate
* Anatman:
  + Doctrine of no self
* Interdependent Origination
  + idea that reality is just interrelated phenomena and that everything is connected
  + There is also a cycle of twelve causal factors such as ignorance, desire, and rebirth that will bring something into existence every time one of them is triggered
  + Each item is also not an item, but instead a complex combination of other elements.
  + ex) a chair is not a chair, but it is the lengths, densities, and materials it is made of (to name a few)
  + everything is a collection of other things and does not exist on its own.
* Karma
  + the accumulation of the good and bad that a person has done in their lifetime.
* Samsara
  + means continuous flow, and it is the continuous cycle of birth, death, and rebirth in the world.
* nekkhamma
  + Non attachment
* Bodhichitta (MAHAYANA)
  + “Awakened thought”, aspiration to achieve enlightenment in order to benefit others
* bhūmi (MAHAYANA)
  + Stages traversed by a bodhisattva in the course leading to full buddhahood.
* Key Festivals:
  + Vesak (Buddha’s birthday)
    - Also became celebration of Buddha’s death and parinirvana(buddha passing away)
    - First full moon in month of Vesakha, usually in May
    - Theravada Buddhists decorate local shrines and light lamps to symbolize Buddha’s enlightenment and the spreading of his insight throughout the world
    - Send out greeting cards that have pics of key life events in buddhas life
    - Called Saga Dawa in Tibet
      * Light lamps, express their devotion by walking around shrines and stupas
      * Repeated Prostrations to show reverence
      * Take turns bathing image of infant buddha in scented water
  + Asala
    - Theravada Buddhism, holiday that originally marked the beginning of the three month rainy season, also commemorates Buddha’s first teaching
    - Monks would cease their wandering and remain in monastery for an extended period of meditation
    - Some lay people in Burma and Thailand will live as monks for this three month period
    - Many sermons given to laypeople at the time
* Key Rituals + Practices:
  + 2 basic types of meditation
    - Samatha
      * Ability to focus awareness on single object (usually breath)
      * Stabilizes the mind, less distracted by thoughts and feelings
    - Vipassana
      * Start by focusing on breath so there's a stable mind
      * Transition to calmly observing the unfolding of all mental and physical phenomena
        + Not reacting or judging, just letting them be
      * Gives one ability to move past suffering
  + Walking meditation
    - Buddha said meditation should be practiced in four postures: sitting, standing, walking, and lying down
    - Zen buddhism:
      * Zendos → meditation halls
      * Walk slowly to be aware of shifts in posture and breathing
  + Visualization
    - Mental contemplation of the Buddha
      * IMPORTANT FOR MAHAYANA SECTS LIKE PURE LAND
      * In Vajrayana Buddhism → one starts to embody the bodhisattva or buddha they picture
* Funerary Rites
  + Family and friends sit in the dying person’s room to offer comfort and assurances that death is a natural part of the life cycle
  + Monks chant sutras
  + Small statue of buddha near the head of the dying person
  + Cremation + burial
  + When entering the room in which the funerary service is held, mourners approach the altar, both with their hands pressed together in a prayerful manner, splend a moment in quest reflection, and take their seats
  + Chanting → could be led by family members

Christiantiy

Main Ideas:

* New Covenant:

All people --> God

* Agape love (unconditional love)
  + No worries or attachments
  + Love everyone esp enemies
  + Beats all the other commandments!
* Selfless service to all
  + Esp to poor, weak, and sick
* Inner sacrifice as opposed to outer sacrifice
  + Personal covenant
  + No judging others
    - <-- you get what you give (unconditional love + mercy)
      * If you're truly sorry for your sins
    - "Kingdom of heaven"
      * afterlife
    - "Kingdom of god"
      * Spiritual awakening here and now
    - Healing
      * Lots of stories about jesus curing the blind, mute, possessed by demons, and even dead
      * What is it that heals? Faith
        + Symbolically --> I was blind but I can see, I was deaf but now I can hear, etc
      * Literally:
        + I was literally dead, now I am alive
      * Symbolically:
        + I was dead emotionally before I met him, now I am alive
* Holy Trinity
  + God as Trinity
    - Father
    - Son
    - Holy spirit
    - God is father, sent son as his incarnation, and when jesus died, the holy spirit is left behind for us
* Common message of jesus
  + All agree that jesus likes to teach in parables
    - Peter and his coat
    - Visit Lazarus's house -->(easier for a camel to pass the eye of the needle than for a rich man to go to heaven)
  + Covenant
  + There a covenant btwn god and the jewish people
    - God --> Jew: Promised land(Israel)
      * Very immediate rewards
    - Jew --> God: worship the one god, ethical monotheism, specific rituals
    - Only jewish people
  + NEW COVENANT
    - Agape --> unconditional love
      * Luke 6 --> love your enemies
    - Christians give agape to god
    - God gives you kingdom of god + kingdom of heaven
      * You also get unconditional love
      * What you get from god is a direct reflection of what you put out
    - More about inner sacrifrice
    - More have to wait for the rewards

Purpose of life:

Similarity and Diff between branches:

* Catholic: can not be divorced
* Protestant: can be divorced

Religious Texts:

* Bible
  + Old Testament:
  + New Testament:
    - 4 synoptic gospels + Paul’s Letters
    - Letters of paul --> emphasized kingdom of heaven
    - Gnostic gospels --> emphasized kingdom of god

- Thrown away by council of Nicea

* + - ALL Gospels agree on:

- "all" means 4 synoptic + gnostic gospels

1. Jesus has huge following --> very diverse

a. Rich + poor

b. Jew + non Jew

c. Men + women (the women part makes it a very unique movement)

2. 0 CE --> huge following, then some people will say that Jesus is the "Messiah"

3. 1 thing roman empire does not allow: talk about how someone is the Messiah

a. To the roman empire, youre a political revolutionary because you are planning to overthrow the emperor

Key Vocabulary:

* Agape: unconditional

Key Festivals:

* Christian Holy Week:
* Palm Sunday ------Holy Thursday-----Good Friday------Easter Sunday
* Palm Sunday:
  + In 4 gospels--> jesus + movement enter jerusalem (to celebrate jewish passover)
* Holy Thursday
  + Jesus arrested + condemned to death
  + Many historians believed that is the Last Supper was a Passover
* Good Friday:
  + Jesus is crucified
* Easter Sunday:
  + "The Resurrection of Jesus"
  + "appears" to disciples
* Catholic: Weekly Mass
  + Any person (lectern) reads the Old Testament
  + Then, priest reads the New Testament
    - Priest has homily that explains it
    - Have priest read new bc this places more emphasis on the New testament, which Christians think is the newer, better message
  + Purpose: take Holy Communion
    - Supposed to be Jesus Last Supper
    - Symbolic:
      * New covenant is abt inner sacrifice, when you have that bread/wine in you, you can carry the message of love better

Judaism

Chirstianity, Judaism, and Islam all agree that abraham created the first covenant with god,

- Chrisitans: jesus made new covenant

- Islam: muhammad made final covenant

First 5 scrolls of the bible is included in all the holy books

- They are written by hebrews(jewish) from 2000-1000 BCE

- The bible was written in big scrolls

5 books:

- Genesis

○ Adam + eve

§ Garden of eden

○ Noah's ark

○ Tower of babel

○ Creation

○ Cain + abel

- Exodus

- Leviticus

- Numbers

- Deuteronomy

why did abe's fam keep moving even though they know that canaan is the promised land?

why did abe's family move with him if they disapproved of his actions?

was abe's behavior towards his son moral?

4 Cornerstones of Judaism:

1. The Torah

a. First 5 books

b. Story of Jewish people (Hebrews)

2. 100% Love + Devotion to 1 God

a. Unconditional faith

3. The Land

a. "Promised Land"

b. Israel-Jerusalem

c. "Canaan"

4. The People- Commnity Worship

Collective

Bar Mitzvah = son of the commandment

Bat mitzvah = daughter of the commandmant

Mitzvot= commandment

After the bar mitzvah, you take on a sacred duty, and that is a cause for celebration

Celebrating the duties and obligations

Obligation is blessing

Movie: moses is more emotional

Passover : some jewish celebration is meant to be somber

Sacred Text:

- Torah

- Prophets

Ritual/Practices

- Passover

- Bar mitzvah

- Jewish prayer:

○ Communal+ familial experience

○ Sabbath

§ Friday dusk to sat sundown

○ Tallit- prayer shawl

○ Tefillin - prayer amulets

○ Yarmulke or kiph --> head covering

○ Begins in the Shema, then the torah, then the prophets

○ The Amidah --> longer version of the shema

○ When praying, theyre doing a dance, 3stps forward, 3 step bavkwards

○ Shema --> the Jewish confession of faith made up of three scriptural texts (Deuteronomy 6:4–9, 11:13–21; Numbers 15:37–41), which, together with appropriate prayers, forms an integral part of the evening and morning services.

○ Jewis ppl wna sing shema at wailing wall