

THEO 330 – SECTION #03 ACTIVITY (ANSWER KEY)

The University of St. Francis

Name _____

In General

Multiple Choice

1. Which of the following is not true about reincarnation?
 - a. Those believing in reincarnation do not believe in death, just a transition to another life.
 - b. There is an interconnectedness to all life which clams a believer's fear about death.
 - c. *Only the Eastern religions hold the concept of reincarnation.*
 - d. Reincarnation is a law, not a belief.

2. Which of the following is not true about reincarnation?
 - a. Karma and reincarnation are linked to each other.
 - b. Even though mediation and intuition can guide the believer to past lives, there is no reliable method today in accomplishing this.
 - c. The Wheel of Transmigration helps the believer climb the soul of human evolution.
 - d. *Reincarnation and Quantum Physics are not related.*

3. Which statement below is not identified with the law of Karma?
 - a. *"Everything in life has to be in balance."*
 - b. "An eye for an eye and a tooth for a tooth."
 - c. "What goes around, comes around."
 - d. "Do unto others as you would have them do unto you."

4. For those who believe in reincarnation, which statement below is not true?
- a. In a sense, the law of death does not exist; only the evolution of soul.
 - b. A person's consciousness at the moment of death determines the future of the soul.
 - c. The soul is happier in the astral world than the physical one.
 - d. *All of These are True.*

True or False

- 1. True One's belief in incarnation can affect so many different facets of one's daily life.
- 2. True One's works from a past live paves the way for the manner in which the believer in reincarnation will return in a new life.
- 3. False The law of reincarnation guarantees that only those souls who believe in this theory can be saved.
- 4. True Only advanced souls can choose the conditions for their own rebirth; those less advanced return to a state similar to their previous lives.
- 5. False The three Vibratory Worlds of Form are linked directly to the process of repulsion.
- 6. True *Maya* is a type of delusion which prohibits the soul from comprehending or returning to the Spirit from whence it came.
- 7. True *The Yuga* is the stage in which the world exists at any particular moment.

8. True For believers in reincarnation, all human relationships are formed on a spiritual basis; each is a relationship between souls.
9. True Reincarnationists hold a worldview that offers legitimation for certainty, surrender, acceptance, detachment, and joy when they are faced with the inevitable experiences of chaos in life, including so-called death.
10. False Those who believe in reincarnation are *more* likely than others to support the traditional Western death industry.
11. True For those who believe in reincarnation, if a man's final thought on earth is about his pet dog, most likely he will be reborn as a dog.

Short Answer

1. Name the three Vibratory Worlds of Form.

a. *The Causal World of Thought*

b. *The Astral World of Thought*

c. *The Physical World of Matter*

2. Name the Four Yugas in the Physical World.

a. *Satya Yuga (Highest or Golden Ages)*

b. *Treta Yuga (The Next Highest)*

c. *Dwapara Yuga (The Second Lowest Stage)*

d. *Kali Yuga (The Lowest Stage)*

3. Name the four Forms of Soul in the Physical World

a. *Mineral*

c. *Animal*

b. *Vegetal*

d. *Human*

4. Name "The Three Dreads" ("The Curse of the Earth").

- a. Death c. Old Age
b. Disease

Hinduism

Short Answer

1. A faithful Hindu would not see “Hinduism” as a religion but rather what?

A way of life; an “eternal truth.”

2. The Hindu word for religion, which also refers to duty, natural law, social welfare, ethics, health, and transcendental realization, is known as what?

Dharma

3. What is the Hindu term for action and the consequences of action?

Karma

4. Spiritual disciplines designed to clear the mind and increase a serene, detached awareness are known as what?

Yoga

5. List and explain the four goals of a Hindu Life (= Righteous Behavior).

a. Dharma

Dharma (duty or spiritual knowledge), is another Hindu word for religion, which focuses on natural law, social welfare, ethics, etc. It is achieved through yoga which sets one up to journey four

paths. Dharma helps other beings with nothing expected in return. Don't harm others (which is why Hindus are vegetarians)

b. *Kama*

Kama [Seeking physical (sensual love) or emotional pleasure within the limits of dharma] = fulfilling desires

c. *Artha*

Artha (As Kama pursuit has a limiting satisfaction after a while, Artha or seeking power, fame and wealth will be complementary) = acquiring wealth by good means

d. *Moksha*

Moksha (The real and infinite goal of one life)

6. Explain the Hindu understanding that “life is not materialistic” and how this leads to one’s returning ultimately to Brahman.

The key to Hinduism is that one returns to God by complete separation from materialism. Because one attaches oneself to the desire of the material, life is full of pain and suffering. Once the Hindu removes desire from one's life, one returns back to God. When one prays to God, one does not ask for material things but asking for strength to rid oneself of desires. When desires in life are removed, then one ends the life cycle of SAMSARA, achieving the ultimate destiny of the Hindu life, MOKSHA.

7. Define the Term *Varnas*.

Krishna has mentioned in Bhagavad Gita that the four Varnas (or “color”) are based on Karmas and Duties. But it does not relate to the race of the person, but it is the color of the individual's soul which represents the unique qualities (Gun) that the four main classes have in minds.

8. What does the word “Yoga” mean?

Yoga refers to the union of true Self, the goal described in the Upanishads. Method of keeping us in control of our body, mind and actions

9. What is the belief that the soul leaves the dead body and enters a new one?

Reincarnation

10. Concerning Hinduism, what is the term that refers to the cycle of death and rebirth?

Samsara

11. Which Hindu text refers to the Krishna’s instruction to Arjuna on the art of self-transcendence?

The Bhagavad-Gita

12. Within the center of the universe and within the center of each individual, Shiva exists by doing what?

Dancing

Buddhism

Short Answer

1. What does the term “Buddha” mean?

Enlightened or Awakened One

2. What Four Sights did Siddhartha witness?

a. *Aged Man*

b. *Sick Person*

c. *Corpse*

d. *Monk or Renouncer*

3. Name the four noble truths of Buddhism that form its core beliefs.

a. *Suffering Exists (Dukkha)*

“Life is suffering (dukkha)”- so is the translation of first noble truth of Buddhism. It relates to the temporary, conditional and unpredictable nature of life. We’ve got to eventually endure physical pain due to sickness, old age, injury, tiredness and eventually, the inevitable death. Sufferings, according to Buddhism is the proof of life’s impermanence.

b. *Attachment Causes Sufferings (Samudāya)*

All sufferings are a result of attachment. We search for something outside our realms of life. Even we don’t know what we want. It’s a vicious cycle of needs, desires and expectations. One desire is fulfilled and in the very next moment, the other comes in the pipeline. Frustration and pain creeps in when desires are unmet. The more attached we’re to things, the more we suffer.

c. *Detachment Ends Sufferings (Nirodha)*

Once we realize attachment brings sufferings, we must detach ourselves from attachments, desires and expectations. Buddhism stresses on the importance of being aware of attachments in life. Eventually, they cause sufferings.

d. *Freedom from Attachments (Magga)*

Following eightfold paths of Buddhism can finally liberate an individual from attachments and put an end to sufferings.

4. Buddhism purports an “Eightfold Path” that leads one to a peaceful and happy life by putting an end to all sufferings. Name the “views” of this path.

a. *Right View*

It means to be aware of the impermanence of this world. It indicates to have a wisdom that can see the truth of this world, as it is. It's not necessarily an intellectual prowess. Rather, it's a deep insight about life using all aspects of mind that realizes the truth about sufferings.

b. *Right Intention*

A commitment to have a control over all mental actions and to exercise power to control our actions in life. Controlling anger, temptations and urge of violence are important aspects of right intention.

c. *Right Speech*

For ethical conduct, one should be disciplined towards what he speaks. This is important as speech can make or break us. It's a tool to make friends and enemies. Buddhist faith guide Buddhist monks or followers to abstain from slander and false speech. To always strive to speak sweet, simple and true words forms their

motto. Right speech also encourages people not to talk ill of others and chatter aimlessly.

d. *Right Action*

It refers to doing ethical and right action by using our body. As per this Buddhist belief, body should be used to surpass sufferings and not as a tool to harm others, commit deeds that hurt others' sentiments, taking life (even suicide) and abstinence from unethical acts.

e. *Right Livelihood*

Gaining wealth should be in a peaceful and legal manner instead of earning through means that are not under Buddhist guidelines. For instance, Buddha denounces livelihood through prostitution, violence and slaughter of animals.

f. *Right Effort*

As per Buddhism it is believed that right effort is the torch bearer of eightfold paths. If one is not striving and willing to work on improving his personality and adopt the eightfold paths, nobody can help that individual. As per Buddha, the same energy that sustains violence and aggression, needs to be transformed to honesty, integrity and non-violence.

g. *Right Mindfulness*

Being mindful is to be aware of our mind's ability to have perceptions, assumptions about an individual or an incident. Buddha preaches us to be aware of what's going on in our thoughts and minds. This way we can avoid being judgmental and improve our relationships.

h. *Right Concentration*

Concentration, as per beliefs in Buddhism means to focus all mental energies on one goal and objective. A state where all mental faculties are focused and you aren't distracted by normal happenings. Even if life shows you sufferings, at the center of your existence, you're unmoved. Focusing the mind on one objective helps you to elevate your levels of consciousness, both mental and spiritual.

5. What is the Triple Gem (or Three Refuges)?

*The Buddha, Dharma, and Sangha
= Spiritual wealth; a guideline of life to liberation*

6. What does *Dukkha* mean?

Suffering

7. What is the belief called that takes the faithful Buddhist to a faithful realm that allows the believer to achieve Nirvana quicker than on earth?

Pure Land Buddhism

Multiple Choice

1. Which if the following is *not* one of the Three Root Afflictions?

- | | |
|-------------|------------------------|
| a. Delusion | c. <i>Renunciation</i> |
| b. Greed | d. Hate |

2. How does Buddhist teaching differ from Hindu teaching?
 - a. It Rejects the Concept of Karma
 - b. *It Rejects the Idea of an Eternal Soul***
 - c. It Rejects the Idea of a Cycle of Death and Rebirth
 - d. It Rejects the Idea of Renunciation

Confucianism & Daoism

Short Answer

1. According to ancient Chinese tradition, the cosmos is a manifestation of an impersonal self-generating energy known as what?

Qi

2. Confucius focused his teachings very much on the here-and-now and consequently taught very little about what?

The supernatural

3. The two aspects of Qi representing dark and light or female and male are known as what?

The Yin and the Yang

4. When an Eastern practitioner of the faith combines elements of Daoism & Confucianism, what is this called?

Syncretism

5. With what type of harmony does Daoism relate?

The Harmony with Nature

6. What would the faithful Confucianist do in order to preserve the memory of their ancestors?

Carefully attend to the rituals which relate the living with the dead.

7. In Daoism, what does tranquility provide for the faithful believer?

One can see life from an elevated perspective, thus being open to whatever changes life brings.

8. In Daoism, to whom is the following quote attributed:

The universe is the unity of all things. If one recognizes his identity with this unity, then the parts of his body mean no more to him than so much dirt, and death and life, end and beginning, disturb his tranquility no more than the succession of day and night.

Chuang Tzu

Sikhism

Short Answer

1. What two beliefs does Sikhism share with Hinduism?

a. *Karma*

b. *Reincarnation*

2. Khalsa initiates strive to vanquish what five evils?

a. *Lust*

d. *Attachment*

b. *Anger* e. *Ego*

C. *Greed*

3. What the word “Sikh” mean?

Seeker of Truth, Student, Disciple

Shintoism

Short Answer

1. In Shinto, what is bringing one’s life into harmony with nature called?

Kannagara

2. What is the Shinto waterfall purification ritual called?

Misogi

3. In Shinto, the sacred is both immanent and what?

Transcendent

4. What is the cleansing ceremony, usually performed by a Shinto priest, which involves waving a piece of wood from a sacred tree?

Oharai

5. State Shinto promoted the belief that the emperor was the offspring of which god? With what is this god associated?

Amaterasu, the god of the sun.

6. Some Japanese scholars likened the *Li* of Chinese philosophy to what concept in their own philosophy?

Kami

7. In Shintoism, which deity watches over any given family's activities?

The Kitchen God

Long Answer Essay

1. Describe the three major philosophical themes of Hinduism: *atman*, *karma*, *samsara*, *moksha*, Brahman and yoga.
2. What are the Buddhist understandings of time and reality? How do these differ from theist understanding?
3. Describe the ancient Chinese traditions such as ancestor worship, divination and the concept of cosmic balance

Key Terms	
Atman	The principle of the eternal self (soul).
Anatman	The principle that there is no eternal self.
Anitya (Pali: Anicca)	Impermanence.
Aum (Om)	The sacred mantra syllable for Hinduism, representing both the unmanifest and manifest aspects of God.
Dao (Tao)	The way or path; the Nameless.
Dharma (Pali: Dhamma)	The teachings and laws for conduct given by the Buddha.
Dukkha	Discomfort, suffering, frustration, disharmony.
Hun	The upper, intellectual soul that departs from the body.
Karma (Pali: Kamma)	Our actions and their effects on this life and lives to come.
Li	A Chinese term utilized in a number of different ways including "ritual action," "propriety," "customs," "etiquette," "morals," and "rules of proper behavior."
Nirvana	The ultimate egoless state of bliss.

Po	The lower soul that remains with the body at the time of death.
Qi	The vital energy in the universe and in our bodies according to East Asian esoteric traditions.
Samadhi	The highest state of Yogi consciousness where the soul experiences oneness with God.
Samsara	The continual round of birth, death, and rebirth.
Sangha	The spiritual community. In Theravada, the monastic community.
Triple Gem	The Buddha, the Dharma, and the Sangha.
Vajrayana	The Buddhist path of the Tibetan diaspora.
Xiao	Filial Piety
Yuga	Individual and collective consciousness is lifted or lowered according to the stage, in which the world exists at any particular moment. The four Yugas presented in this course are the Satya, Treta, Dwapara & Kali.