

Title: The Dasavataras

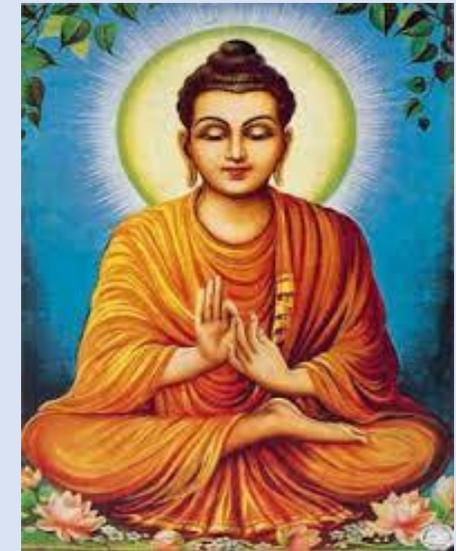
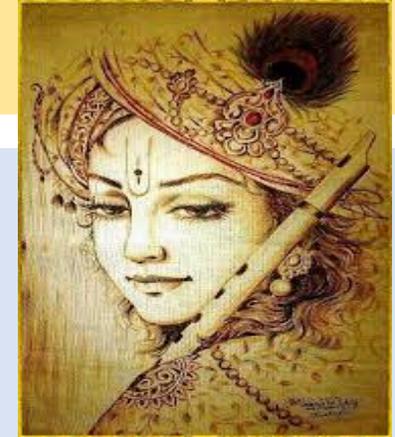
LO 1 & 2: To explain the three reasons Vishnu appears in the world and analyse how Lord Krishna - and at least one more avatara - fulfilled these three.



- Write down at least three bullet points about Lord Vishnu (symbols, name of wife, relation with gunas, story, character, etc.)
- Extension: Many Hindus believe that Vishnu appears in different forms called **avataras**. Can you think of one reason why Vishnu chooses to appear in this world?

The Dasavatara (10 incarnations of Vishnu)

- *Matsya*, the fish
- *Kurma*, the tortoise
- *Varaha*, the boar
- *Narasimha*, the Man-Lion
- *Vamana*, the Dwarf
- *Parashurama*, Rama with the axe
- *Ramachandra*, the king of Ayodhya
- *Krishna*, spoke the Bhagavad- Gita
- *Buddha*, the teacher
- *Kalki*, ends the world



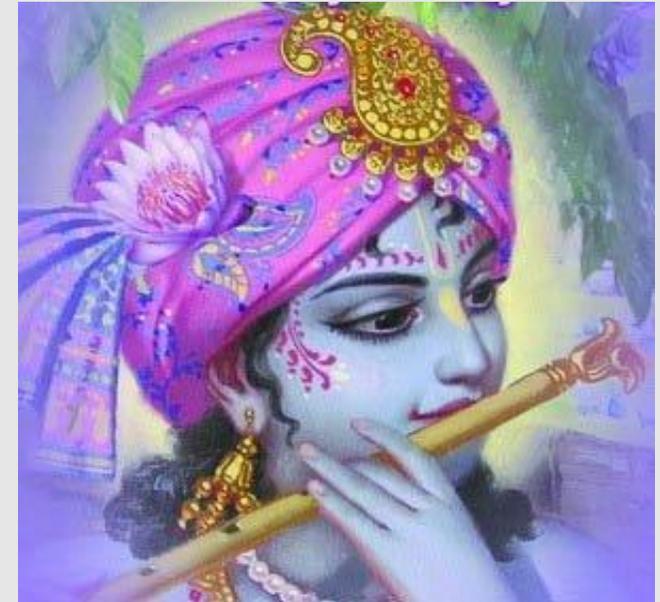
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❖ **Avatara** means 'one who comes down'; it refers to a deity or to a soul sent by God to 'incarnate' as a divine teacher (acharya).

❖ Many Hindus say that Vishnu appears in the form of Dasavataras (10 incarnations). He comes for three reasons:

- 1. To protect and reward his devotees***
- 2. To destroy ignorance and establish goodness***
- 3. To teach valuable lessons***

***Note: teaching may be through: (1) example
(2) instruction***



This half-term: “How God Appears to Help his Devotees”

Week 1: Vishnu Avatars

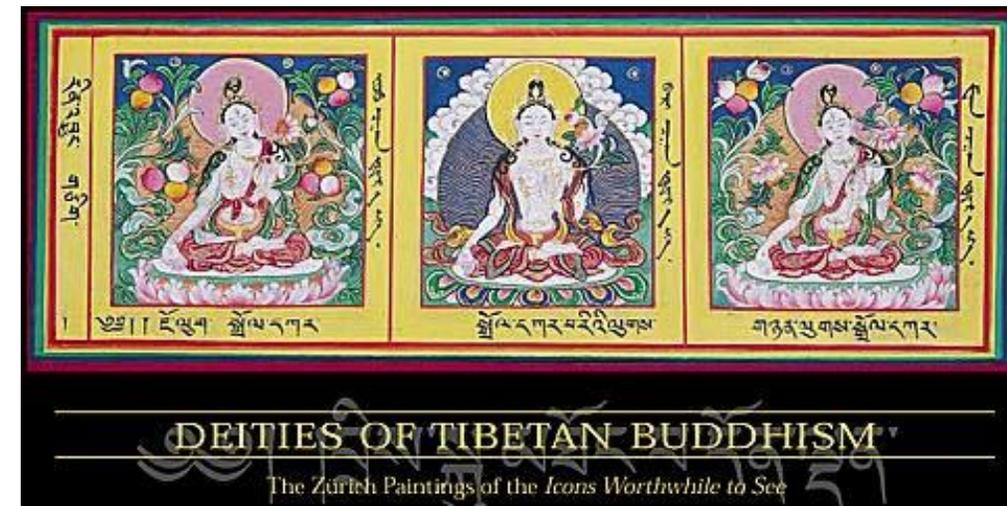
Week 2: Lord Caitanya (a special avatar)

Week 3: Srila Prabhupada
(an important acharya/teacher)

Week 4: The murti and temple worship

Week 5: The teacher and the sacred image
in Tibetan Buddhism

Week 6: Projects and Presentations



Read or watch the story 'Krishna lifts the Govardhana Hill' and answer the following questions:

Little Krishna (20 minutes)

<https://www.youtube.com/watch?v=vzOhVnUA5eE>

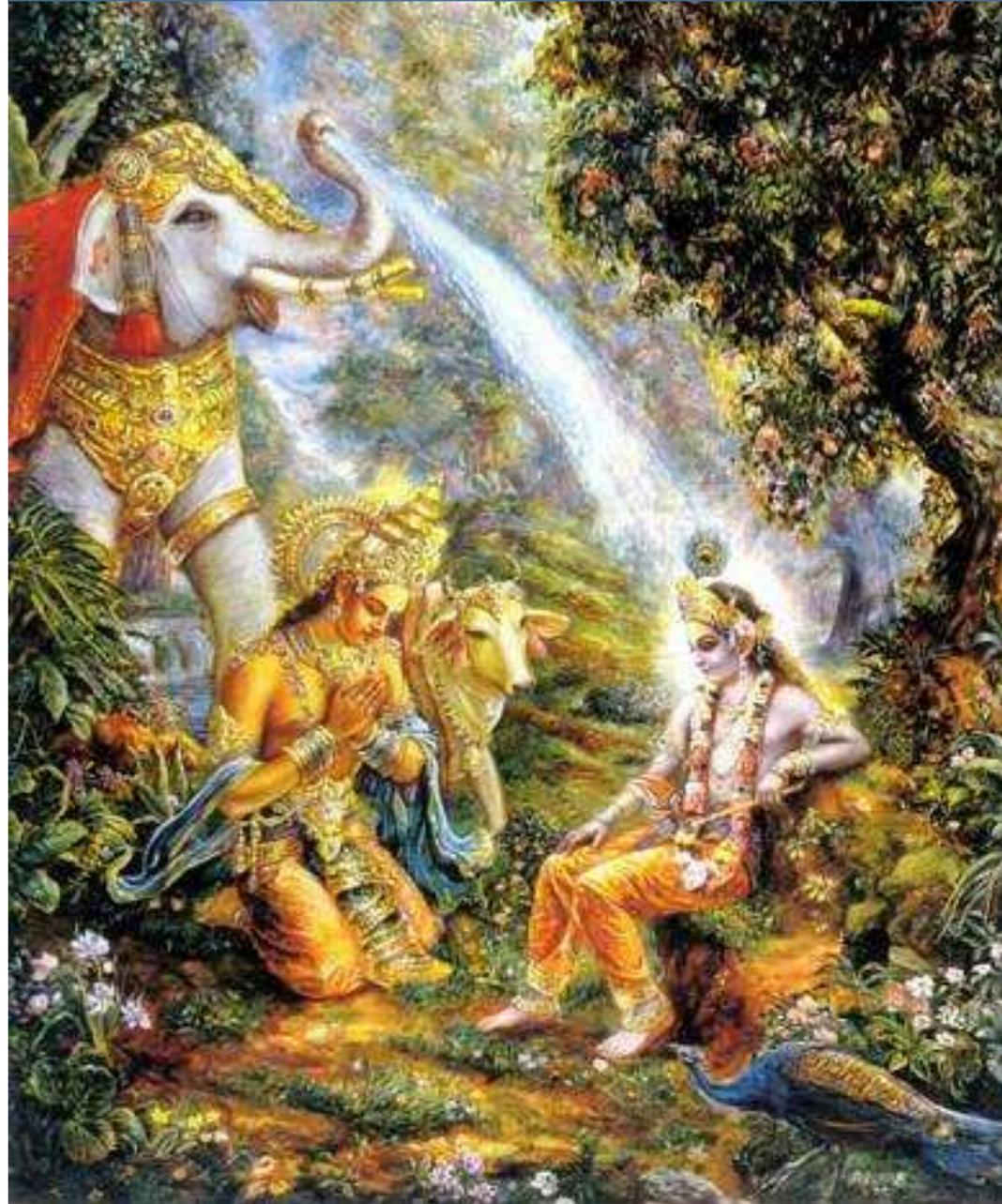


1. How does Krishna protect his devotees?
2. How does Krishna destroy ignorance and establish goodness?
How does Krishna punish Indra and why?
3. What are Krishna's teachings in this story?

Who does Krishna protect?



Who does Krishna punish?



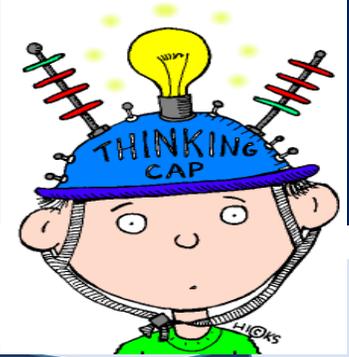
Krishna lifts Govardhana

What Krishna teaches through the story

- **Pride comes before the fall**
- **When difficult times come, we need to be courageous**
- **God is the Supreme shelter**
- **We shouldn't follow blindly**
- **Community spirit means to care for each other**



The Dasavatara (10 incarnations of Vishnu)



1. *Matsya* (fish)
2. *Kurma* (tortoise)
3. *Varaha* (boar)
4. *Narasimha* (man-lion)
5. *Vamana* (dwarf)
6. *Parasurama* (warrior)
7. *Ramachandra* (king)
8. Krishna (cowherd) **5,000 years ago**
9. *Buddha* (teacher) **2,600 years ago**
10. *Kalki* (destroyer) **to appear at the end of Kali Yuga, 427,000 years from now**

Task: Can you remember the 10 avatars in order?

Extension:
Can you remember the dates the last 3 avatars appear?



- Read the story of Lord Narasimha, and explain how he:
 - (a) protects and rewards his devotee,
 - (b) destroys ignorance and establishes goodness (or punishes wrongdoers).
 - (c) teaches valuable lessons



- Repeat the above with the story 'The Divine Boar rescues Earth' and the avatara Lord Varaha

- Extension:** *Can you think of people who are more vulnerable/important than others and need more protection?*

The five sections of society that need protection more than others, according to Hinduism.



Brahmanas
(Priests &
Teachers)



Elderly



Animals, especially cows



Women



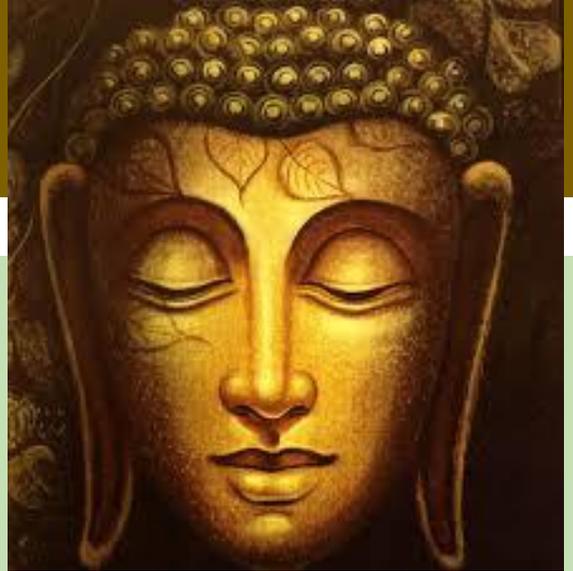
Children

LO: Explain the importance of Lord Buddha's life and teachings according to Buddhist and Vaishnava thought

- Remember our last lesson and write down the five sections of the society that need protection more than others, according to Hinduism. Use the initials A,B,C,D,E if it helps you remember.
- ***Extension:***
 - (a) Think of a movie which is about exploiting or protecting one of these five innocent people and write down its title.
 - (b) Explain who some Hindus might think is more vulnerable or important than others.
What is your opinion?



The life and teachings of Buddha.



- **Video clip**
 - <https://www.youtube.com/watch?v=nsN7NLS-0jl>
 - <https://www.youtube.com/watch?v=YsEksMEE2Eg>
-
- Whom did Buddha protect?
 - What did he destroy?
 - What are the main teachings of Buddha?

Right or wrong?

1. Buddha's childhood name was Siddhartha Gautama
2. The astrologer predicted that Buddha would become either a great ruler or a great inventor
3. Siddhartha's father made sure that Buddha didn't encounter any suffering during his young life
4. When Siddhartha left the palace for the first time he met an old man, a sick man and a group of sadhus (holy men)
5. During his journey, Siddhartha followed the practices of meditation and made his mind still
6. The demon who attacked Buddha while he was meditating was called Maya
7. Buddha means the 'one who is enlightened or awakened'
8. Hindus believe Buddha came to protect the animals.
9. Hindus believe Buddha came to destroy people's knowledge.



Homework (for next week)

- **Find out about Saint Caitanya**
- **Write down 10 bullet points about his life and teachings**

