

People and Ideas on the Move**Lesson 1****The Indo-Europeans****Key Terms and People**

Indo-Europeans group of Asian peoples who migrated to many different places

steppes dry grasslands

migration movement of people from one place to another

Hittites group of Indo-European peoples who occupied Anatolia

Anatolia large peninsula in modern-day Turkey

Aryans group of Indo-Europeans

Vedas sacred literature of the Aryans

caste class

Brahmin priest

Mahabharata poem that tells the story of a great war

Before You Read

In the last lesson, you read about river dynasties in China.

In this lesson, you will learn about the movements of two groups of people who lived on the grasslands of Asia.

As You Read

Fill in the blanks of the lesson summary.

INDO-EUROPEANS MIGRATE**Who were the Indo-Europeans?**

The **Indo-Europeans** were a group of nomadic peoples who may have come from the **steppes**—the dry grasslands of western Asia. The Indo-Europeans rode horses and tended cattle, sheep, and goats. They rode into battle in light, two-wheeled chariots. Living in tribes, they spoke forms of a language that we also call Indo-European. These languages were the ancestors of many modern languages, including those of Europe, Southwest Asia, and South Asia.

Starting about 1700 BC, the Indo-Europeans began to leave their homelands and move to a variety of different regions, north, south, and west. Some Indo-Europeans may have moved to India. These **migrations**, movements of people from one region to another, took place over a long period of time. No one knows why these people left their homelands on the steppes and spread across Europe and Asia.

1. What happened to the Indo-Europeans?

Lesson 1, *continued*

THE HITTITE EMPIRE

Who were the Hittites?

By about 2000 BC, a group of Indo-Europeans known as the **Hittites** conquered **Anatolia**. Anatolia is also called Asia Minor. It is a huge peninsula in modern-day Turkey. The Hittites moved farther and took the ancient lands of Mesopotamia, using their chariots and weapons made of iron, the use of which the Hittites advanced greatly. They began to struggle with the Egyptians for control of territory. Neither side was able to defeat the other, however. So, they decided to make peace.

The Hittites adopted many features of the culture that had grown in Mesopotamia before they arrived, blending their own traditions with those of the peoples they encountered. The Hittites ruled their Southwest Asian empire from about 2000 to 1190 BC. Then they fell to a new wave of invaders.

2. How did the Hittites react to the culture they found in Mesopotamia?

originated in India. Archaeology tells almost nothing about the Aryans. But their sacred literature, the **Vedas**, tells a lot about them.

The Aryans were divided into classes of people called **castes**. There were priests (**Brahmins**), warriors and rulers, traders and farmers, and laborers and peasants. Over time, they made many rules for how people in these classes, or castes, could interact with one another. People were born into their caste for life. Some "impure" people lived in a group outside this class system. They were butchers, grave diggers, and trash collectors. Because these people did work that was thought unclean, they were called "untouchables."

Over many centuries, the Aryans took more and more of what is now India. Eventually many powerful people tried to create their own kingdoms. They fought each other until one kingdom, Magadha, won control over almost all of India. Around this time, an epic poem, the *Mahabharata*, was written. It tells of the struggles of the time. It also sets down ideals that were to become important in Hindu life.

3. What is the caste system?

ARYANS TRANSFORM INDIA

Who were the Aryans?

The Aryans were another group of Indo-European people. Some scholars believe the Aryans moved into what is now India and transformed it. Other scholars believe the Aryans actually

Lesson 1, continued

As you read about the migration of Indo-European peoples, fill in the blanks in the following summary.

From about 1700 to 1200 BC, waves of Indo-European nomads migrated from their homelands in the _____, the dry grasslands north of the Caucasus Mountains. One group, the Hittites, settled in _____, a rugged peninsula in a region today called Turkey. They conquered _____, the chief city in the Tigris-Euphrates valley, signed a peace treaty with Egypt, and blended many of their traditions with the more advanced Mesopotamian culture. With their superior two-wheeled _____ and their war weapons made of _____, the Hittites created an empire that dominated Southwest Asia for over 450 years.

About 1500 BC, another Indo-European group, the _____, may have entered India through the mountain passes of the Hindu Kush. These people were divided into social classes, later called _____. Over time a social class system developed, with the highest caste being the _____, or priests, and the lowest people, the _____. Beginning around 1000 BC, chiefs began to set up kingdoms in the Indian subcontinent; the most important of these kingdoms was _____.

Many modern languages trace their origins to languages spoken by the Indo-Europeans. Among the Indo-European family of languages spoken in Europe and Asia today are _____ and _____.

People and Ideas on the Move**Lesson 2**

The Origins of Hinduism

Key Terms and People

reincarnation belief that the soul is reborn

karma good or bad deeds

yoga set of physical and mental exercises

Jainism religion that teaches that every living creature has a soul and no living creature ought to be harmed

Before You Read

In the last lesson, you read about the Hittites and the Aryans.

In this lesson, you will learn about the roots and practices of Hinduism.

As You Read

Use a chart to list facts about the history, beliefs, and practices of Hinduism.

HINDUISM EVOLVES OVER CENTURIES

What is Hinduism?

Over time, religion in ancient India developed into Hinduism, a collection of religious beliefs that does not form a single system. Unlike many religions, it was not founded by one specific person. It is also a religion that allows great variety for its followers. Certain ideas, however, became common to the beliefs of all Hindus.

Hindus believe that each person has a soul. However, there is also a larger soul, called Brahman, that brings together all the individual souls. A person's goal is to become free of desire and not bothered by suffering. When that takes place, the person's soul wins escape from life on Earth. This process happens over many lifetimes. Thus, Hindus believe in

reincarnation. They believe the soul is born again into another body after death. In the next life, the soul has another chance to learn its lessons. According to Hindus, how a person behaves in one life has an effect on the person's next life. This is the soul's **karma**—good or bad deeds.

Over the course of centuries, Hinduism has gone through many changes. Different interpretations of the role of Brahman were introduced. Different deities took on importance, including forms of a Mother Goddess.

Today, Hindus are free to follow deities of their choice, or they can choose to follow none at all. Hindus are also free to follow different religious paths. They can follow the path of right thinking, the path of right action, or the path of religious devotion.

Lesson 2, *continued*

Hindi religious practices vary widely. Meditation, or silent reflection, plays an important role. Practicing **yoga**, a series of integrated physical and mental exercises, is one way to achieve religious understanding.

The caste system continued to mark life as Hinduism developed. While the caste structure dominated life, today social life is far less rigid.

1. What is karma?

man who lived from about 599 to 527 BC. He believed that every creature in the world—even an animal—has a soul. Because of that, people must be sure not to harm any creature, from people to insects. Followers of Jainism looked for occupations that would not harm creatures. They also believed in nonviolence, telling only the truth, and to avoid stealing. They do not believe in converting people of other faiths. Thus, almost all of the five million Jains in the world live in India. They never left to try to convert others.

2. What was Mahavira's basic belief?

NEW RELIGIONS ARISE

What is Jainism?

Another religion that arose in India was **Jainism**. It was started by Mahavira, a

Lesson 2, continued

As you read about Hinduism, take notes to fill in the chart below.

	Hinduism
1. Founder/origins	
2. Key beliefs	
3. Gods	
4. Sacred literature	
5. Effect on society	
6. Modern-day traditions	

People and Ideas on the Move**Lesson 3**

The Origins of Buddhism

Key Terms and People

Siddhartha Gautama founder of Buddhism

enlightenment wisdom

nirvana the Buddha's word for release from selfishness and pain

Before You Read

In the last lesson, you read about the development of Hinduism.

In this lesson, you will learn about the roots and practices of Buddhism.

As You Read

Use a web diagram to record important facts about Buddhism.

THE BUDDHA SEEKS ENLIGHTENMENT**How did Buddhism begin?**

Another new religion, Buddhism, arose about the same time as Hinduism and Jainism. Buddhism has millions of followers all around the world. It was started by **Siddhartha Gautama**.

Siddhartha searched for religious truth and an understanding of the suffering of human life. He spent many years searching for this answer. He was looking for **enlightenment**, or wisdom. Finally, he sat down and meditated under a tree. After 49 days, he had his answer. He was now called the Buddha, which means the "enlightened one."

1. Who was the founder of Buddhism?

THE TEACHINGS OF BUDDHISM**What are the teachings of Buddhism?**

The Buddha began to teach others how to attain enlightenment. His ideas involved the Four Noble Truths, which were the four main ideas that came to him during his enlightenment. First, life is filled with suffering. Second, suffering is caused by selfish desires. Third, the way to end suffering is to end desires. The fourth idea involved a way to overcome desires and achieve enlightenment. Buddhists were to follow a plan of behavior called the Eightfold Path—right views, right resolve, right speech, right conduct, right livelihood, right effort, right mindfulness, and right concentration. This would lead to **nirvana**, or a release from selfishness and pain.

As with Hinduism, the Buddha taught that the soul would be reborn into a new life. This chain of new lives would continue until the soul, like the Buddha,

Lesson 3, continued

reached understanding. The Buddha, however, rejected the many gods of Hinduism and the caste system.

These ideas attracted many followers. Many people who lived in the lower classes of Indian society saw these ideas as a chance to escape from the limits placed on them. The teaching spread especially in northeast India. There the Aryans did not have much influence. Monks and nuns wandered across India, spreading the Buddha's teachings.

2. What is nirvana and how is it achieved?

As Buddhism spread, different opinions arose over how it should best be followed. Three main traditions developed: Theravada, Mahayana, and Tibetan Buddhism. Followers of each believe that its teachings and practices most closely follow the way of the Buddha.

Strangely, in India where Buddhism was founded, the religion faded. Many places that are important to Buddhism remain in India, however. Buddhists from around the world come there to visit locations connected to the life of the Buddha.

3. What are the three main traditions of Buddhism?

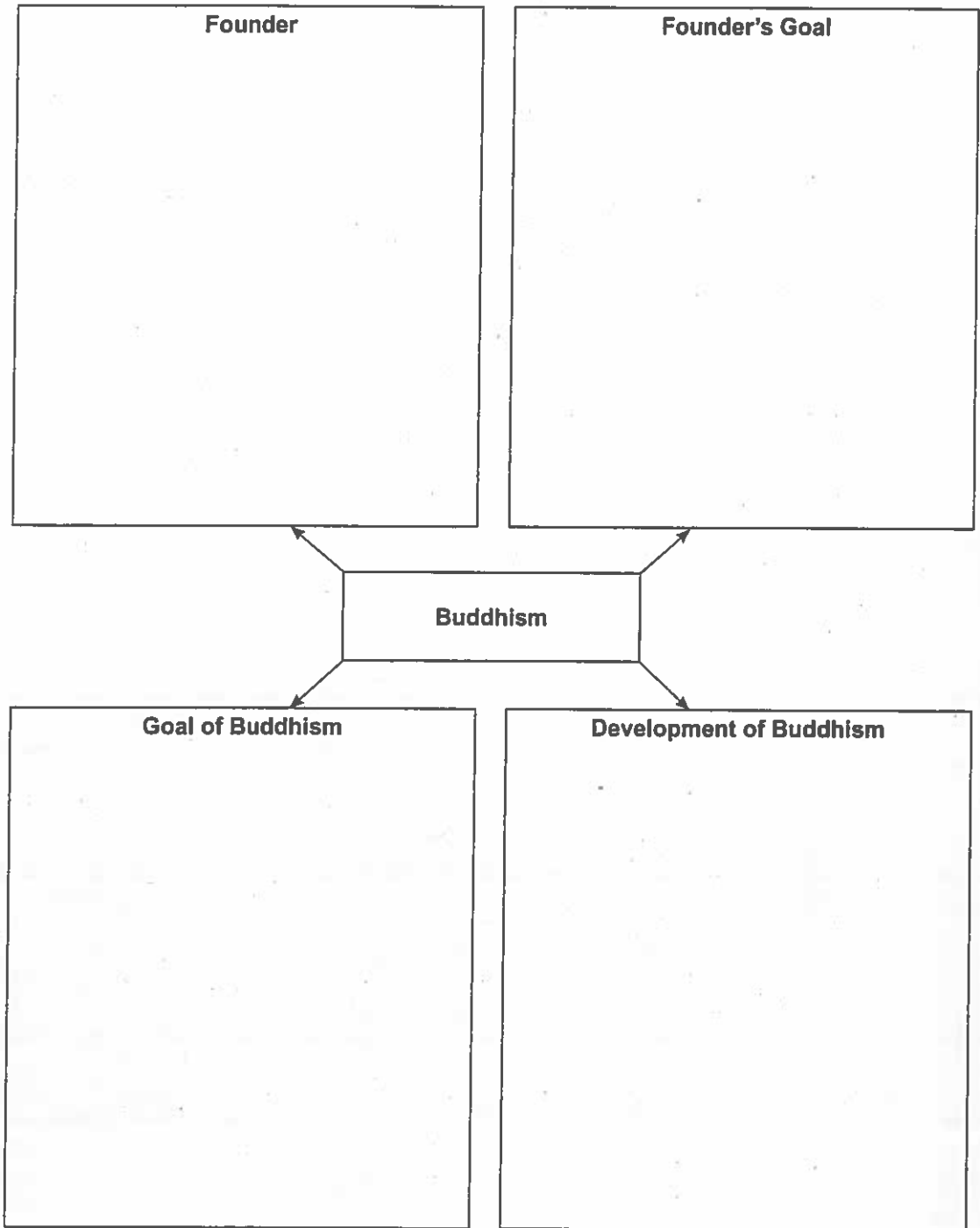
THE DEVELOPMENT OF BUDDHISM

How did Buddhism develop?

In the centuries after the Buddha's death, Buddhism appeared in Southeast Asia. Later it was carried to China. Merchants and traders played an important role in spreading the religion.

Lesson 3, continued

As you read about Buddhism, take notes to fill in the web diagram.



People and Ideas on the Move

Lesson 4

Seafaring Traders

Key Terms and People

- Minoans** group of powerful seafaring people
- Aegean Sea** sea between modern-day Greece and Turkey
- Knossos** Minoan capital city
- King Minos** king of the Minoan civilization in Crete
- Phoenicians** most powerful traders along the Mediterranean

Before You Read

In the last lesson, you read about the development of Buddhism.
 In this lesson, you will learn about traders whose influence spread throughout the Mediterranean.

As You Read

Use a chart to identify Minoan and Phoenician accomplishments.

MINOANS TRADE IN THE MEDITERRANEAN

Who were the Minoans?

In the Mediterranean area, a new culture arose on the island of Crete. The **Minoans** were peaceful people who lived in rich cities that were safe from invaders. They controlled trade in their area, Crete. Crete is a large island on the southern edge of the **Aegean Sea**. The Minoans sent their fine pottery, swords, and metal drinking cups to other lands. They also sent other countries their style of art and architecture. This style later had influence on the art of Greece.

Archaeologists have explored the ruins of **Knossos**, the capital city of the Minoans. It was the archaeologists that first called the culture Minoan, after its famous ruler, **King Minos**. They found beautiful wall paintings that offer views of Minoan culture. One interesting

feature of Minoan life was the high position that women appear to have held. An Earth goddess seems to have ruled all the gods of Crete, and women ruled over some important religious places. Women did not play such important roles among other peoples who lived nearby.

Minoan cities were damaged in 1470 BC by a series of disasters. First, a number of earthquakes rocked the island, destroying buildings. Then a volcano exploded on a nearby island. That was followed by huge waves and clouds of white ash from the volcano's fire. These shocks seem to have been too much for the Minoans. The Minoan civilization ended about 1200 BC.

1. What were three important features of Minoan culture?

Lesson 4, *continued*

PHOENICIANS SPREAD TRADE AND CIVILIZATION

Who were the Phoenicians?

Another group of people arose in the Mediterranean. They lived in several city-states in what is today Lebanon. They traded far and wide. Some may have even sailed as far as Britain—and perhaps around Africa. They were the **Phoenicians**.

The Phoenicians put colonies all along the Mediterranean coast. Colonies were 30 miles apart. This was the distance that one of their ships could travel in a day. One of those colonies, Carthage, in North Africa, later became a major power in the Mediterranean world. Phoenicians traded such goods as wine, weapons, metals, ivory, slaves, and objects made of wood and glass. They also made a purple dye that was highly valued.

The important achievement of the Phoenicians was their alphabet. They used symbols to stand for the sounds of consonants. They brought their system of writing to other lands such as Greece, where Greeks changed the form of some letters. The alphabet that we use today, however, had its beginnings in Phoenician writing.

2. How did the Phoenicians spread their culture?

ANCIENT TRADE ROUTES

What were the major trading networks?

Trading networks also connected the Mediterranean Sea with other centers of world commerce in South and East Asia. Some routes went across Central Asia by land. Some sea routes went across the Arabian Sea. These networks helped people exchange products and information. Traders carried ideas, religious beliefs, art, and ways of living. They did not just trade goods. They also helped “trade” culture.

3. Why were trade networks so important?

Lesson 4, continued

As you read about the Minoan and Phoenician civilizations, write notes to explain what each statement listed below suggests about these seafaring traders.

1. Minoan cities had no fortifications.	→	
2. Archaeologists excavating the Minoan capital city found the remains of wall paintings, seals, and fine painted pottery.	→	
3. Many works of Minoan art depict women as major goddesses and priestesses.	→	
4. Minoans sacrificed bulls to their gods and enjoyed the sport of bull leaping.	→	
5. The Phoenicians were the first Mediterranean people to sail beyond the Straits of Gibraltar, possibly even around Africa by way of the Red Sea.	→	
6. The Phoenicians worked in wood, metal, glass, and ivory and produced red-purple dye from snails in the waters off the city-states of Sidon and Tyre.	→	
7. There are some similarities among Phoenician, Greek, and modern-day alphabets.	→	

People and Ideas on the Move**Lesson 5****The Origins of Judaism****Key Terms and People****Canaan** ancient home of the Israelites**Torah** first five books of the Hebrew Bible**Abraham** “father” or the first of the Jewish people**monotheism** belief in a single god**covenant** mutual promise between God and the Jewish people**Moses** according to the Torah, the man that led the Jews out of slavery**Israel** region on the eastern end of the Mediterranean Sea**Judah** Israelite kingdom in Canaan**tribute** payment made by a weaker power to a stronger power**Before You Read**

In the last lesson, you read about the spread of culture through trade.

In this lesson, you will learn about the origins of Judaism.

As You Read

Use a timeline to answer questions about the origins of Judaism.

THE SEARCH FOR A PROMISED LAND**Where did the Israelites claim land?**

Another ancient people, the Israelites, later called Jews, made a claim to a piece of land that was called **Canaan**. They believed the land had been promised to them by God. This region sat on the eastern edge of the Mediterranean Sea and on the Red Sea, which led to the Indian Ocean. It opened to the trade of many lands. Most of what we know about the early history of the Israelites comes from the **Torah**, the sacred book of the Jewish people.

The story of the Israelites began in Mesopotamia. There, according to the

Torah, God chose a man named **Abraham** to be the “father” of the Jewish people. God told Abraham to move his family to Canaan. Abraham promised that he and his people would always obey God. (The Israelites were among the world’s earliest peoples to believe in one god, or **monotheism**.) God, in turn, promised to always protect them from their enemies. This was the first of many **covenants**—promises between God and the Jewish people.

1. What role did Abraham play in early Jewish history?

Lesson 5, continued

MOSES AND THE EXODUS

Who was Moses?

When their crops failed, the Israelites moved to Egypt around 1650 BC. Over time, they were forced to become slaves. After many years, they fled. The Jews called this mass departure “the Exodus.”

According to the Torah, a man named **Moses** led them out of Egypt between 1300 and 1200 BC. They traveled 40 years in a wilderness. During that time, the Torah says, God gave Moses the Ten Commandments. These were the laws that the Israelites were to follow. For the second time, God promised to protect them in return for their obedience to his laws.

After Moses died, the Israelites finally reached Canaan and settled. There they began to adopt new ways of life. The Israelites were organized into twelve groups, called tribes. Each tribe was separate from the others. But in times of danger they would unite under leaders called judges. One of those judges was a woman named Deborah. It was unusual for women in ancient society to hold such a position.

The Jews had other leaders called prophets. They said that they were messengers sent by God to tell the people how he wanted them to act. These prophets told the people that they had two duties: to worship God and to deal in just and fair ways with one another. With this message, religion was changing. Instead of being a part of life run by priests, it was now a matter of each person living a moral life.

2. What were the Ten Commandments?

THE KINGDOM OF ISRAEL

How was Israel formed?

From about 1020 to 922 BC, the Jews were united into one kingdom, **Israel**. Three kings helped unite them. The first, Saul, drove off their enemies. The second, David, made Jerusalem the capital. The third, Solomon, built a magnificent temple to worship God.

After Solomon’s death, the kingdom split into two parts. Israel was in the north, and **Judah** was in the south. For the next two centuries, each kingdom had times of prosperity and low periods. The Israelites came to be called **Jews** and their religion, Judaism, after the more powerful kingdom of Judah.

3. How was Israel split?

THE BABYLONIAN CAPTIVITY

Who conquered Israel and Judah?

Disaster came when both kingdoms lost their independence. Israel and Judah began to pay tribute to Assyria. **Tribute** is money paid by a weaker power to a stronger power to avoid attack.

Eventually, the northern kingdom fell to the Assyrians. Later, the southern kingdom fell to the Babylonians. Many Jews were forced into exile in Babylon. They lived there for many years during what was known as the Babylonian Captivity. Then the Babylonians themselves were conquered by the Persian king, Cyrus the Great. The new ruler let 40,000 Jews return home.

4. What was the Babylonian Captivity?

Lesson 5, continued

As you read this section, take notes to answer the questions about the timeline.

2000 BC	God commands Abraham to take his people to Canaan.	1. What sacred writings describe the early history of the Israelites?
1650 BC	Descendants of Abraham move to Egypt.	2. How were the Israelites treated in Egypt?
1300–1200 BC	Israelites begin their Exodus from Egypt.	3. Why is Moses an important figure in Jewish history?
1020 BC	The Jews unite and form the kingdom of Israel.	4. What were the achievements of Saul and David?
962 BC	King David is succeeded by his son Solomon.	5. Why did King Solomon build a great temple in Jerusalem?
922 BC	Kingdom splits into two, Israel and Judah.	6. What were the reasons for the division?
722 BC	Assyrians conquer Israel.	7. Who was Nebuchadnezzar?
586 BC	Chaldeans attack Jerusalem and destroy Solomon's Temple.	8. Which ruler allowed the Jewish people to return to Jerusalem?
515 BC	Second Temple is completed.	