

Chapter 2

The Seven Dimensions of Religion: Primal Religious Traditions

Dimension	Examples
Experiential	receiving a vision or guardian spirit during a vision quest
Mythic	Aboriginal Ancestors and the Dreaming, trickster figures (such as Esu and Inktomi), Teotihuacan as the place of cosmic origins
Doctrinal	totemism, Yoruba theology of Olorun and the <i>orishas</i> , Lakota belief in four souls of the dead person, Aztec belief that the Age of the Fifth Sun would soon end
Ethical	moral lessons learned from the errors of Inktomi (the Lakota trickster figure)
Ritual	Aboriginal rites of initiation, the Sun Dance, Aztec human sacrifice
Social	taboo as the basis of social structure
Material	totems, bull-roarers, Yoruba masks, the sweat lodge, the Sun Dance lodge, the Great Temple (Serpent Mountain) of Tenochtitlan

Chapter 3

The Seven Dimensions of Religion: Hinduism

Dimension	Examples
Experiential	<i>moksha, samadhi</i>
Mythic	stories and descriptions of the 330 million gods and goddesses
Doctrinal	monism, teachings of Sankhya and Yoga
Ethical	rules and ideals of <i>dharma</i>
Ritual	various forms of worship practiced by followers of <i>bhakti marga</i>
Social	the caste system; various Hindu holy figures, such as the <i>sannyasin</i>
Material	the Ganges River, clay figurines of deities, sacred cows

Chapter 4

The Seven Dimensions of Religion: Buddhism

Dimension	Examples
Experiential	enlightenment, <i>nirvana</i>
Mythic	biography of the Buddha, stories and descriptions of the <i>bodhisattvas</i>
Doctrinal	Middle Way, Three Marks of Existence, Four Noble Truths
Ethical	Five Precepts (and an additional five for monks and nuns), ideal of compassion
Ritual	Mahayana acts of religious devotion and prayer to the <i>bodhisattvas</i> , Vajrayana chanting of mandalas and practice of <i>mudras</i>
Social	Sangha, figure of <i>arhat</i> , Dalai Lama
Material	<i>bodhi</i> tree, mandalas

Chapter 5

The Seven Dimensions of Religion: Jainism

Dimension	Examples
Experiential	<i>kevala</i>
Mythic	biography of the Mahavira; stories of other <i>tirthankaras</i> , especially Parshva
Doctrinal	descriptions of the <i>loka</i> , and of the various life-forms (<i>jivas</i>)
Ethical	practice of <i>ahimsa</i> and its related virtues (that is, the Five Great Vows)
Ritual	daily repentance before a teacher, standing in silent meditation, fasting
Social	division into sects (for example, Shvetambara and Digambara), division into ascetics and laity
Material	whisk used by ascetics to prevent injury to life-forms, statues of the <i>tirthankaras</i>

Chapter 6

The Seven Dimensions of Religion: Sikhism

Dimension	Examples
Experiential	union with God and liberation (<i>moksha</i>) from <i>samsara</i>
Mythic	accounts of the life of Guru Nanak and of the founding of the Khalsa
Doctrinal	the theology of the Mool Mantra, <i>haumai</i> and <i>hukam</i>
Ethical	the four prohibitions for members of the Khalsa
Ritual	the ceremony of initiation into the Khalsa, meditation on the divine Name, worship practices in the <i>gurdwara</i>
Social	the Panth, the Khalsa
Material	the Five Ks, food served in ceremonial meals, the <i>gurdwara</i>

Chapter 7

The Seven Dimensions of Religion: Confucianism

Dimension	Examples
Experiential	knowing and being in harmony with Tao or Heaven (although Confucius himself is notably vague about such concepts, leading some to question whether he is truly a “religious” figure)
Mythic	ancient accounts of the good rulers and ancestors of China’s legendary past
Doctrinal	Confucius’s many teachings as set forth in the Analects
Ethical	<i>jen</i> (the supreme human virtue), <i>te</i> (virtue as shown through the power of example)
Ritual	behavior resulting from the doctrine of <i>li</i>
Social	the Five Constant Relationships, a general emphasis on the family
Material	paintings and sculptures of Confucius, Confucian temples

Chapter 8

The Seven Dimensions of Religion: Taoism

Dimension	Examples
Experiential	living in accord with Tao, as perfected by the sage
Mythic	legendary account of the birth and life of Lao Tzu
Doctrinal	philosophy of Tao, <i>wu-wei</i> , cosmology based on yin and yang
Ethical	virtues of nonaggression and passive rule
Ritual	in popular, or “religious,” Taoism, breathing exercises and other techniques for the pursuit of immortality; philosophical Taoism notably de-emphasizes ritual because ritual is not true to the Way of nature
Social	figure of the sage
Material	yin and yang symbol

Chapter 9

The Seven Dimensions of Religion: Zen Buddhism

Dimension	Examples
Experiential	<i>satori</i>
Mythic	the legend of Buddha's choosing Mahakasyapa as his successor
Doctrinal	the distinction between sudden awakening and gradual awakening
Ethical	a concern for social justice
Ritual	<i>dokusan, zazen</i>
Social	the division into Rinzai and Soto (and other) sects, the master-disciple relationship
Material	the meditation hall, the encouragement stick, <i>sumie</i> , Japanese gardens

Chapter 10

The Seven Dimensions of Religion: Shinto

Dimension	Examples
Experiential	unity with the <i>kami</i>
Mythic	an account of the origins of Japan
Doctrinal	beliefs regarding the nature of the <i>kami</i>
Ethical	the primary virtues of <i>bushido</i>
Ritual	worship at the <i>kamidana</i> and at shrines, the Great Purification
Social	Shinto priests
Material	<i>kamidana</i> , <i>torii</i> , the Grand Imperial Shrine at Ise, Nachi Waterfall, Mount Miwa

Chapter 11

The Seven Dimensions of Religion: Ancestors of the West

Dimension	Examples
Experiential	Pythia's state of ecstasy at the oracle at Delphi, an initiate's personal encounter with the deity of a mystery religion (such as Lucius's moments within the inner sanctuary of Isis, as described by Apuleius)
Mythic	origins and doings of the Olympian pantheon, the myth of Demeter and Persephone
Doctrinal	Zoroastrian monotheism and ethical dualism, Platonic dualism
Ethical	Zoroastrian individual choice between truth and the Lie, the pure lifestyle of Orphism
Ritual	the Zoroastrian fire ritual, the Olympian Games, rites of initiation into mystery religions
Social	the Parsis within Indian society, political and social aspects of Roman emperor worship
Material	the Zoroastrian fire and tower of silence, sanctuaries like Olympia and Delphi

Chapter 12

The Seven Dimensions of Religion: Judaism

Dimension	Examples
Experiential	knowing God inwardly through Kabbalah, Jeremiah's calling to be a prophet
Mythic	the Haggadah (recited on Passover)
Doctrinal	the Covenant, the Shema, Maimonides's thirteen principles of belief
Ethical	the Ten Commandments and other rules of Torah
Ritual	daily prayer, the Sabbath meal and observances, Passover's Seder, reciting the kaddish
Social	cohesion of the Chosen People, Hasidism's <i>zaddik</i>
Material	yarmulke, <i>mezuzah</i> , shofar, matzo, <i>huppah</i>

Chapter 13

The Seven Dimensions of Religion: Christianity

Dimension	Examples
Experiential	experiencing the “fruit of the Spirit,” relationship with Jesus, emotional effects of the Eucharist
Mythic	Gospel accounts of Jesus’s birth and other aspects of Jesus’s life (such as the Last Supper, which underlies the ritual of the Eucharist)
Doctrinal	the Incarnation, the Trinity, apocalypticism, the Apostles’ Creed, the Nicene Creed, original sin, predestination
Ethical	the Beatitudes, Jesus’s commandment to love one’s enemies
Ritual	celebration of the Eucharist, Baptism, and other sacraments
Social	the Church, communities of monks and nuns, hierarchies within the Church (bishops, presbyters, deacons), the pope, the patriarch of Constantinople
Material	cathedrals and churches, icons

Chapter 14

The Seven Dimensions of Religion: Islam

Dimension	Examples
Experiential	fasting during Ramadan, <i>al-fana</i>
Mythic	sacred narratives of Abraham's founding of Mecca and of Muhammad's Ascension to Heaven
Doctrinal	Shahada (emphasizing monotheism), Shari'a
Ethical	wealth sharing, regulations against pork and alcohol
Ritual	prayer five times daily, various observances while on the <i>hajj</i>
Social	the Umma, the <i>imam</i> , the <i>shaykh</i>
Material	the holy cities of Mecca and Medina, the Ka'ba, mosques