

Buddhism



Buddhism

- Teaches all life is interconnected
- compassion is necessary
- Over 2,500 years old
- 376 million followers worldwide—4th largest religion in the world
- Began in northeastern India
- Main religion in many Asian countries
- Teachings written in the Sutras
- Founder: Siddhartha Gautama= The Buddha



Background on Buddhism

Buddhism is a religion about suffering and the need to get rid of it. The goal is to reach an ultimate state of peace called Nirvana.

It is different from other faiths because it is not centered on the relationship between humanity and God. They do not believe in a personal creator.

Buddhist worship at home or in a temple. They sit barefoot facing an image, statue, or shrine of Buddha and chanting. Listen to monks chanting from religious texts. Candles and incense are often burned.

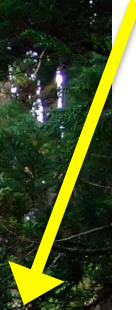
Like Hindus, Buddhists believe in reincarnation. They believe reaching Nirvana will break this cycle.

- Buddhism is more of a way of life—so actually it is a philosophy but many still consider it a religion.
- Belief in a powerful spirit but not a God
- Buddhists lead a life of spiritual investigation and meditation
- Encourage non-violence and kindness
- Two main types of temples: pagodas and stupas





Pagoda: A tiered tower with many floors—typically found in Eastern part of Asia



Stupas: A mound like structure used as a place of meditation. Usually contains relic such as the remains of Buddhist monks.





The Founder

- The Buddha= **“Awakened One”**
 - he was enlightened
- Siddhartha Gautama
 - Born 580 BC
 - Lumbini (today Nepal, India)
 - Royal family; parents King & Queen of Kosala
 - Born Hindu but had difficult time believing the teachings because of all the suffering her saw
 - He rejected the Caste System
- Gave up everything
 - Goes on a journey searching for a way to escape death, old age, and pain
 - Searching for a true understanding of the world
 - He is so important to Buddhist because he found the path to Enlightenment

Reached enlightenment
while sitting under the
Bodhi tree— “*the tree of
Awakening*”



Tempted by *Mara* at the tree

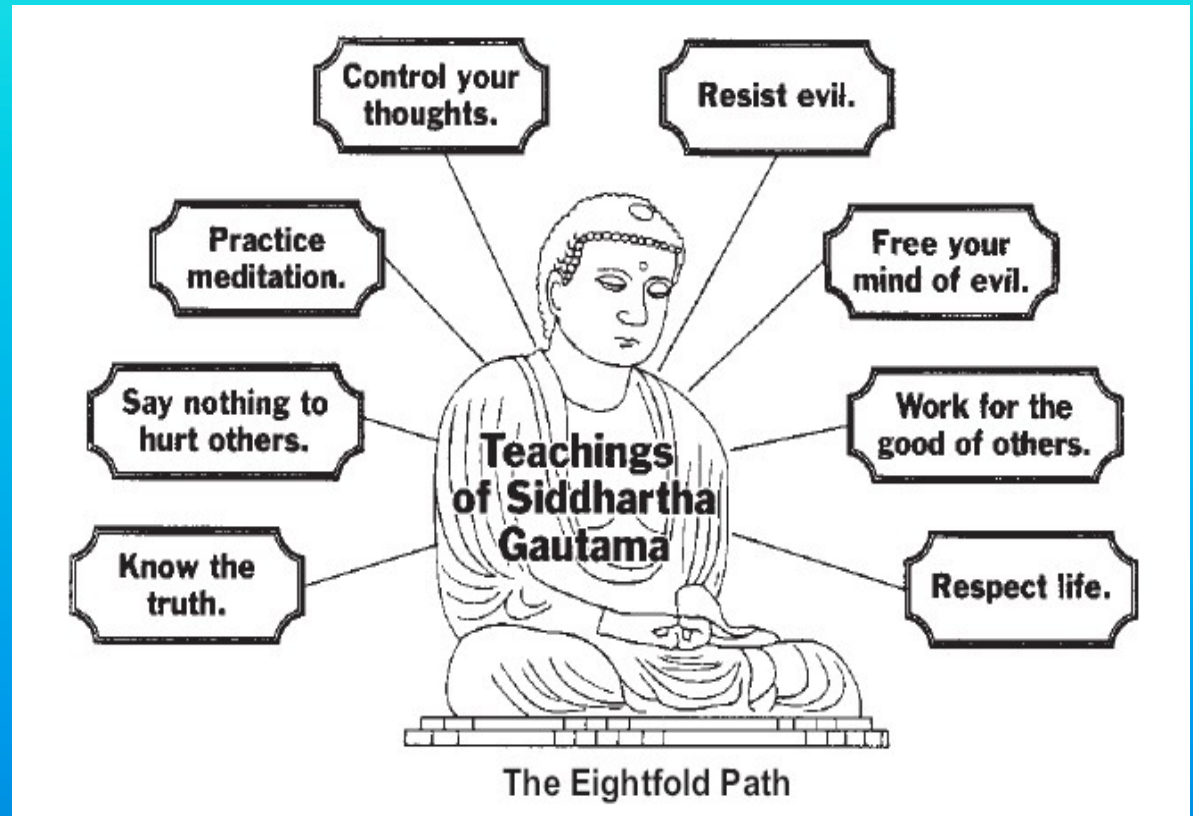


Buddha left 4 Noble Truths: Foundation of all Buddhist Beliefs

1. Life is filled with suffering
2. Suffering is caused by people's wants
3. Suffering can be ended if people stop wanting things
4. To stop wanting things, people must follow 8 basic laws

The Eightfold Path

- Help train the mind to gain enlightenment
- Goal is to reach Nirvana
 - State of blissful peace without suffering or dying



Nirvana

A person is shown in silhouette, sitting in a meditative posture on a rocky outcrop. The background is a vibrant, ethereal landscape with a large, glowing blue and white orb in the center, surrounded by a rainbow-like aura. The overall scene is set against a dark, starry sky, suggesting a celestial or spiritual realm.

- When someone can understand the world's reality then all of his/her suffering will end—will reach Nirvana.
- Nirvana is the end of all desire, ignorance, and sorrow.

The spirit is freed from all possessions; realization that human desires are pointless
End of reincarnation—so similar to a heaven

Hinduism vs. Buddhism

Similarities

- Both religions believe in karma
- Share the belief the cycle of rebirth
- Both use meditation
 - To unite one's soul with Brahma

Differences

- Hinduism: Many gods who are forms of Brahma
- Stresses the goals of following one's duty and living a moral life
- Buddhism: The Buddha is not a god and did not believe in any god
- Goal is to reach Nirvana
- Stresses giving up selfish desires and following the moral teachings of the 8-fold path

Dalai Lama= “Ocean of Wisdom”



- dalai lama= head monk
- Other monks called “lamas”

Real name: Tenzin Gyatso

