

Buddhism



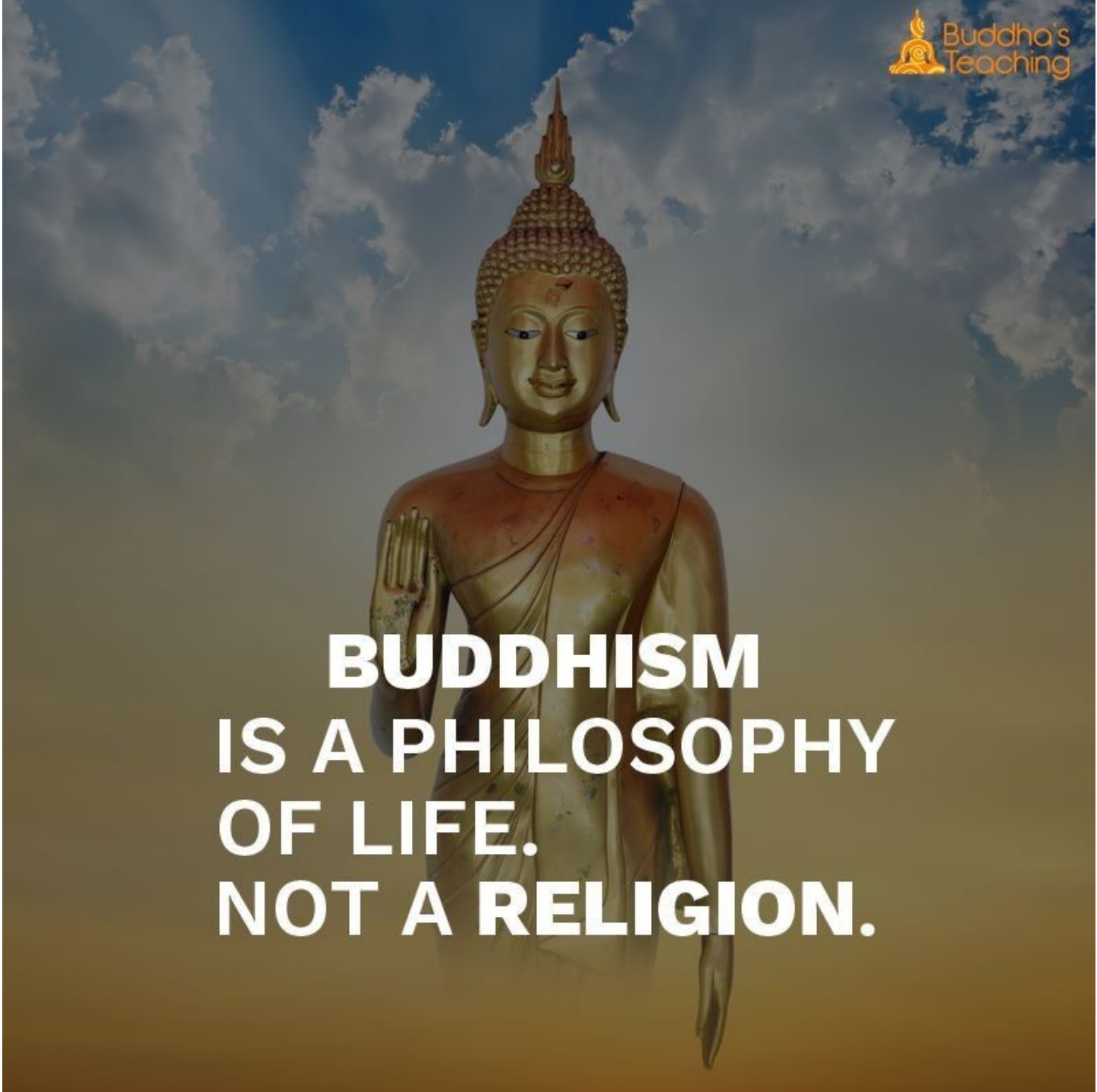
Tranquility
The quality or state of being peaceful, calm, or
at ease.



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**BUDDHISM
IS A PHILOSOPHY
OF LIFE.
NOT A RELIGION.**



What is Buddhism

Buddhism is a faith that was founded by Siddhartha Gautama (“the Buddha”) more than 2,500 years ago in India. With about 470 million followers, scholars consider Buddhism one of the major world religions. Its practice has historically been most prominent in East and Southeast Asia, but its influence is growing in the West. Many Buddhist ideas and philosophies overlap with those of other faiths.

•Buddhism History

- When Gautama passed away around 483 B.C., his followers began to organize a religious movement. Buddha's teachings became the foundation for what would develop into Buddhism.
- In the 3rd century B.C., Ashoka the Great, the Mauryan Indian emperor, made Buddhism the state religion of India. Buddhist monasteries were built, and missionary work was encouraged.
- Over the next few centuries, Buddhism began to spread beyond India. The thoughts and philosophies of Buddhists became diverse, with some followers interpreting ideas differently than others.
- In the sixth century, the [Huns](#) invaded India and destroyed hundreds of Buddhist monasteries, but the intruders were eventually driven out of the country.
- [Islam](#) began to spread quickly in the region during the [Middle Ages](#), forcing Buddhism into the background.

Buddhism Being a Philosophy

Buddhism is a philosophy that explains the meaning of life and the world we live in it's a way to cultivate one's mind.

Calling Buddhism a philosophy is pretty accurate. One [definition of philosophy](#) is "the rational investigation of the truths and principles of being, knowledge, or conduct." I would say it is indeed something that fits into Buddhism very snugly.

The Buddha's teachings are referred to as the Dhamma (or Dharma in Sanskrit), which literally means the ultimate truth or the truth about reality, and the Buddha encourages followers to investigate his teachings for themselves.

Buddhist philosophy refers to the philosophical and systems of inquiry that developed among various Buddhist schools in India following the death of Buddha and later spread throughout Asia.

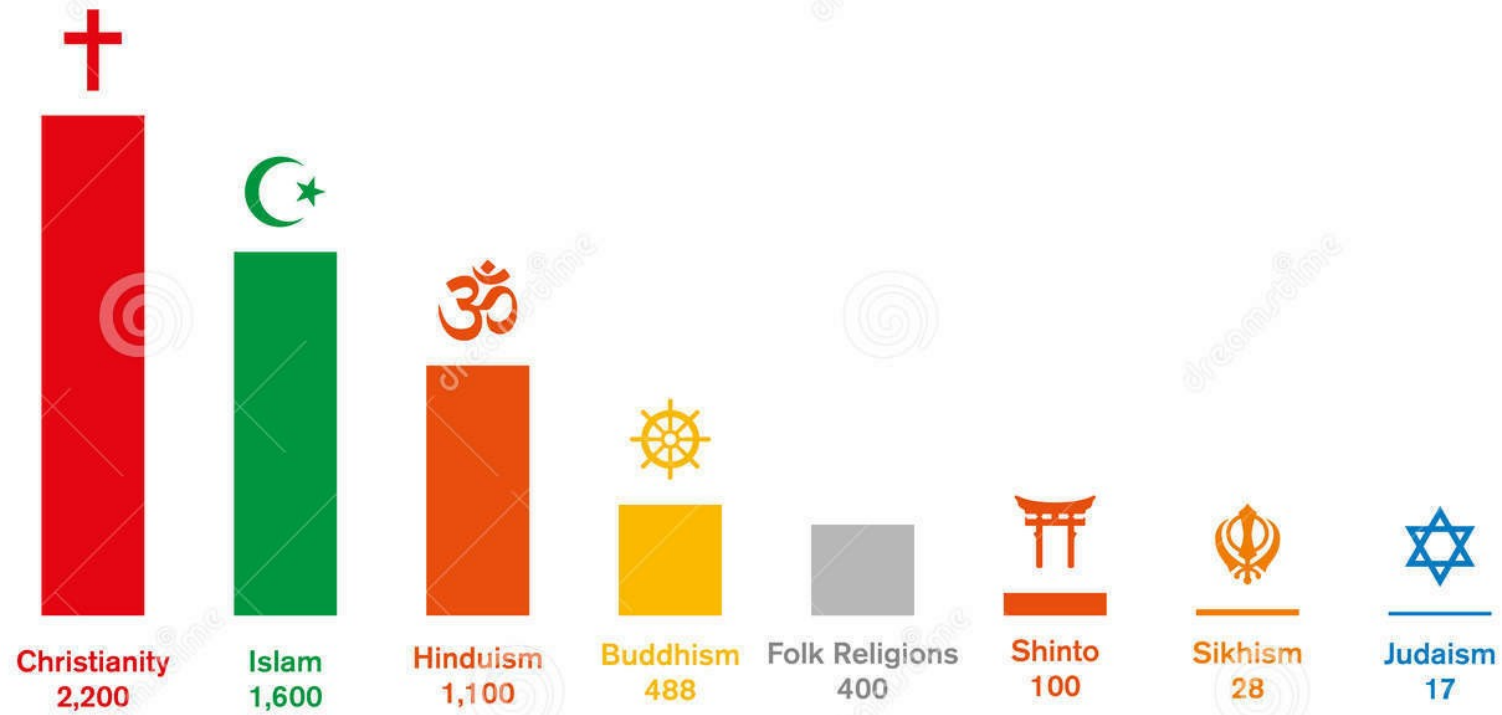


MAJOR AREA OF PHILOSOPHY

- 1) There is suffering in the world , to live is to suffer (DUKHA).The Buddha found this out when he was young and experienced suffering and death in others.
- 2) The cause of suffering is self centered desire and attachments (TANHA)
- 3) The solution is to eliminate desire and attachment (NIRAVANA)
- 4) To reach NIRAVANA , one must follow the eightfold path

Largest Religions

Number of followers in millions



Buddhism in India

Buddhism is still practiced in the Himalayan areas such as Sikkim, Ladakh, Arunachal Pradesh, the Darjeeling hills in West Bengal, the Lahaul and Spiti areas of upper Himachal Pradesh, and Maharashtra. After B. R. ... According to the 2011 census, **Buddhists** make up 0.7% of **India's** population, or 8.4 million individuals.





The founder of Buddhism is **Siddhartha Gautama**.

He was **born into a wealthy family** and prophecies stated that if he stayed home, he would become a king, and if he left home he would become a spiritual leader. His **family chose to keep him sheltered at home, not allowing him to leave the palace.**

Gautama lived in luxury and safety in the walls of the palace.

Siddhartha Gautama

Gautama felt that the world had so much more to offer than his home, so at age 29 he snuck out.

In his time outside, he realized that the world outside was the opposite from what he was used to at home. He first sees an old man, then a sick man, then a corpse, followed by a holy man who seemed to be at peace with himself. He decided then that his mission in life would be to find inner peace and freedom from the suffering in the world.

1. Elder (Aging)
2. Sick Man (Disease)
3. Corpse (Death)

To reach religious enlightenment, he first tried, fasting, debating others, and wondering through forests.

It was only after meditation for 49 days under a tree where Gautama was able to reach **enlightenment** (perfect understanding of the world) and earn the title “The Enlightened One”, otherwise known as **The Buddha**.



Three Marks of Existence

1. **Anatta** – “no self”; there is nothing that makes me uniquely “me”
2. **Anicca** – impermanence; nothing remains the same
3. **Dukkha** – suffering; we suffer because we do not understand anatta and anicca

FOUR NOBLE TRUTHS

TO LIVE IS TO SUFFER

SUFFERING IS CAUSED BY DESIRE

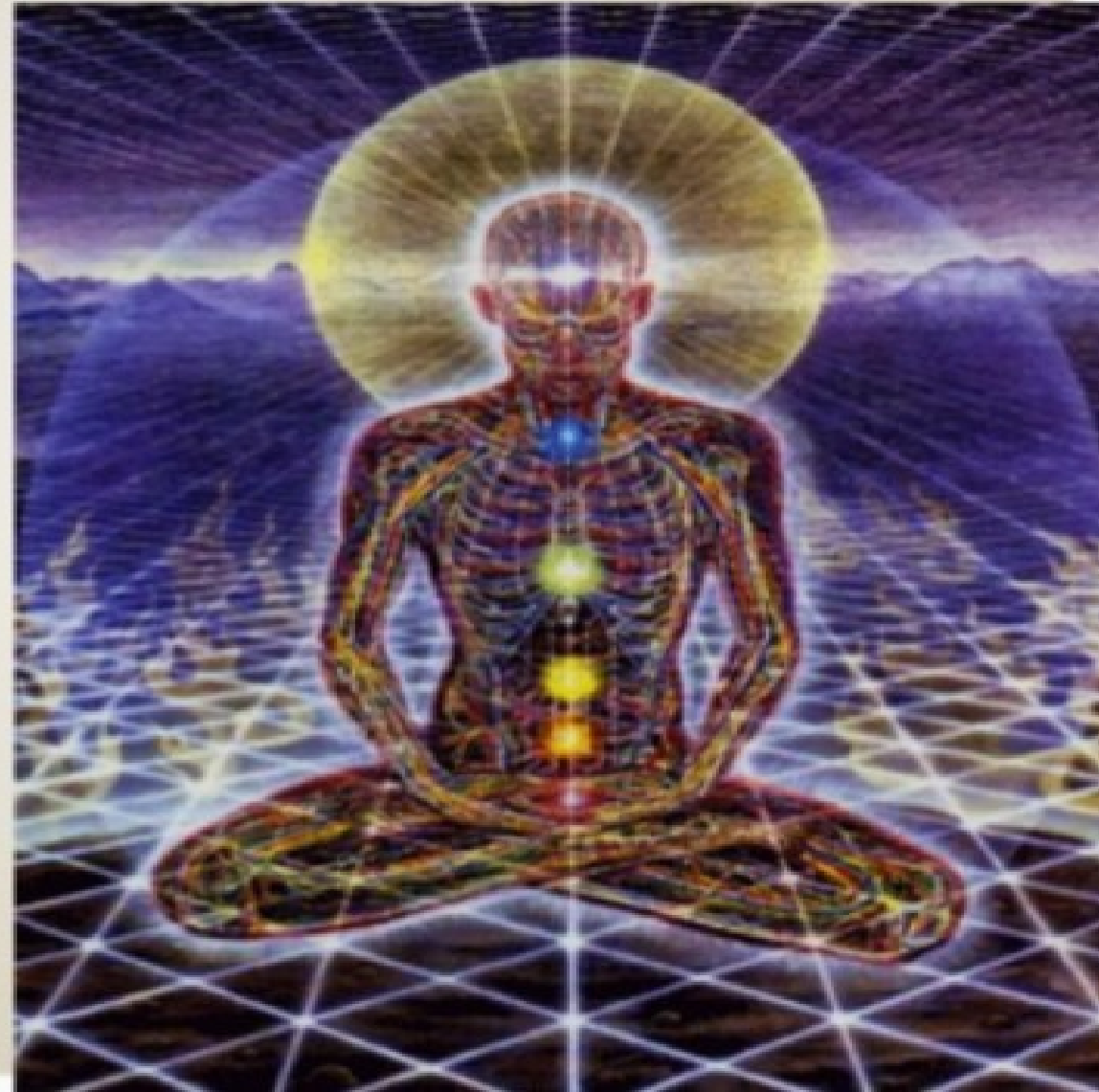
TO ELIMINATE SUFFERING YOU
MUST ELIMINATE DESIRE

YOU CAN ELIMINATE
DESIRE BY FOLLOWING THE
EIGHTFOLD PATH



Eightfold Path

Buddhist must follow the eightfold path in order to reach **nirvana**, a release from pain.



Wisdom	Right Understanding
	Right Aspiration
Morality	Right Speech
	Right Action
	Right Livelihood
Concentration	Right Effort
	Right Mindfulness
	Right Concentration

Comparison to Hinduism

Buddhists and Hindus both believe in reincarnation.

The Buddhists belief in **Nirvana** is similar to the Hindu belief in **Moksha**: both are a state of perfect understanding and a release from the cycle of reincarnation. However, they profoundly disagree in regards to several matters:

1. **Multiple Gods:** Buddhists don't believe in many gods. The focus of Buddhism is about reaching enlightenment.
2. **Caste System:** Buddhists saw the preferential treatments the Brahmin were receiving in their culture and found the concept to be unhelpful to society. As a result, Buddhists reject the caste system.

Spread of Buddhism

Spread of Hinduism and Buddhism, 500 B.C. - A.D. 600



Click on the symbols in the Legend to see the map change.

Is Buddhism a Religion?

- “Religion” is often synonymous with “faith.”
- Buddhism is very much practice and works based, as opposed to faith based
- Many do not believe in the same ideas on the hereafter



Buddhism - Creed

- **End Suffering** – It is important, very important, to remember that the **primary** goal of Buddhism is to end **suffering**. This was the goal of the **Buddha**.
- **Personal Responsibility** – The Buddha did not leave **specific instructions** on how to reach Nirvana, but instead focused upon introspection. It is the **personal** responsibility of each person to look into one's self in order to reach salvation.
- **Samsara** – Like **Hindus**, Buddhists also believe in **reincarnation** and the endless cycle of birth, death and **rebirth**.
- **Dharma** – Like Hindus, Buddhists are expected to follow the **Dharma**. HOWEVER, the KEY **difference** is that Dharma refers to the teachings of the Buddha, **not duty**.
- **Women in Buddhism** – In Buddhism there is **no** distinction between male and female. As such there is **perfect equality**. To a Buddhist the distinction between male and female is an **illusion** because all humans have had past lives, both male and female

The Ultimate Goal of Buddhism Is Reaching Nirvana

According to the Buddhist teachings, we are all prisoners of samsara, the continuing cycle of death, re-birth and suffering. The highest goal is to end this suffering by extinguishing three fires (passion, ignorance and aversion) and thus attaining Nirvana.



To open your innate
nature and to feel
something from the
bottom of your heart,
it is necessary to
remain silent.

- SHUNRYU SUZUKI

Meditation



Two Aspects of Meditation:

Calm Meditation

and

Insight Meditation

Calm Meditation:

- return to clarity
- suppression of defilements
- understanding of mind's nature
- stilling the mind
- overcoming the mind's tendencies
- object of contemplation
- access concentration



Insight Meditation:

- after calm meditation
- achieves understanding that all things are:
 - impermanent and unstable
 - unsatisfactory and imperfect
 - not self



Prayer Service:

Tibetan Prayer Flags

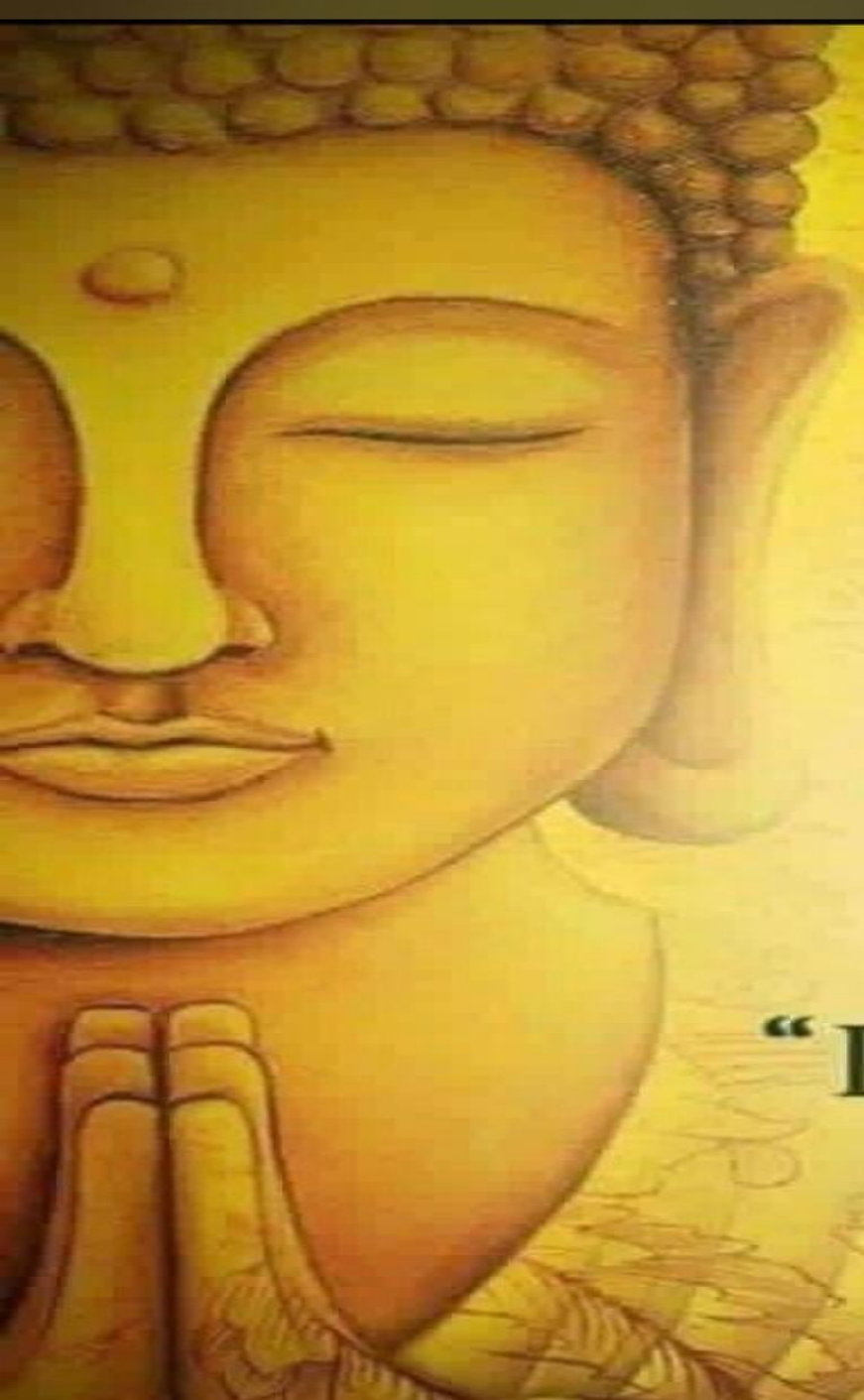


Tibetan Buddhists string cloth flags in front of homes and from mountaintop to mountaintop. The flag colours represent the five elements of the faith and the flags have Buddhist prayers, mantras and symbols written on them so that the wind will spread goodwill and compassion everywhere.

- Yellow = Earth
- Red = Fire
- Green = Water
- Blue = Sky/Space
- White = Air/Cloud

I am in competition with no one. I have no desire to play the game of being better than anyone. I am simply trying to be better than the person I was yesterday.





BEFORE YOU
SPEAK, LET
YOUR WORDS
PASS THROUGH
THREE GATES:

“IS IT TRUE?”

“IS IT NECESSARY?”

“IS IT KIND?”



**THANK
YOU**