

INTRODUCTION TO BUDDHISM

Unit 8 SG 5

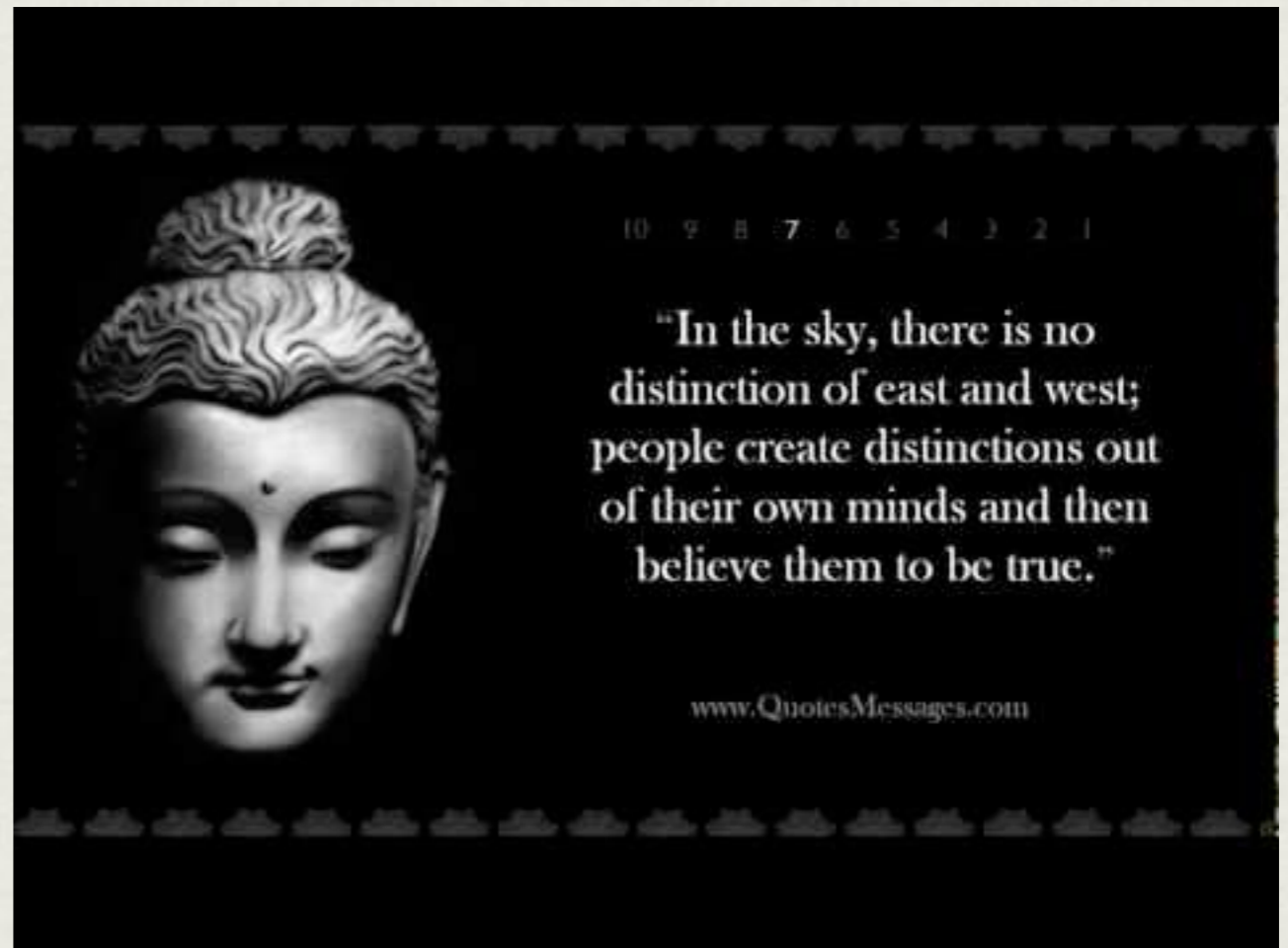
I. INTRODUCTION TO BUDDHISM

- A. What is Buddhism (from the word “budhi,” “to awaken”)?
 - 1. 300 million adherents worldwide
 - 2. Universalizing religion
 - 3. Approximately 2,500 years old
 - 4. For many, Buddhism is less a religion and more of a philosophy (“love of wisdom) of life. The Buddhist path:
 - a. to lead a moral life
 - b. to be mindful & aware of thoughts & actions, and
 - c. to develop wisdom & understanding
 - 5. Based on the teachings of Siddhartha Gautama



II. WHO WAS THE BUDDHA?

- A. Siddhartha Gautama
 - 1. Born into royal family in Lumbini (now in Nepal), in 563 B.C.
 - 2. At the age of 29, he realized that wealth & luxury did not guarantee happiness. He began researching different religions & teachings to find the “key to human happiness.”
 - 3. At the age of 35, after 6 years of study, he found “the middle path” and was “enlightened.”
 - 4. He spent the rest of his life teaching the principles of Buddhism-called the Dhamma, or Truth-until his death at age 80.



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“In the sky, there is no distinction of east and west; people create distinctions out of their own minds and then believe them to be true.”

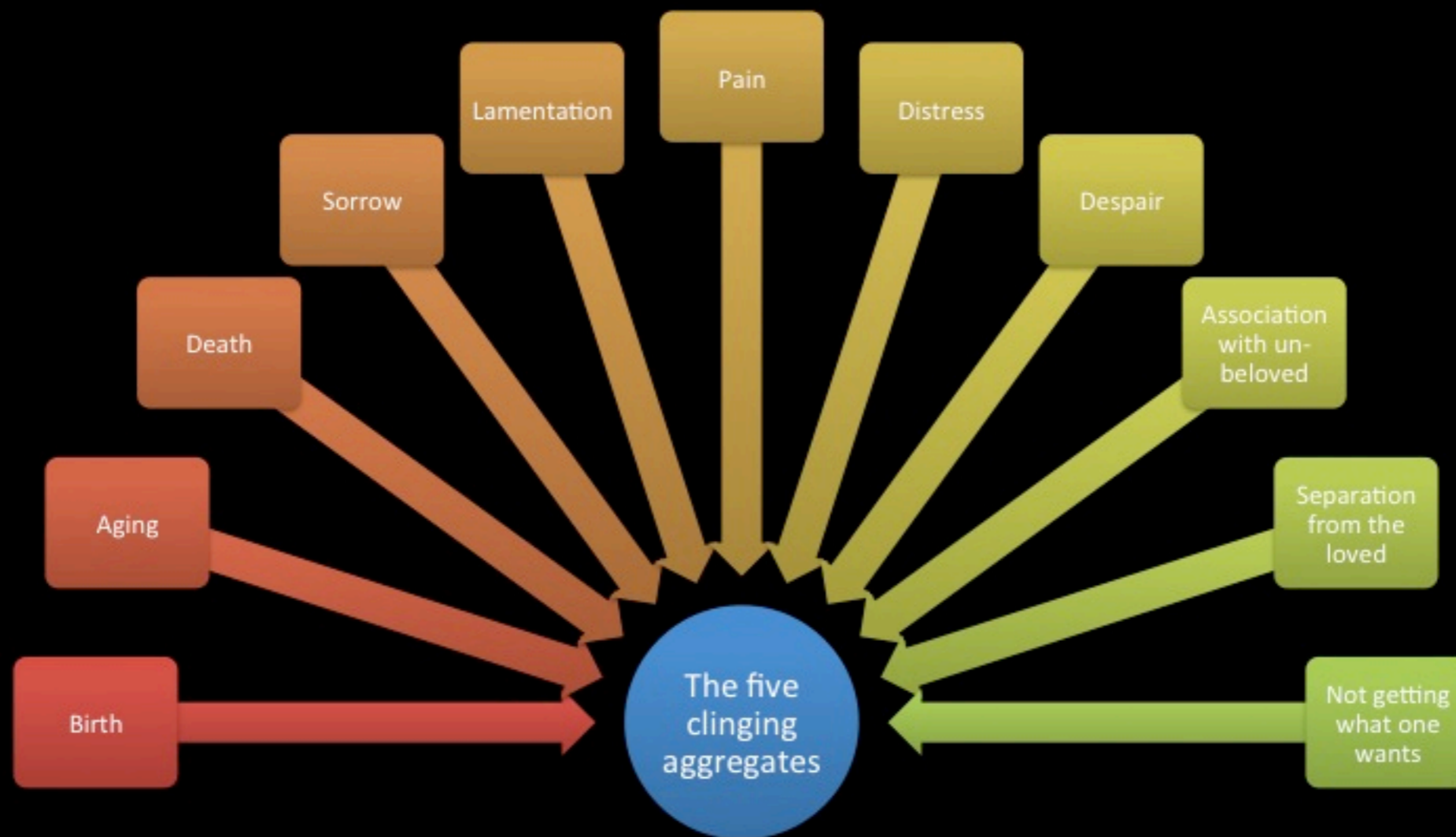
www.QuotesMessages.com

III. THE TEACHINGS OF THE BUDDHA - BASIC CONCEPTS

- A. The Four Noble Truths
 - 1. The First Noble Truth - Life is suffering
 - a. Physical - pain, disease, growing old, & death
 - b. Psychological - loneliness, frustration, fear, anger, disappointment, & embarrassment
 - c. Buddhism explains how suffering is a fact of life, but can be avoided and how you can be truly happy.

The First Noble Truth

The Noble Truth of Stress or Suffering



Dr. Piyal Walpola, Jan. 2012

III. THE TEACHINGS OF THE BUDDHA - BASIC CONCEPTS

- A. The Four Noble Truths
 - 2. The Second Noble Truth - Suffering is caused by craving & aversion
 - a. You will suffer if you expect others to conform to your expectations (wanting others to like you, not getting something you want)
 - b. In other words, getting what you want does not guarantee happiness. Rather than constantly struggling to get what you want, try modifying your wanting.
 - c. Wanting deprives you of contentment & happiness.

Fear is the path to the dark side.

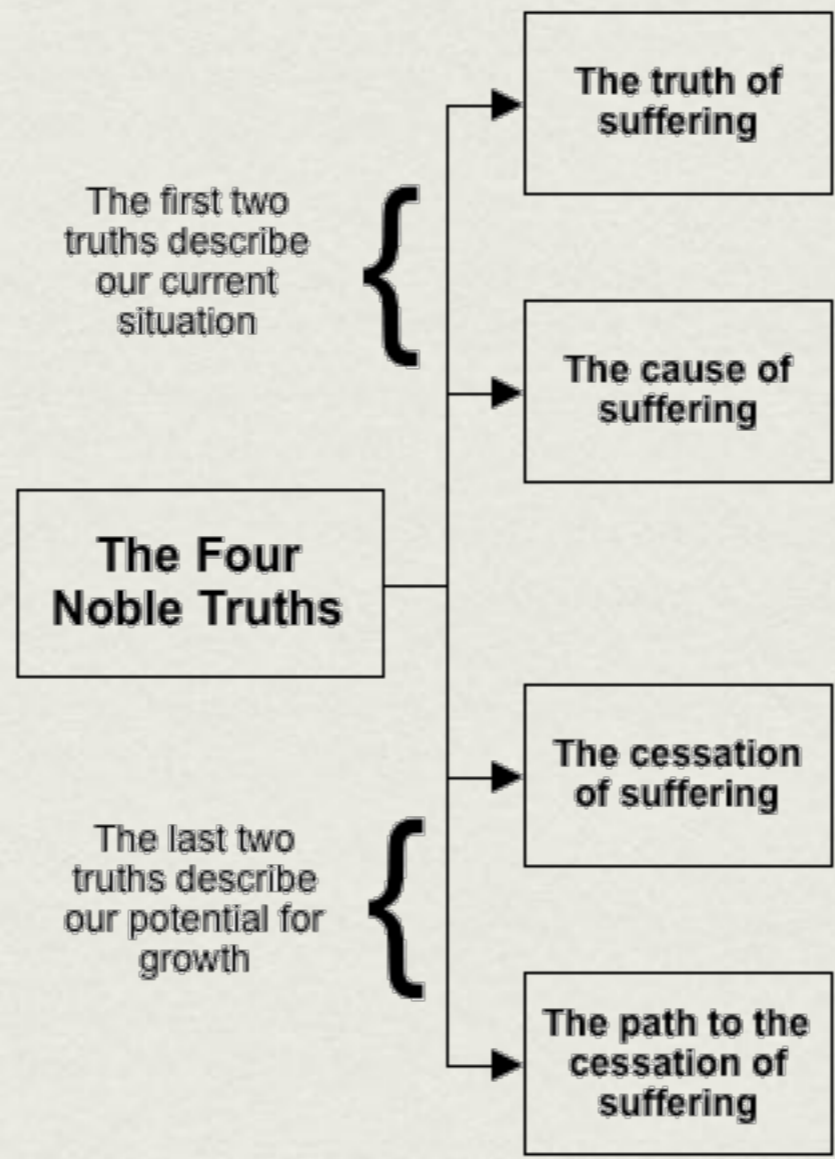


Fear leads to anger. Anger leads to hate.
Hate leads to suffering - Yoda

www.onepartjoyonepartcircus.com

III. THE TEACHINGS OF THE BUDDHA - BASIC CONCEPTS

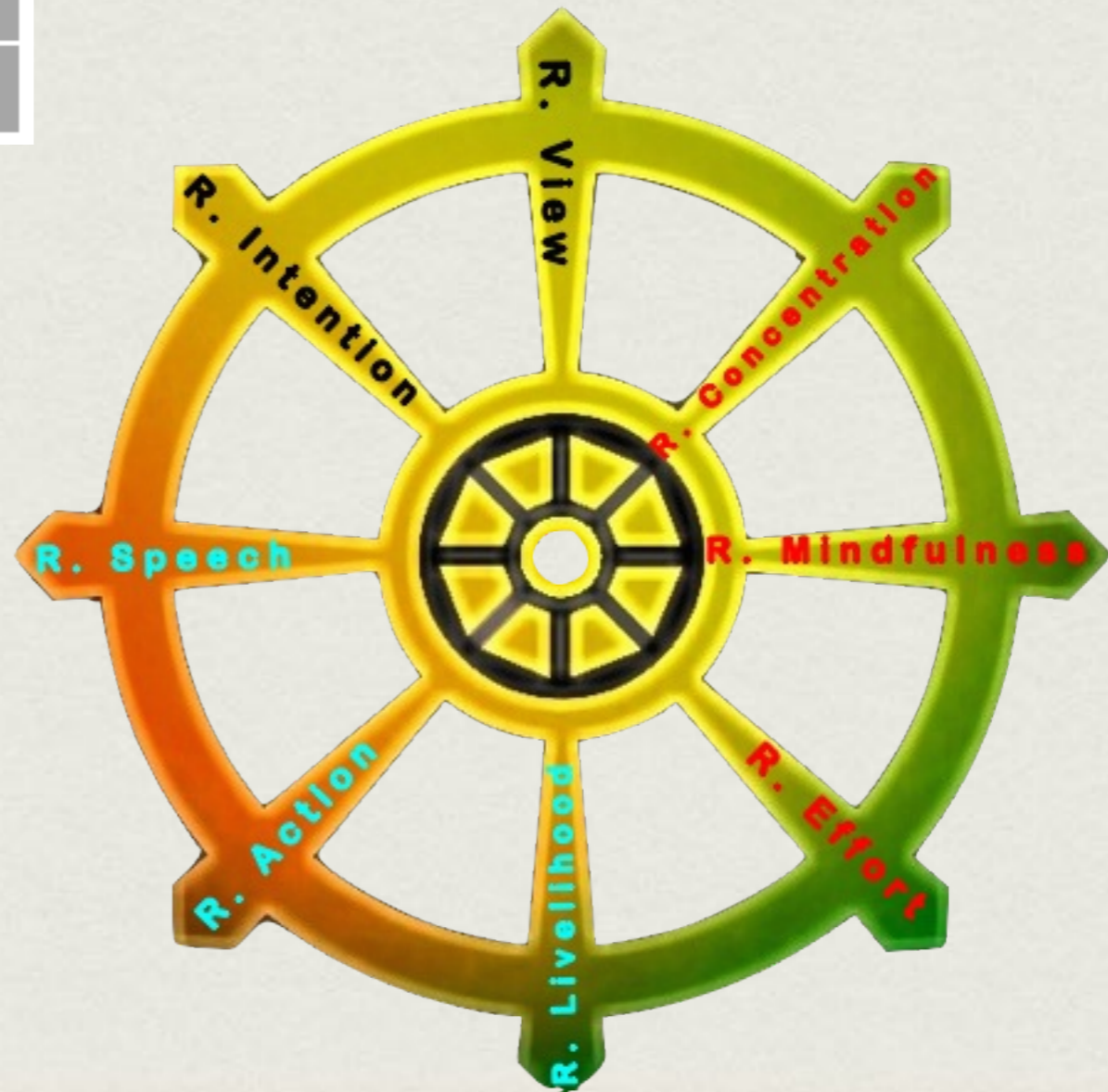
- A. The Four Noble Truths
 - 3. The Third Noble Truth - Suffering can be overcome & happiness can be attained
 - a. If you give up useless craving & live each day at a time (not dwelling in the past or imagined future) then you can be happy & free
 - b. You now have more time & energy to help others.
 - c. This is Nirvana.



III. THE TEACHINGS OF THE BUDDHA - BASIC CONCEPTS

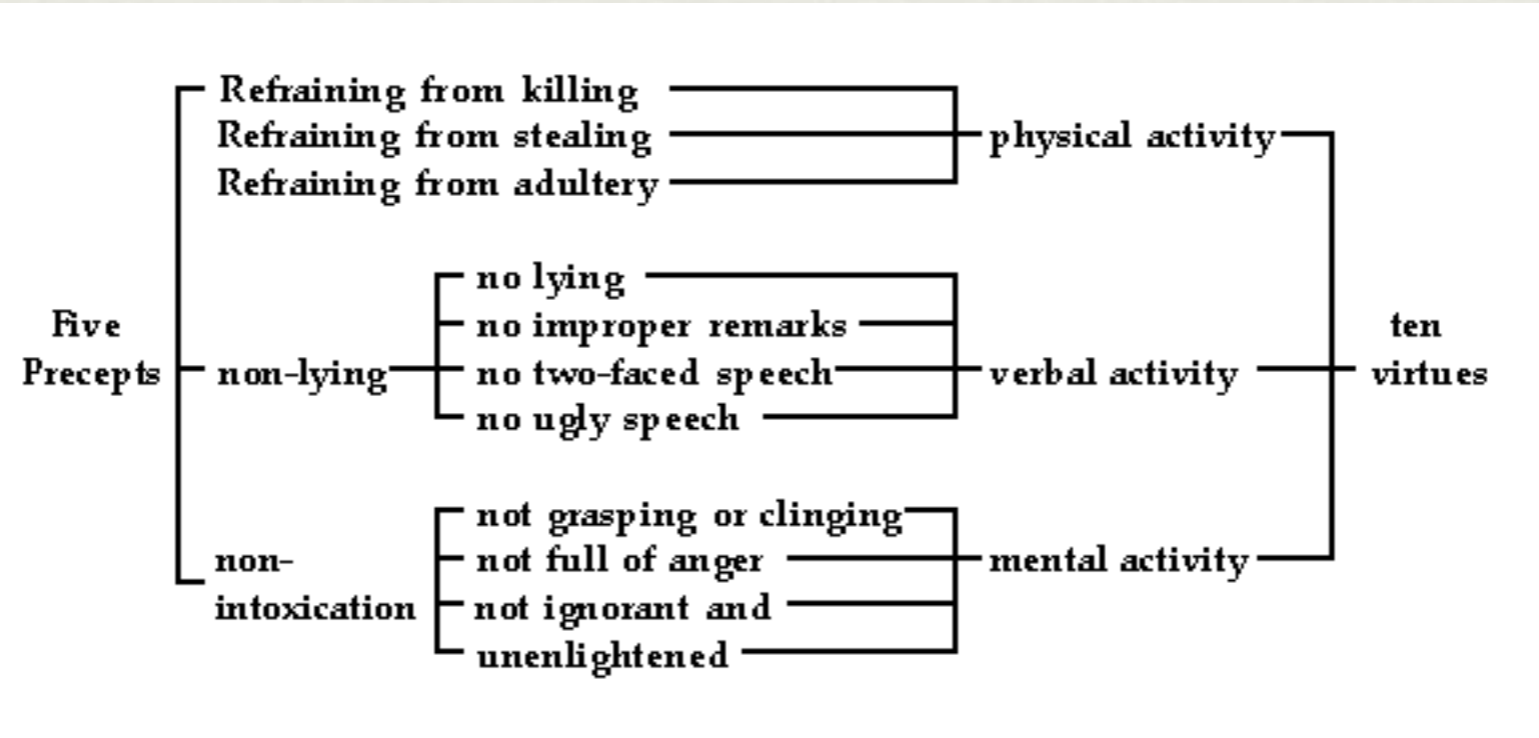
- A. The Four Noble Truths
 - 4. The Fourth Noble Truth - The Noble 8-Fold Path is the path that leads to end of suffering.
 - a. Right View - know the truth (Buddha's wisdom)
 - b. Right Speech - say nothing to hurt others
 - c. Right Concentration - practice meditation
 - d. Right Mindfulness - control your thoughts (of yourself & others)
 - e. Right Action - avoid the 3 evils of the body
 - f. Right Thought - free your mind of the 3 evils of the mind
 - g. Right Effort - never do evil & always do good (to yourself & others)
 - h. Right Livelihood - to gain food, shelter, clothing in a right way

Wisdom	Right View
	Right Intention
Ethical Conduct	Right Speech
	Right Action
	Right Livelihood
Mental Development	Right Effort
	Right Mindfulness
	Right Concentration



III. THE TEACHINGS OF THE BUDDHA - BASIC CONCEPTS

- B. The Five Precepts
 - 1. Do not take the life of anything living.
 - 2. Do not take anything not freely given.
 - 3. Abstain from sexual misconduct & overindulgence
 - 4. Refrain from untrue speech
 - 5. Avoid intoxication lest you lose mindfulness.
 - What do these remind of from other religions?



IV. BUDDHIST RITUALS

- A. Neither mono- nor polytheistic
 - 1. There are no gods in Buddhism. The Buddha never claimed to be a god nor wished to be worshipped as one.
- B. Idolatry
 - 1. Buddhists sometimes pay respect to images of the Buddha, not to worship nor to ask favors.
 - 2. A statue of the Buddha with hands resting gently in his lap & a compassionate smile reminds Buddhists to strive to develop peace & love within ourselves.
 - 3. Bowing to a statue of Buddha is an expression of gratitude for the teaching.



IV. BUDDHIST RITUALS

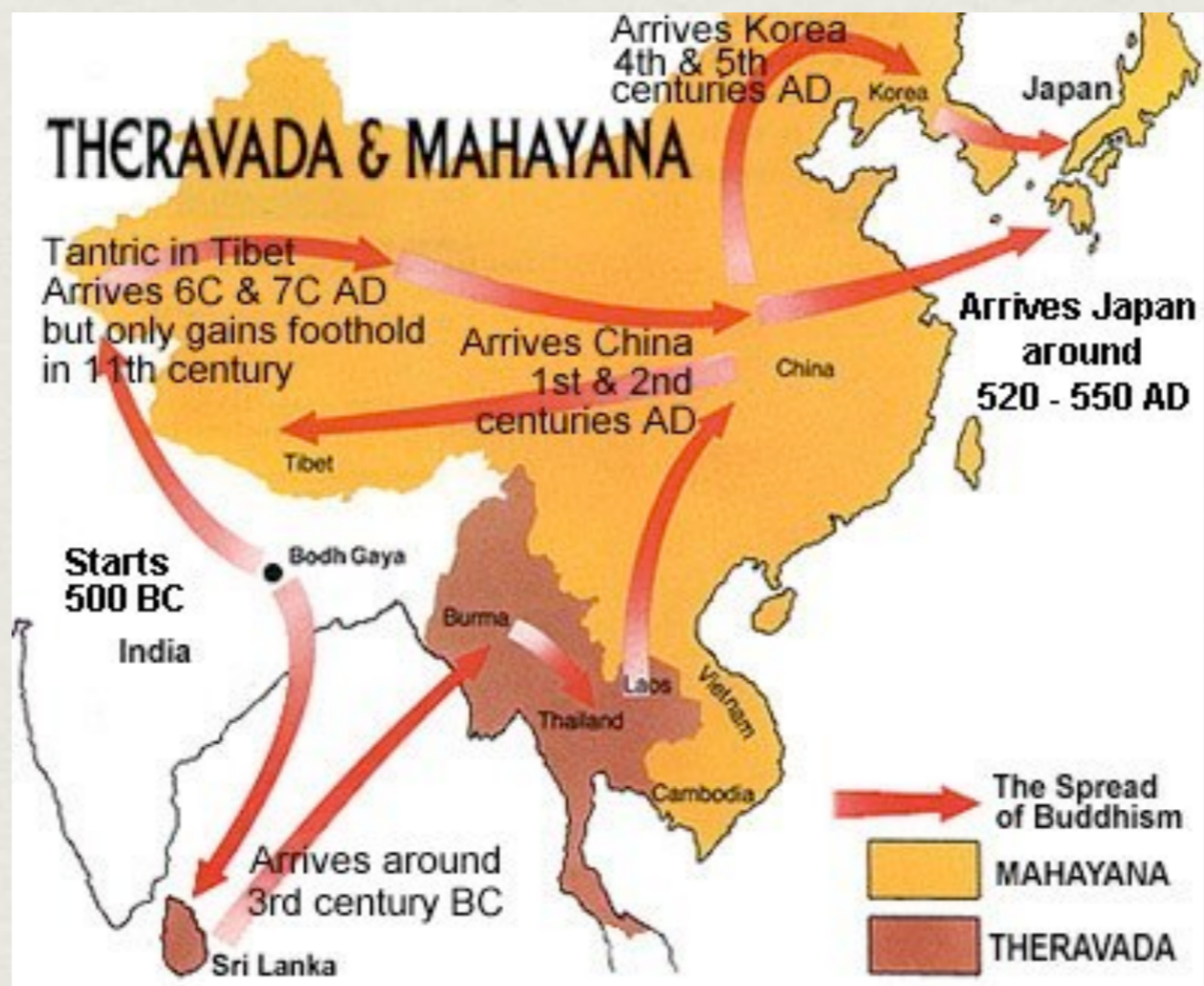
- C. Karma
 - 1. Every cause has an effect (same as Hinduism)
 - 2. This law explains:
 - a. Inequality in the world
 - b. Why some are born handicapped & some are born gifted
 - c. Why some lead a long life & some lead a short life
 - 2. Karma emphasizes the importance of all individuals being responsible for their past & present actions
 - 3. You can test for karmic effect (think before you act) by looking at:
 - a. the intention behind the action
 - b. effects of the action on oneself
 - c. the effect on others

IV. BUDDHIST RITUALS

- D. Gaining wisdom
 - 1. Wisdom should be developed with compassion.
 - 2. Find the “middle path” between being a goodhearted fool, or wise with no emotion.
 - 3. Gaining wisdom requires an open, objective, unbigoted mind.
 - 4. Gaining wisdom requires courage, patience, flexibility & intelligence.
- E. Compassion
 - 1. Includes qualities of sharing, readiness to give comfort, sympathy, concern & caring.

V. DIFFERENT TYPES

A. Theravada: the lesser vehicle	B. Mahayana: the greater vehicle
Buddha is a guide	Buddha is a god
Man is alone in quest for nirvana	Help in achieving nirvana
Nirvana: loss of existence	Nirvana: a paradise
Emphasis on monastic life	Emphasis on laymen
Ritual - meditation	Ritual - prayer
Key virtue: wisdom	Key virtue: compassion
Thailand, Burma, Sri-Lanka	East Asia



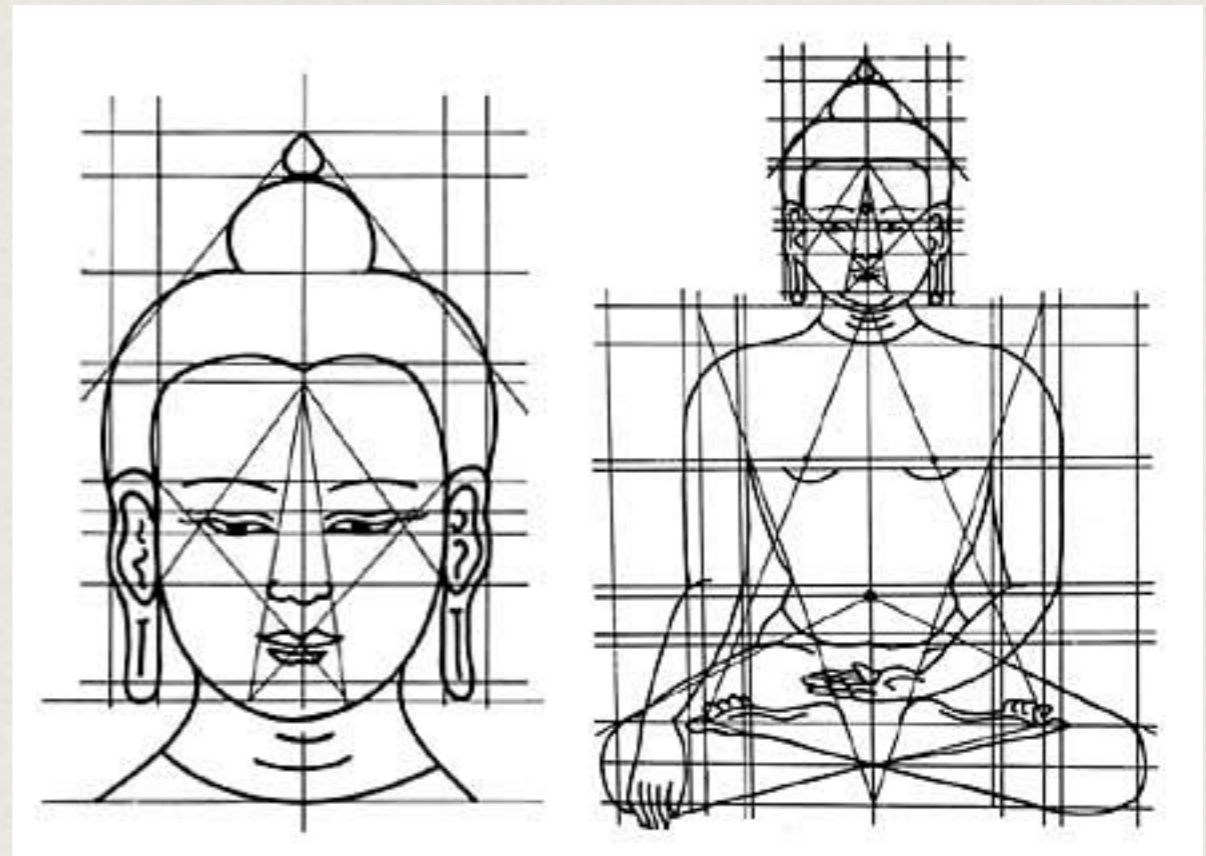
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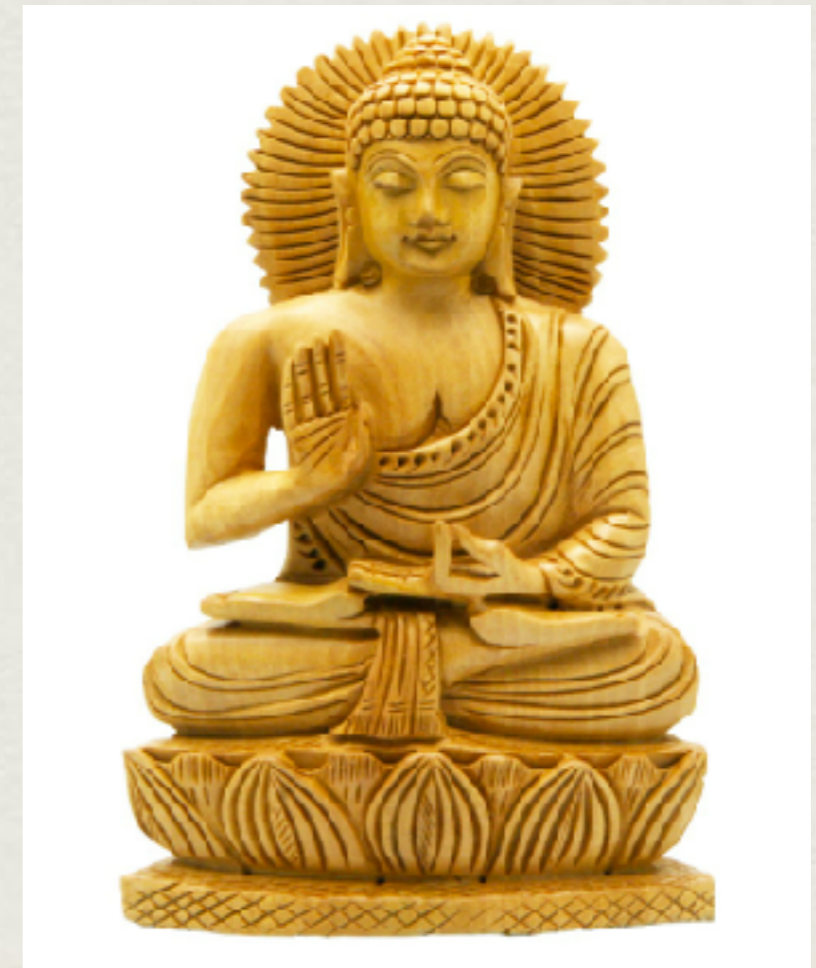
- C. Tibetan
 - 1. Leader - Dali Lama
 - 2. Four principle schools
 - a. ancient
 - b. scholastic
 - c. oral tradition
 - d. tradition of virtue
- D. Zen - focus is on the inner self; meditation



VI. ART & ARCHITECTURE

- A. The Buddha image
 - 1. Harmony of physical proportions



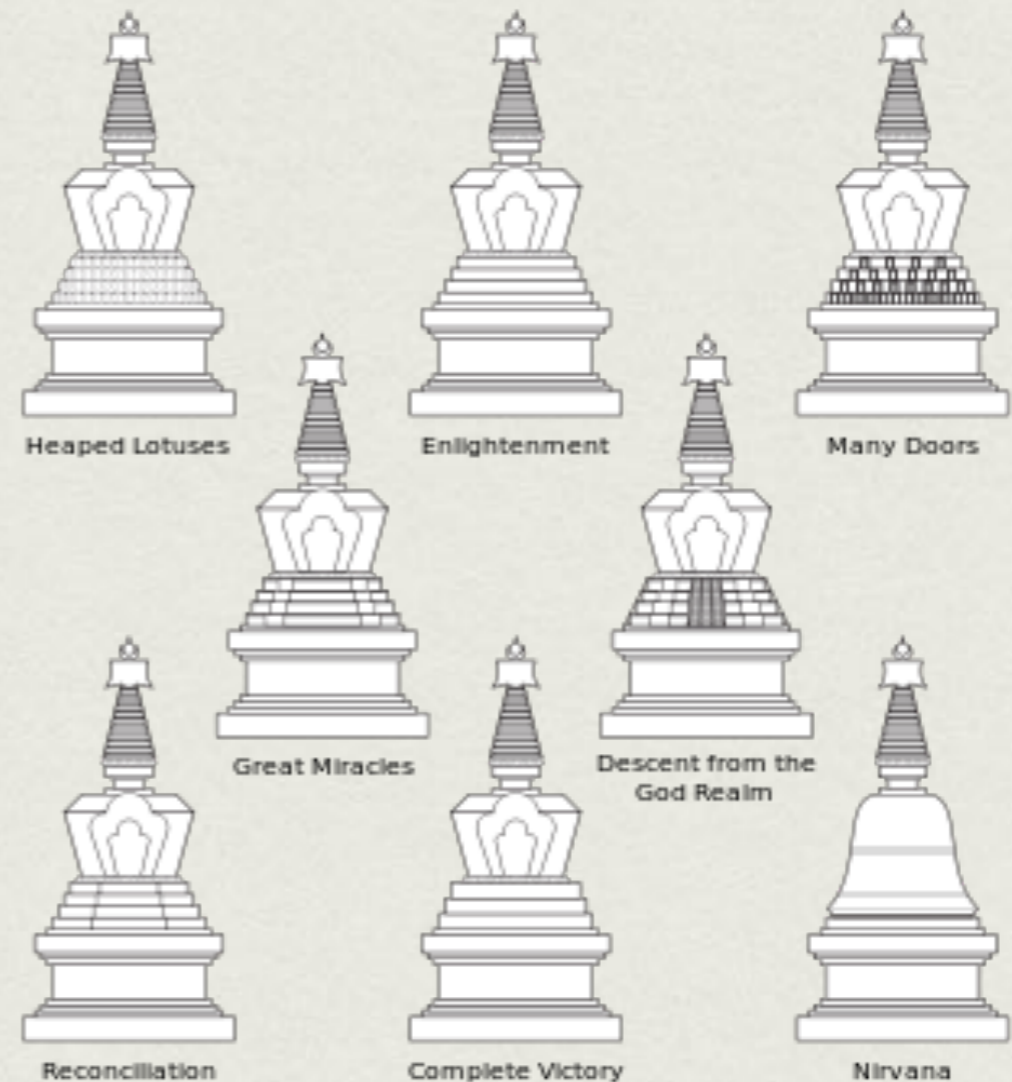




https://www.youtube.com/watch?v=ga5s_qYgJS8

VI. ART & ARCHITECTURE

- B. Buddhist Temples:
stupas & wats
- 1. Stupa - contain relics, ashes of monks, place for meditation
 - a. Eight stupas in Tibetan buddhism; each commemorate major events in the Buddha's life





VI. ART & ARCHITECTURE

- B. Buddhist Temples: stupas & wats
 - 2. Wats - monastery temple
 - 3. Mainly in Thailand & east Asia



Angkor Wat - Thailand

