



# Buddhism

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Teachings of the  
Awakened One

# How did it start?

- ◆ Began in the 5<sup>th</sup> Century in India/Nepal.
- ◆ Siddhartha Gautama (prince) questioned his sheltered life.
- ◆ Left his palace and saw suffering.
- ◆ Contemplated. Led to meditation which led him to truths of basic beliefs.
- ◆ He reached nirvana or enlightenment.





## 3 Universal Truths-Changing

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1. Everything in life is impermanent and always changing.
  2. Because nothing is permanent, material things can't make you happy.
  3. There are no unchanging parts of ourselves; we are a collection of changing characteristics and attributes.
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## 4 Noble Truths-Suffering:

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Teachings of Buddha as a prescription for daily woes

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1. Human Life has much of suffering.
  2. The cause of suffering is greed/desire.
  3. There is a cure to suffering.
  4. The way to end suffering is to follow the Middle Path.
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# The Middle Path (Eight Fold Path)- Avoiding Extremes

1. Right Viewpoint: Realizing the 4 NTs
2. Right Values: Mental/Ethical Growth
3. Right Speech: Speak in truthful, non-hurtful, non-exaggerated way
4. Right Action: Wholesome, non-harmful
5. Right Livelihood: Non-harmful to self/others
6. Right Effort: Effort to improve
7. Right Mindfulness: Seeing things for what they are with a clear consciousness
8. Right Meditation: State where one reaches enlightenment (nirvana) and the ego disappears



## 5 precepts: Rules for a happy life

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1. Refrain from taking life.
  2. Refrain from taking what is not given.
  3. Refrain from immoral conduct.
  4. Refrain from lying.
  5. Refrain from intoxicants.

All help achieve a relaxing meditation.



# Sacred Text

- ◆ Buddha's words written: Tripitaka





# Karma/Nirvana

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- ◆ Karma: One's actions in one life will determine his/her well-being in the next.
  - ◆ Nirvana: When the soul is free from worldly desires.
  - ◆ Once one reaches nirvana, s/he has become a Buddha-enlightened one.
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# Meditation

- ◆ Calm peaceful reflection. Usually no movement, body relaxed, eyes often closed. Buddhist believe this helps to attain nirvana.



# Buddhist Temples



1. Tibet



2. Thailand

# Buddhist Monks

