

Chapter 1 : Buddhism

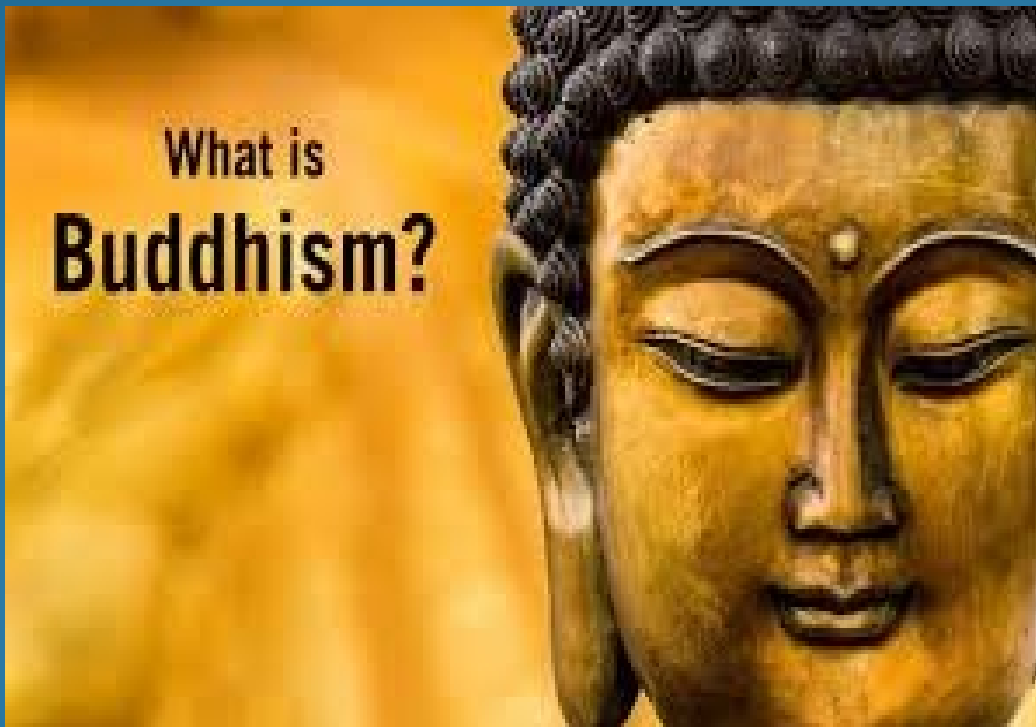
Buddhism is one of the world's largest religions and originated 2,500 years ago in Nepal, where Buddha was born.

Buddhists believe that human life is a cycle of suffering and rebirth, but that if one achieves a state of enlightenment (nirvana), it is possible to escape this cycle forever.

In a wheel of rebirth, where souls are born again into different bodies depending on how they conducted themselves in their previous lives. This is connected to “karma,” which refers to how a person's good or bad actions in the past or in their past lives can impact them in the future.

Chapter 1 : Buddhism

Lord Buddha is viewed as a great teacher. There is no GOD but the spiritual development and attainment of the true life.



OVERVIEW

- HISTORY OF LORD BUDDHA
- HIS EARLY LIFE
- HIS ENLIGHTENMENT
- HIS LATER LIFE
- HOLY DAYS
- HIS BASIC TEACHING
- BRANCHES OF BUDDHISM



The Story of the Buddha

<https://youtu.be/wbDNITXatp4>



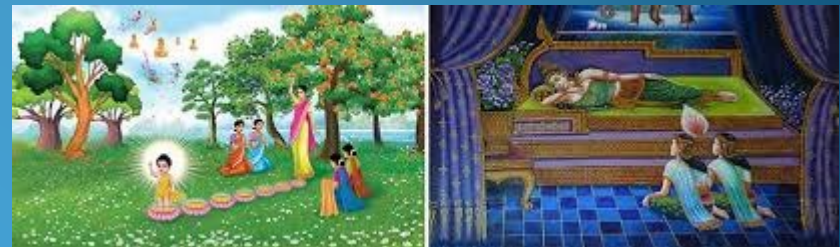
Reflection

- After watching the VDO, what are moral values you like and want to apply onto your life?
- Explain and give examples

HIS BIRTH PLACE

AT LUMBINI, NEPAL
HE WAS BORN WITH
FOUR MIRACULOUS STORIES:

1. HE EMERGED FROM THE MOTHER'S SIDE W/O CAUSING ANY PAIN.
2. THE EARTH SHOOK.
3. HE WAS SHOWERED WITH WATER.
4. HE STOOD UP AND WALKED SEVEN STEPS.



HIS EARLY LIFE

HIS STATUS : A member of “SAKYAS” clan, The second of four Indian caste. This is a warrior caste.

HIS GIVEN NAME : “Siddhartha Gautama meaning “the one who has achieved his aim”.

HIS PARENTS : King Suddhodana and Queen Maya
They raised him up as a Hindu. He was expected to succeed his father but the astrologers predicted he would be either a universal monarch or a monk.

At 16, he married to “Yasodhara” and at 29 he got a son, “Rahula”.

His 4 visions outside

By the chariot outside his palace, he experienced 4 visions :

1. Seeing disturbed elderly,
2. Seeing a depressed man with advanced diseases
3. Having a spot on a grieving family carrying the corpse to the cremation site
4. Seeing religion mendicant (kind of beggars) who led the life of meditation.

Finally, he followed the path of the mendicant, he left his wife and all to find the solution to those sufferings. Believing that the renunciation of life can lead him to the life of an ascetic : the life of severe discipline, fasting and pray.



SEEKING TO THE SOLUTION

1. Firstly, he tried “Meditation”. He learned to be more conscious to face problems.
3. Then, he joined a group of students as “Bhramanism”, he practiced breath control, fasted intensely nearly to starvation, and refusing water which produced series of discomfort.
3. At last, he practiced “Middle way” as a state of freedom and liberation from suffering which was defined as moderation and meditation.



The Middle Way

This idea meant that neither extreme asceticism or extreme wealth were the path to enlightenment, but rather, a way of life between the two extremes.

In a state of deep meditation, he achieved enlightenment, or nirvana underneath the Bodhi tree (the tree of awakening). The Mahabodhi Temple in Bihar, India—the site of his enlightenment—is now a major Buddhist pilgrimage site.

Attaining the Enlightenment



At 35, he seated under “Bohdi” tree and experienced these spiritual breakthrough.

1. he recalled the events of his previous life / reincarnations in details.
2. he saw good and bad deeds that many living beings performed led to the subsequent of the reincarnation into the next life.
3. he progressed beyond spiritual defilements. He would never be reincarnated again.

During the enlightenment

He had to overcome the threats of “Mara”, an evil demon, who challenged his right to become the Buddha. After the spiritual breakthroughs, he attained the enlightenment.



After the enlightenment

He is the awakening one proclaiming “Dharmma”, his teaching to other human beings. He came across the five ascetics he had practiced with for so long, gave them the first sermon . The five accepted his teaching and were ordained as monks . After the second sermon, they were enlightened. They became “Arhaants or saints”.

Three jewels of Buddhism are :

1. Buddha
2. Dharmma or teaching
3. Sangha or Monk



His later life

1. He preached people and wandered for miles till death at 80 in Kusinara.
2. He did not have any successor.
3. His teaching, Dharma and his code of rules for monks, Vinaya were sufficient guide.
4. Later on, his teaching was collected in written form. This is “Tripitaka”.

His final words before Buddha death



“The world is afflicted by death and decay. But the wise do not grieve, having realized the nature of the world.” —The Buddha

realbuddhaquotes.com

Buddhist Belief/teaching

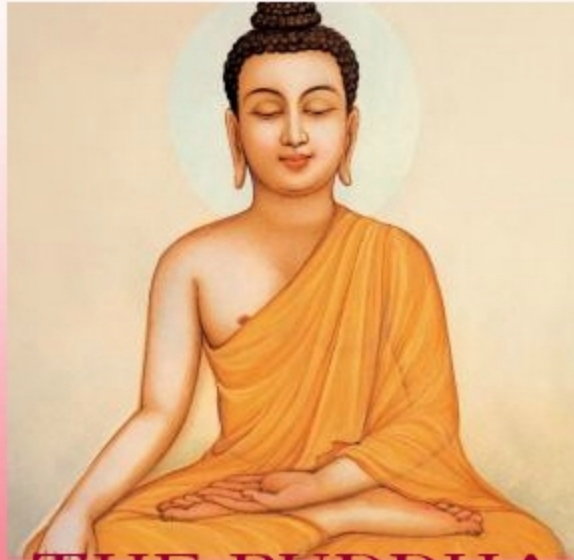
1. People are suffering due to the fires of greed, delusion and hatred.
2. Impermanence, suffering and uncertainty are three signs of human existence.
3. Law of KARMA is the law of moral causation.
Every action you take, there will be a reaction in the future.
Good actions/ thoughts and words in life is good karma, then you will be born into a better life in the next incarnation. A sinner with an immoral life maybe born as a poor person or as an animal in the next life.
4. Suffering beings are reincarnated again and again.

Criterion of Morality

- Morality is the path to attain Buddhahood. It is rational and practical mode based on verifiable facts and individual experiences.
- Bad deeds entail suffering. A deed you do harms yourself and others.
- Good deeds entails happiness. A deed you is good to yourself and others.
- Morality is a means to an end, but not an end itself.

NOT THE SAME PERSON

(although their pictures & statues are often thought by many Westerners to be of the same person)



THE BUDDHA

Name: Siddhartha Gautama

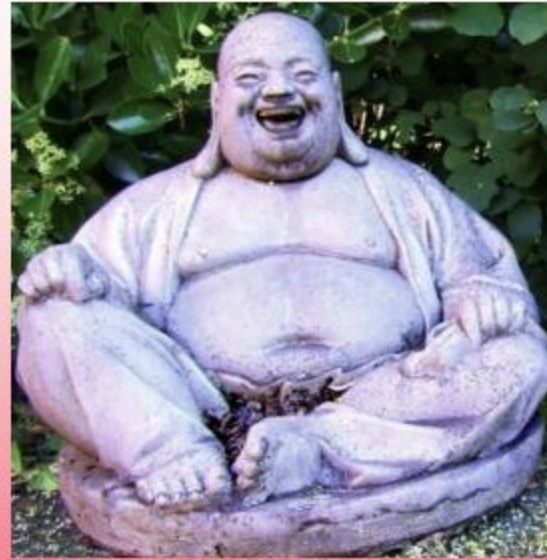
From: India

Lived: 2,600 years ago

Role: Hindu prince turned ascetic turned
Spiritual Teacher & founder of Buddhism

"BUDDHA" means "THE

AWAKENED or ENLIGHTENED ONE"



THE LAUGHING BUDDHA

Name: Known as Budai or Pu-tai

From: China

Lived: 1,100 years ago

Role: Eccentric Buddhist monk of legendary
generosity & joviality

"BUDAI" means

"CLOTH SACK"

Three important holy days

1. **Vesak (Buddha Day)** is the birthday of the Buddha and the most important festival in Buddhism. On the first full moon day in May, Buddhists all over the world celebrate the birth, enlightenment and death of the Buddha in a single day.



HAPPY VISAKHA PUJA

Commemorating the Birth, Enlightenment & Mahaparinibbana of our Lord Buddha

Three important holy days

2. **Dhamma Day (Asalha Puja Day)** is observed on the full moon day of the eighth lunar month (July). It commemorates the "turning of the wheel of the Dharma" - the Buddha's first sermon - at the Sarnath Deer Park.



Three important holy days

3. Sangha Day (Magha Puja Day or Fourfold Assembly Day) commemorates the Buddha's visit to Veruvana Monastery in the city of Rajagaha, when 1,250 arhants are said to have spontaneously returned from their wanderings to pay their respects to the Buddha. Sangha Day is celebrated on the full moon day of the third lunar month (March). The four fold assembly means:

1. All 1250 are arahants.
2. They were ordained by the Buddha.
3. This assembly happens without the prior call.
4. It was the full moon of Magha month.

Cultivating faith in Triple Gem (Buddha, Dharma and Sangha)

- The days Buddhists realize Buddha's teachings to eliminate defilements such as hatred, lust, delusion so this can lead to the cessation of suffering.
- To recall and respect the virtues of Buddha, Dharma and Sangha, Buddhists join religious activities.
- Practicing Dharma, making merits, visiting temples, chanting, performing rituals are observed.
- Buddhists physically and mentally bow down three times to pay deep respect to Triple Gems. Parts of the body touch the ground in front of the Buddha image.

Practices



Basic Buddha Teaching for All

- Five Buddhist precepts



Sila or Precepts

- It holds great significance because it serves the first step towards reaching Nirvana. It leads to mindfulness which in turns nurtures wisdom.
- Observing moral precepts is crucial in the life of a Buddhist.

Five Precepts

1. Refrain from taking life (killing)
2. Refrain from taking what is not given (stealing)
3. Refrain from sexual misconduct, adultery
4. Refrain from false, harsh, or idle speech
5. Refrain from mental intoxicants

Corresponding Virtues

Reverence for life,
compassion, loving kindness

Generosity, contentment with
what one has, non-
attachment

Faithfulness to spouse,
commitment, responsibility,
self-restraint

Truthfulness, justness,
sincerity, compassion

Mental clarity, mindfulness

Eight precepts

- 6. Refrain from taking food after midday —→ to have less time on meal and more time on meditation
- 7. Refrain from indulging in songs, dances, etc. and the uses of ornaments —→ not be distracted by sensual pleasures
- 8. Refrain from using a high bed —→ to have a simple way of life

A lay Buddhist experiences a life simplicity with minimum luxuries. Be mindful, and peaceful.

Reflection of 5 precepts

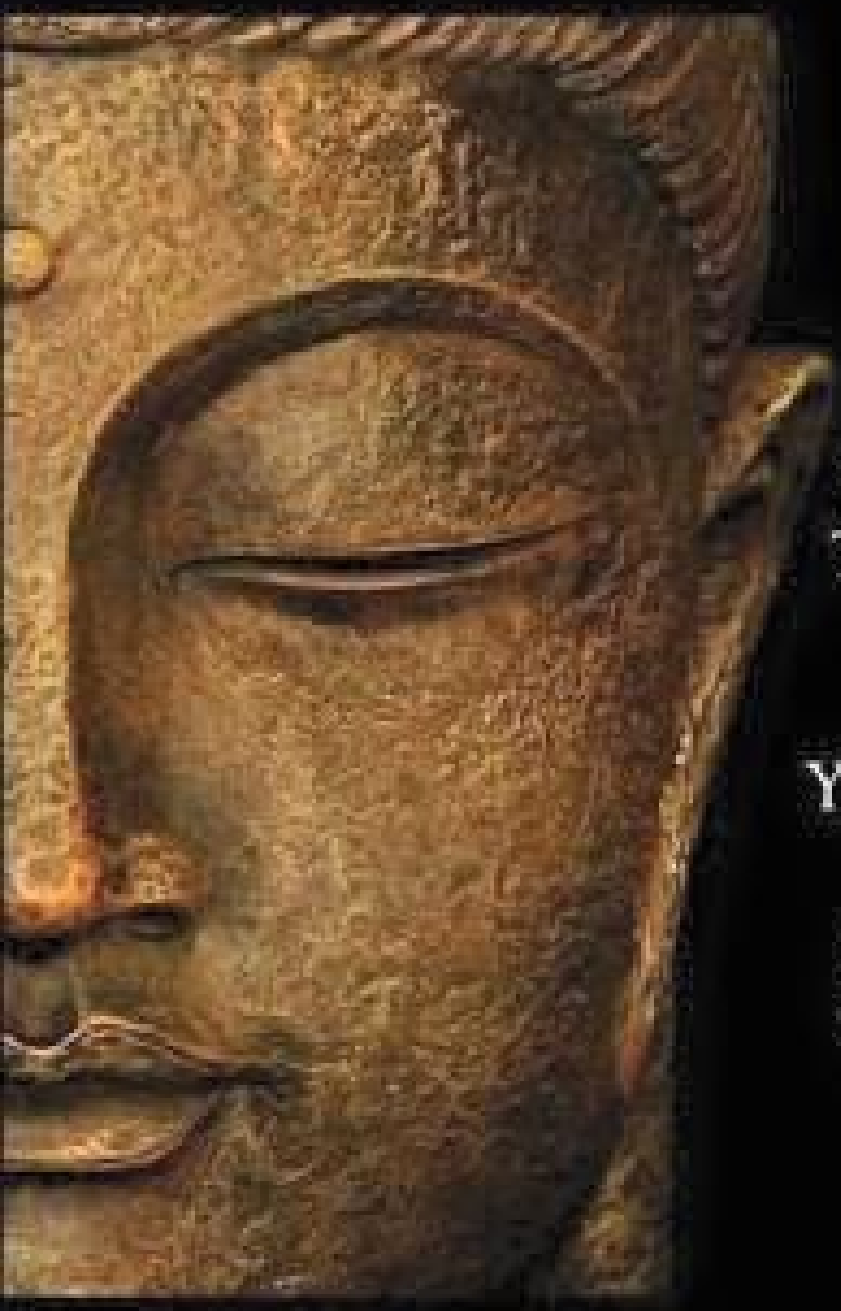
Precepts	The effects on myself and others	examples
Do not kill		
Do not steal		
Do not have sexual misconduct		
Do not lie		
Do not take intoxicant		

Vocabs

- Renunciation of life
- Asceticism
- Refrain
- Reincarnation
- Adultery
- Karma

Branches of Buddhism

1. **Theravada** is the dominant form of Buddhism in Thailand. Pali scripture is practiced. This upholds the monastic path and adheres to the oldest surviving recorded sayings of the Buddha. The teachings had been transmitted orally, and concern arose that original texts must be preserved.
2. **Mahayana** uses Chinese scripture and this is practiced in South East Asia. This proclaimed the possibility of universal salvation, offering assistance to practitioners in the form of compassionate beings called bodhisattvas.
3. **Tibetan** is found in China, Bhutan, Nepal and Mongolia.



KARMA

"When a bird is alive. It eats Ants.
When the bird is dead..Antseat the bird..
Time & Circumstances can change at any
time.

Don't devalue or hurt anyone if life.
You may be powerful today. But remember.

Time is more powerful than you!
One tree makes a million match sticks....
Only one match stick is needed to burn a
million trees.

So be good and do good.."