

Reincarnation: Hinduism and Buddhism

All humans eventually seek knowledge or closer as to what happens next, where we came from, and/or why we exist. Some people turn to religion to answer these questions. In Hinduism and Buddhism you are reincarnated and use your life to earn merit for a better rebirth. When you die you go to Samsara where if you are bad you are tortured then reincarnated as something symbolic with what you did, if you are good then you are rewarded with a better reincarnation.

All humans grow old and get sick and eventually die. They must live with constant change and make choices and endure the consequences. All humans will also try to make sense of it all, make good choices, and try to live together in peace and prosperity, to seek peace, bliss, and escape from suffering. These are also some of the reasons why people turn towards religion.

In Hinduism and Buddhism the best way to live is practices such as meditations to better yourself and to forgo your fears, ego, and selfishness. Since we are all the universe we are all connected to each other and everything so anything you do you do to yourself. Almost all boys become monks to earn merits, older monks work to achieve nirvana. Monks live in a monastery and get food from people who then receive blessings and prayers. Nirvana is something you achieve by eliminating the ego, it is an enlightenment.

Overall, in Hinduism and Buddhism, you are the universe so we are all connected. You want to be kind and treat others well so you can earn merits for a better rebirth. A lot of boys become monks to earn merits for their family. Due to the illusion of separation we have created the self. Methods such as meditations are used to eliminate the ego, move past fears and selfish desires; because the real you is the universe.