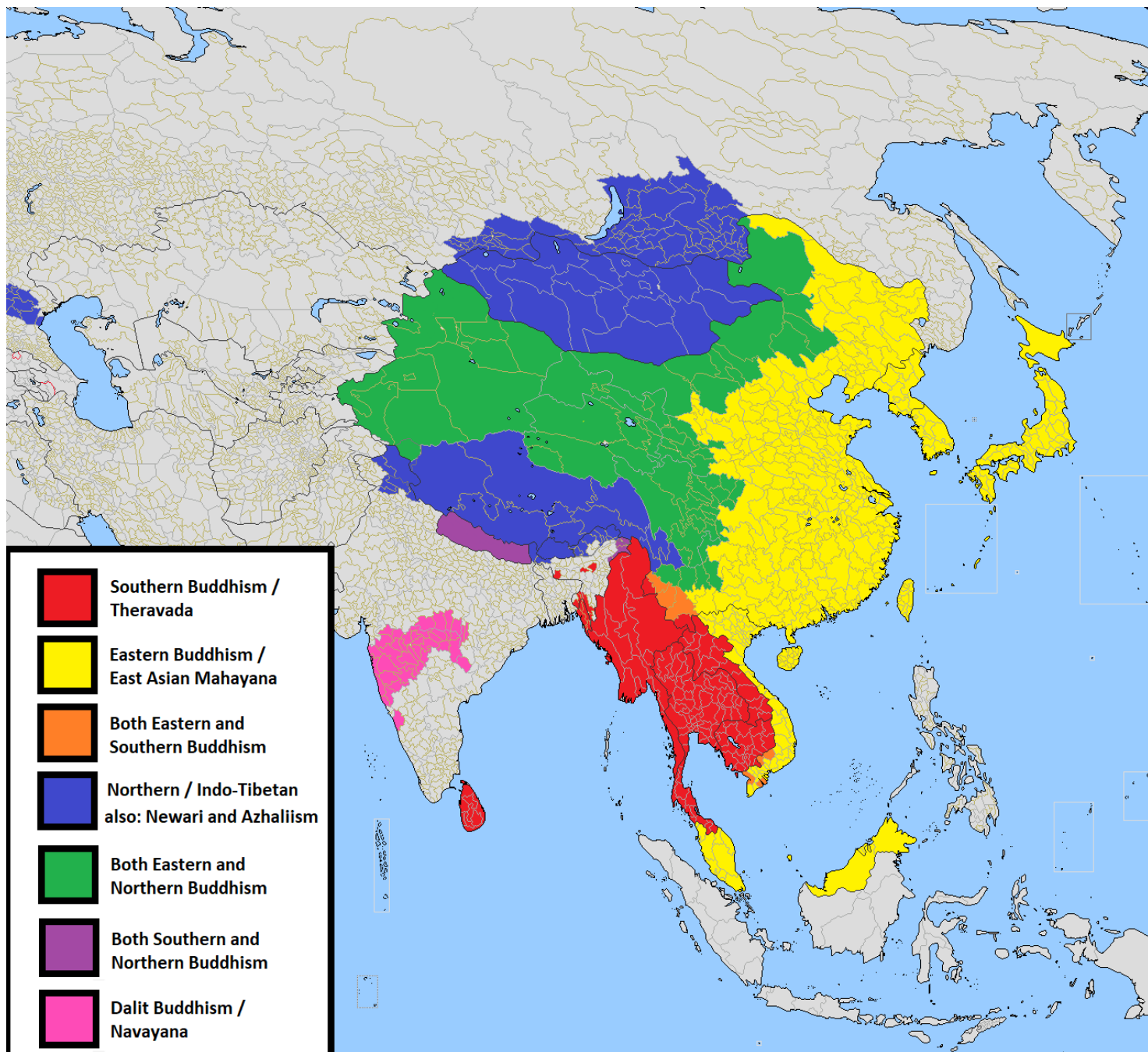


Buddhism



BUDDHISM

- Indian religion based on a series of original teachings attributed to Gautama Buddha.
- Originated in ancient India as a Sramana tradition sometime between the 6th and 4th centuries BCE, spreading through much of Asia.
- It is the world's fourth-largest religion with over 520 million followers, or over 7% of the global population, known as Buddhists.
- Buddhism encompasses a variety of traditions, beliefs and spiritual practices largely based on the Buddha's teachings (born Siddhārtha Gautama in the 5th or 4th century BCE) and resulting interpreted philosophies.
- Two major extant branches of Buddhism are generally recognized by scholars: Theravāda (Pali: "The School of the Elders") and Mahāyāna (Sanskrit: "The Great Vehicle").



WHAT IS SRAMANA TRADITION?.

- Sramana (sanskrit) Samana in Pali means “seeker” or person who strives.
- He abandoned his home to lead a life of wondering and beginning.
- He devoted himself to controlling and limiting his desires, practicing Yoga and performing severe religious austerities in the forest to escape death.

There was a new type of vision with above appearances is called Sramana Tradition.



BASIC TENANTS OF BUDDHISM

As expressed in the Buddha's Four Noble Truths, the goal of Buddhism is to overcome suffering (*duḥkha*) caused by desire and ignorance of reality's true nature, including impermanence (*anicca*) and the non-existence of the self (*anattā*).

Most Buddhist traditions emphasize transcending the individual self through the attainment of Nirvana or by following the path of Buddhahood, ending the cycle of death and rebirth.

Buddhist schools vary in their interpretation of the path to liberation, the relative importance and canonicity assigned to the various Buddhist texts, and their specific teachings and practices.

Widely observed practices include taking refuge in the Buddha, the Dharma and the Sangha, observance of moral precepts, Buddhist monasticism, Buddhist meditation, and the cultivation of the Paramitas (perfections, or virtues).



THE FOUR NOBLE TRUTHS

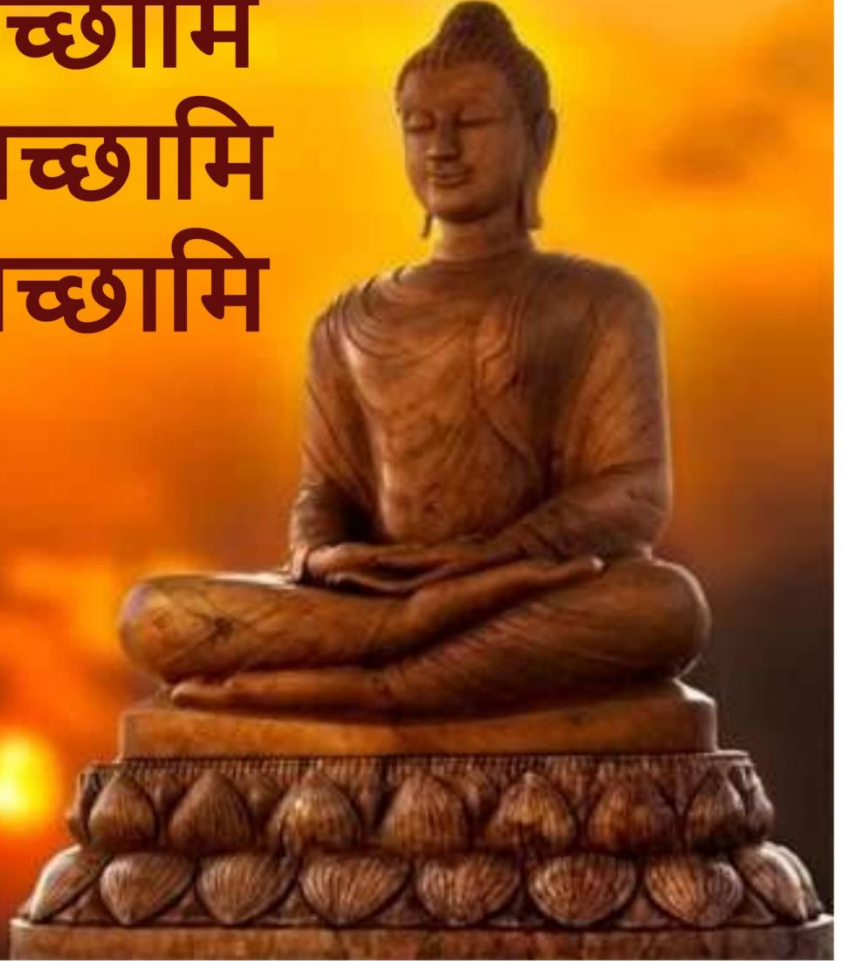
Buddha's Four Noble Truths:

- 1. Life has inevitable suffering*
- 2. There is a cause to our suffering*
- 3. There is an end to suffering*
- 4. The end to suffering is contained in the eight fold path*

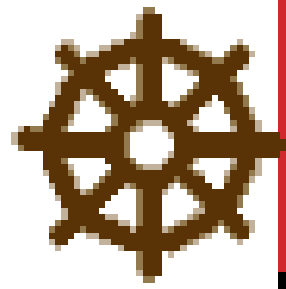
Nirvana - Liberation



बुद्धं शरणं गच्छामि
संघं शरणं गच्छामि
धम्मं शरणं गच्छामि



THE "THREE JEWELS" OF BUDDHISM



Buddha ~ the teacher



Dharma ~ the teachings



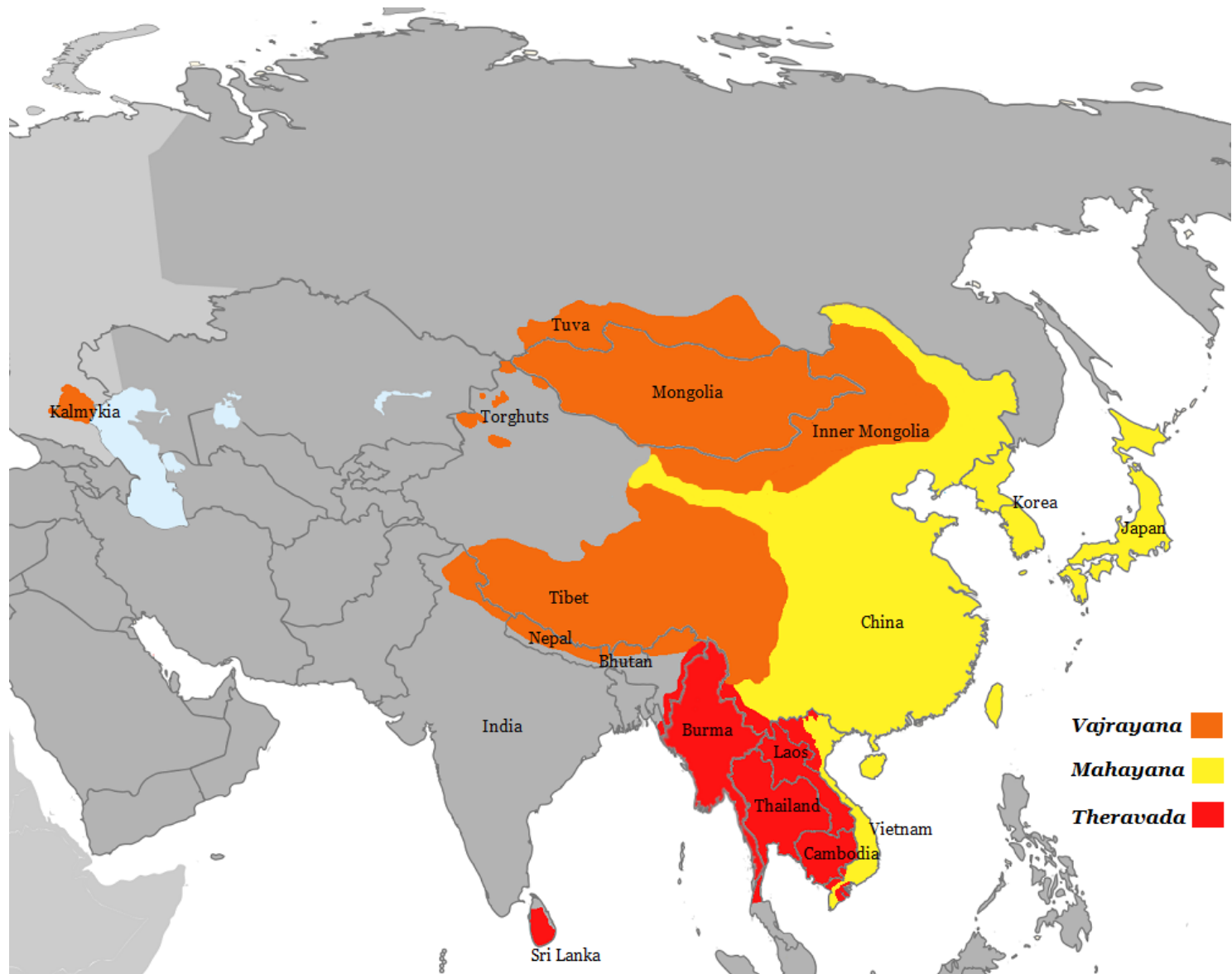
Sangha ~ the community

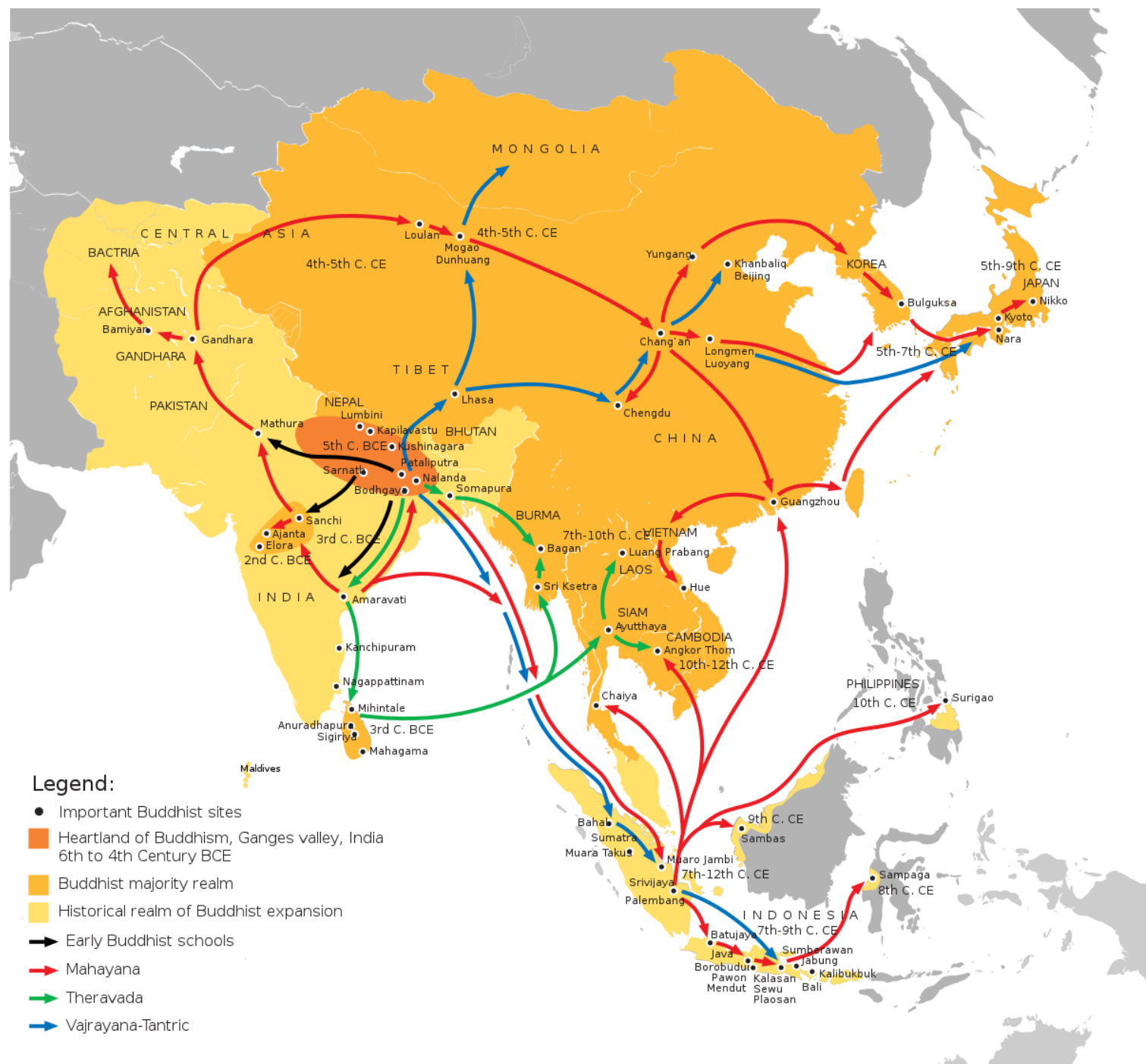
THE SPREAD OF DIFFERENT BUDDHIST SCHOOLS

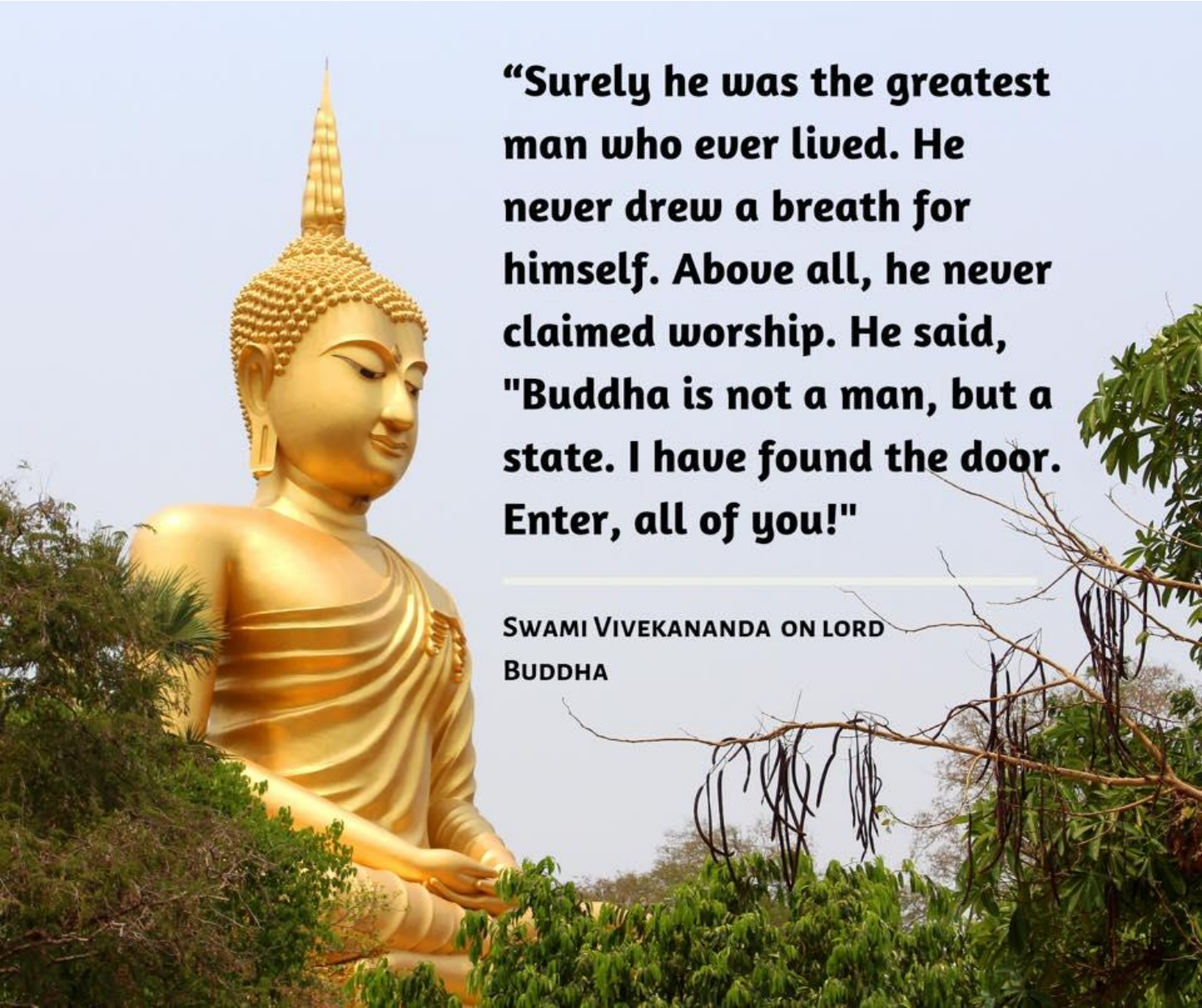
Theravada Buddhism has a widespread following in Sri Lanka and Southeast Asia such as Cambodia, Laos, Myanmar and Thailand. Mahayana, which includes the traditions of Pure Land, Zen, Nichiren Buddhism, Shingon and Tiantai (Tendai), is found throughout East Asia such as China, Japan, Korea, Vietnam, Taiwan and Singapore.

Vajrayana, a body of teachings attributed to Indian adepts, may be viewed as a separate branch or as an aspect of Mahayana Buddhism.

Tibetan Buddhism, which preserves the Vajrayana teachings of eighth-century India, is practised in the countries of the Himalayan region, Mongolia, and Kalmykia







"Surely he was the greatest man who ever lived. He never drew a breath for himself. Above all, he never claimed worship. He said, "Buddha is not a man, but a state. I have found the door. Enter, all of you!"

**SWAMI VIVEKANANDA ON LORD
BUDDHA**

Thus spoke Vivekananda



All my life I have been very fond of Buddha. I have more veneration for that character than any other— that boldness, that fearlessness, and that tremendous love! He was born for the good of men. Others may seek God, others may seek truth for themselves; he did not even care to know truth for himself. He sought truth because people were in misery. How to help them, that was his only concern. Throughout his life he never had a thought for himself.

Buddha was the great preacher of equality. Every man and woman has the same right to attain spirituality—that was his teaching.

WHO WAS THE BUDDHA?



Born Siddhartha Gautama – of noble caste in India, 563 B.C.E.

Raised in great luxury to be a king

Empathy for the suffering of others; at age 29 rejected the life of luxury to seek enlightenment and the solution to suffering

Followed a strict ascetic lifestyle for six years

Rejected this extreme, sat in meditation, achieved *Nirvana* – an awakening to the truth about life, becoming a Buddha, the “Awakened One” at the age of 35

Spent the remaining 45 years of his life teaching others how to achieve the peace of mind he had achieved

WHAT DID THE BUDDHA TEACH?



The Four Noble Truths:

To live is to suffer

The cause of suffering is self-centered desire & attachments

The solution is to eliminate desire and attachment, thus achieving *Nirvana* (“extinction”)

The way to *Nirvana* is through the “Eight-Fold Path”

WHAT IS THE EIGHT-FOLD PATH?

Wisdom:

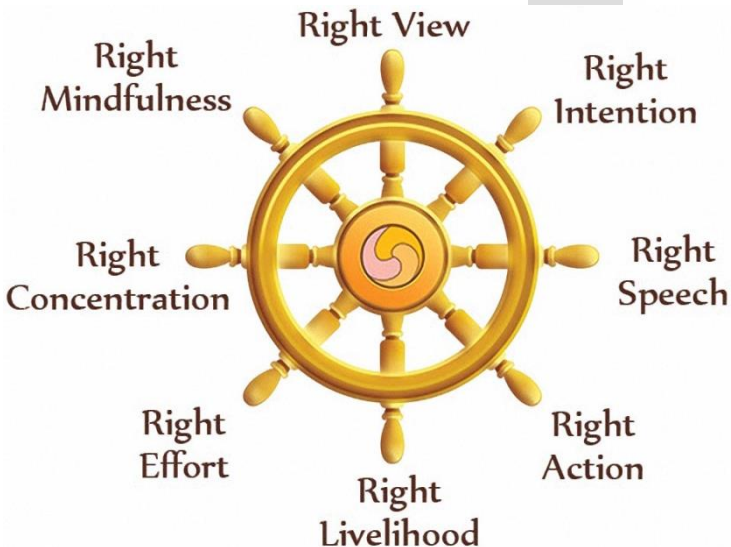
- Right understanding
- Right motivation

Moral discipline:

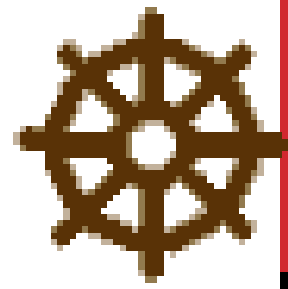
- Right speech
- Right action
- Right livelihood

Mental discipline:

- Right effort
- Right mindfulness
- Right meditation



WHAT DO BUDDHISTS BELIEVE?



Rebirth (reincarnation) results from attachments (karma)

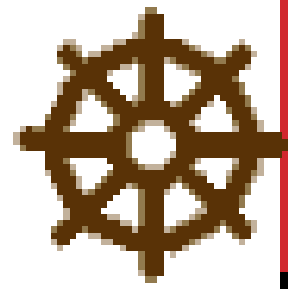
Nirvana is a peaceful, detached state of mind

Achieving *Nirvana* means escape from the cycle of rebirth

Once Gautama Buddha died, after 80 years of life in this world, having achieved *Nirvana* and teaching multitudes his way of life, he ceased to exist as a distinct being

Buddhism is non-theistic: *Buddha* is *not* the Buddhist God – he is just a revered teacher

BUDDHIST METAPHYSICS



Dukkha: life in this world is filled with suffering

Anicca: everything in this world is impermanent

Anatta: the self/soul is also impermanent –
there is no eternal, unchanging self (“no soul” –
no atman)

Suffering is a state of mind – achieve a
balanced, peaceful, detached state of mind
and suffering can be extinguished (*Nirvana*)

Catuṣkoṭi

Both A & Not-A

Neither A Nor Not-A



A

Not-A

SAMSARIC
'REALITY'



Twelve links of dependent origination

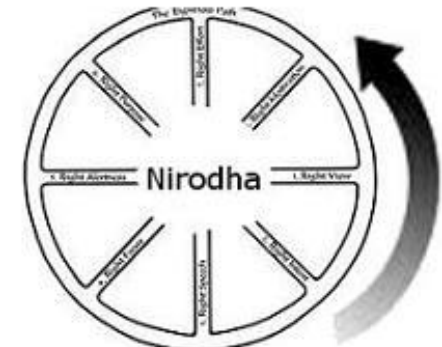
1. Dukkha

2. Origin of dukkha

Ignorance -> Grasping

NIRODHA-DHATU

NIBBANIC
'REALITY'



Transcendental
dependent arising
(eightfold path)

3. Nibbana
cessation of dukkha)

4. Path to cessation

WHAT ARE SOME BUDDHIST TEXTS?

Tripitaka (the *Pali* Cannon) – the “Three Baskets”:

- *Vinaya* (“discipline”) – rules for monastic life
- *Sutta* (“discourse”) – sermons of the Buddha
- *Abhidhamma* (metaphysical “teachings”)

Dhammapada – collected sayings of the Buddha

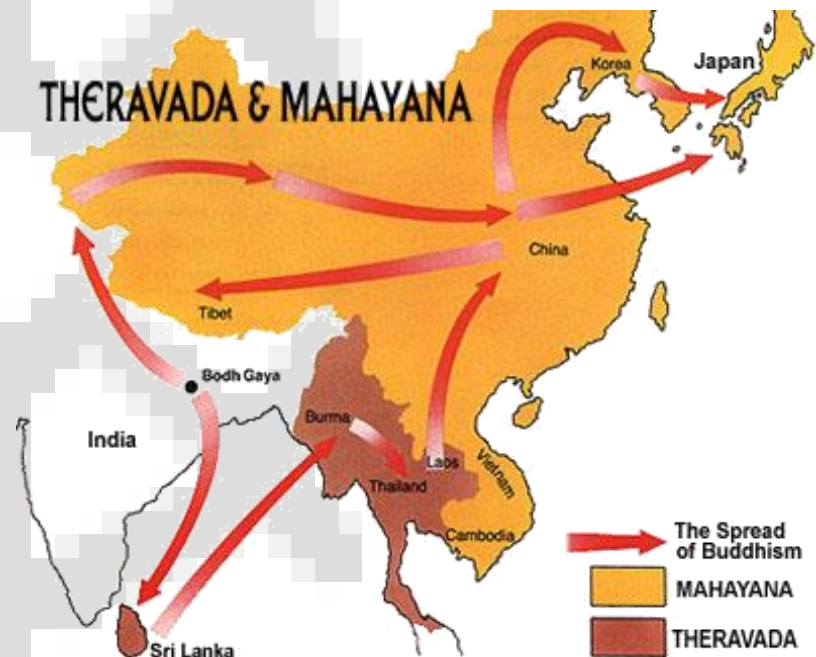
Other texts used by specific schools



THE SPREAD OF BUDDHISM

Within two centuries after the Buddha died, Buddhism began to spread north and east into Asia

By 13th century Buddhism had almost lost dominance in India



SCHOOLS OF BUDDHISM- THERAVADA



The “Way of the Elders” (a.k.a.: the “small vehicle”)

Oldest school of Buddhism

Found in southern Asia (Sri Lanka, Burma, Thailand, etc.)

Monasticism is the ideal life for achieving *Nirvana*

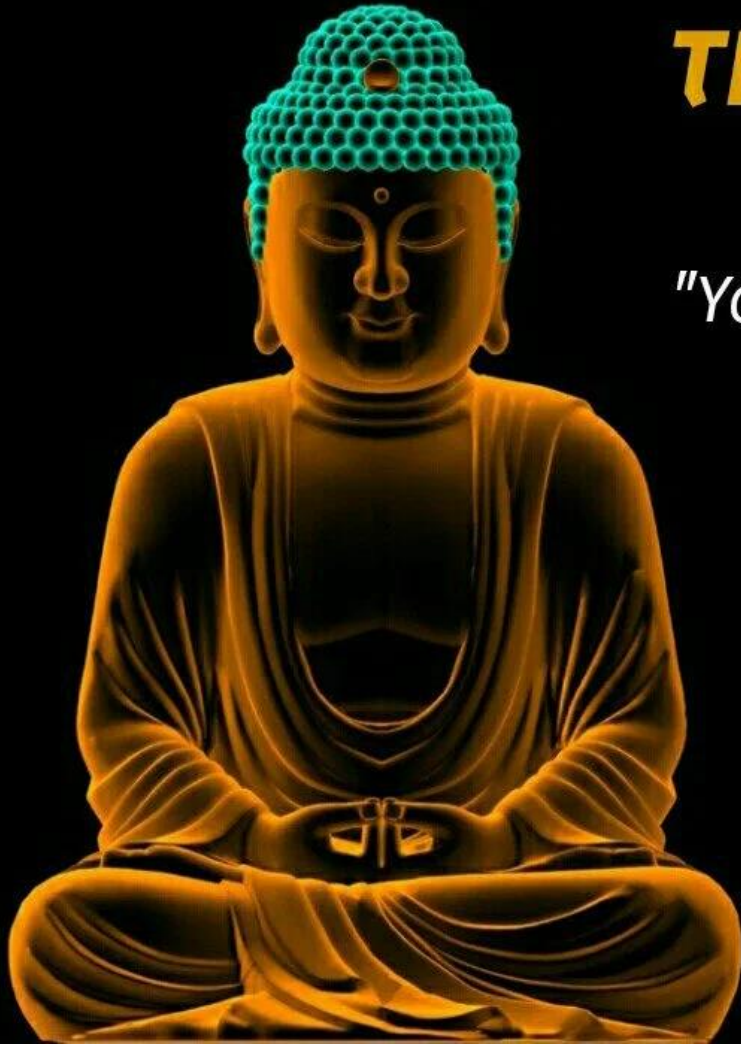
A “do-it-yourself” approach to enlightenment

Focus on wisdom and meditation

Goal is to become a *Buddha*

Fairly unified in belief & practice (some cultural differences)





THERAVADA BUDDHISM

Teachings of the Elders

*"Your worst enemy cannot harm you
as much as your own thoughts
,unguarded
But once mastered
No one can help you as much"
Buddha*

MAHAYANA BUDDHISM

The Great Vehicle

SCHOOLS OF BUDDHISM-MAHAYANA

The “Great Vehicle”

Developed first century C.E.

Found in Northern Asia (China, Japan, etc.)

Lay Buddhism – Buddhism “for the masses”

Devotional – seek guidance from *Bodhisattvas* (“wise beings”) & heavenly *Buddhas* (*kwan Yin*, *Amida*, etc.)

Focus on compassion

Goal is to become a *bodhisattva* and assist others toward enlightenment (the “*Bodhisattva* Ideal”)

Diverse schools and sects including:

- Pureland, Nichiren, Tendai, Shingon, and others



SCHOOLS OF BUDDHISM-TIBETAN

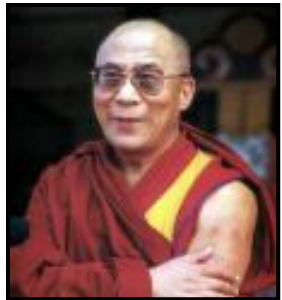


Vajrayana ~ the “Diamond Vehicle”

Developed 7th century C.E.

A mix of Theravada & Mahayana:

- Rítuals (*Tantra*):
 - *Mantras* (chanting)
 - *Mandalas* & *Thankas* (symbolic images)
 - *Mudras* (hand gestures)



- *Bodhisattvas*, including living *Lamas* (Dalai Lama)
- Meditation, monasticism, wisdom & compassion

Bardo Thodol-Tibetan Book of the Dead



SCHOOLS OF BUDDHISM- ZEN

The “meditation” school:

Lay and monastic

Seeks sudden enlightenment (*satori*) through meditation, arriving at emptiness (*sunyata*) and the “Buddha Nature”

Use of meditation masters (*Roshi*)

Koans (paradoxical riddles to confound reason)

Beauty, arts & aesthetics – gardens, archery, the tea ceremony, calligraphy, etc.



A close-up photograph of a Zen garden featuring concentric, hand-drawn ripples in light-colored sand. The ripples are centered in the frame and create a sense of depth and calm. The text is overlaid on the center of the image.

ZEN KOANS

To Caress Your

Consciousness

BUDDHISM IN THE WEST

Over the past two centuries, especially since the later half of the 20th century, Buddhism has made inroads into the Western world through...

Immigration of Asian peoples who have brought their diverse forms of Buddhism to the West

Western followers who tend to adopt meditation practices and the philosophy rather than more devotional forms of Buddhism

- Many such western followers remain within their own faith traditions, finding Buddhism to be a complement to rather than in conflict with other religions

The two groups remain independent of one another

Buddhism in the West



Especially since 1950's, Buddhism has become more popular in the Western world through...

- ❑ Immigration of Asian peoples who have brought their diverse forms of Buddhism to the West
- ❑ Western followers tend to adopt meditation practices and philosophy rather than more devotional forms of Buddhism
 - Many remain within their own faith traditions, finding Buddhism to compliment (rather than in conflict with) other religions

The two groups remain independent of 1 another



