**Buddhism**

* Gotama Buddha (563-483 BCE)
* Born a prince, prophesied to become a warrior-king or a monk.
* One day, young Gotama (Stuck inside the golden palace) saw an **old man, a sick man, and a corpse**. But he also saw a **monk who was content.**
* He renounced his royal status and became a monk

**The Middle Path**

* When Buddha lived as a prince, he indulged every carnal desire and was distracted, tired and unhappy (HEDONISM).
* When Buddha lived as a monk, he renounced all carnal desires, and was distracted, tired and unhappy (ASCETICSM).
* His solution was to find **The Middle Path** between the extremes of hedonism and asceticism.

**Walking the Path to Salvation**

* Buddhism grew out of Hinduism, which taught that we are all trapped in **SAMSARA**, the cycle of life, death and rebirth.
  + See pg26 of WTBT
* Buddha taught that each person must chose to find their own salvation from this cycle.
  + See pg1 of WTBT
* The emphasis is on first hand understanding, not adherence to a doctrine. (Meant to be used, not blindly followed)
  + See pg2-3 WTBT
  + The Teaching is like a raft: pg11 WTBT
* The Goal is **Nirvana** (literally “blowing out”).
  + See pg12 WTBT

**Four Noble Truths (pg16, WTBT) [Doctrinal Core of Buddhism – Sermon on the Mount to Christianity, 10 Commandments to Judaism, etc.]**

1. **Duhka:** All life is suffering (pg 17 WTBT)
2. **Samudaya:** All suffering arises from attachment or desire
3. **Niroda:** There is a way to stop suffering
4. **Marga:** The Noble Eightfold Path is the way to stop suffering. The Dharma chakra
   1. **Right View –** Know the Truth
   2. **Right Intention –** Free your mind of evil
   3. **Right Speech –** Say nothing that hurts others
   4. **Right Action –** Work for the good of others
   5. **Right Livelihood –** Respect life (You cannot make money off of others people’s pain)
   6. **Right Effort –** Resist evil
   7. **Right Concentration –** Practice mediation
   8. **Right Mindfulness –** Control your thoughts

**Three Marks of Existence (#277-279, pg134)**

1. **Duhka Suffering**
2. **Anitya Impermanence**
3. **Anatman Soullessness**
   * **What we call “a being” or a “a self” is just a temporary combination of Five aggregates: see pg25 WTBT**
   * See pg23-24 WTBT
   * There is no sufferer behind the suffering: pg26 WTBT

**The Three Poisons (See Robinson, pg33)**

* Read #251 of pg133 WTBT
* The pain of existence comes from three sources:
  1. **Desire or Attachment** (raga)
  2. **Anger or Repulsion** (dosa)
  3. **Ignorance** (moha)
* Much of this suffering has to do with the ignorance of egoism: See Robinson pg34.