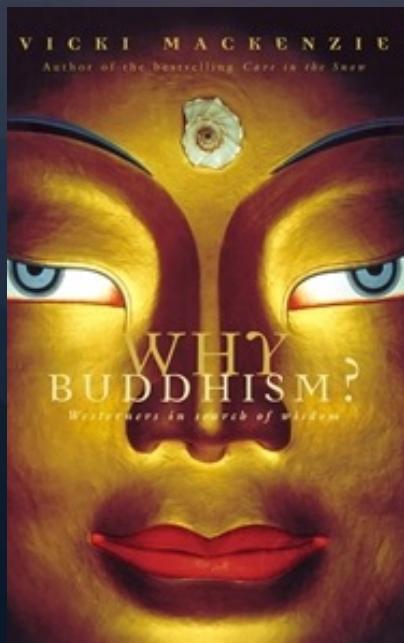


Introduction to Buddhism



BSTC1004:
Lesson III

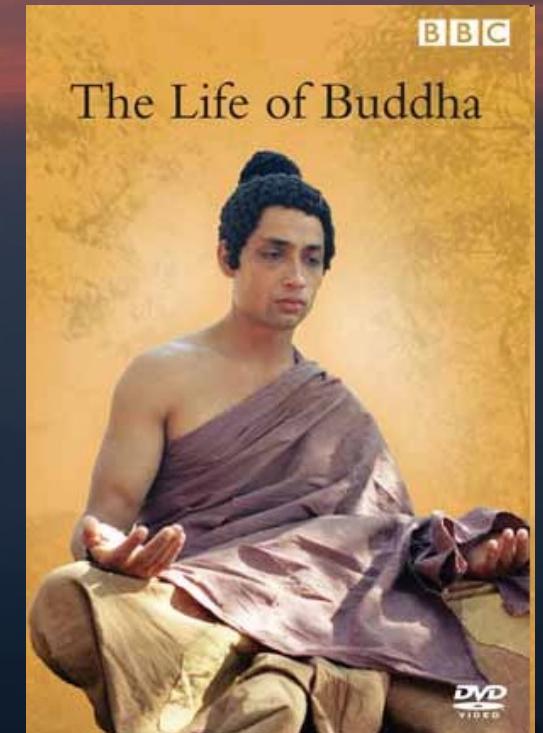
Why Buddhist Teachings?



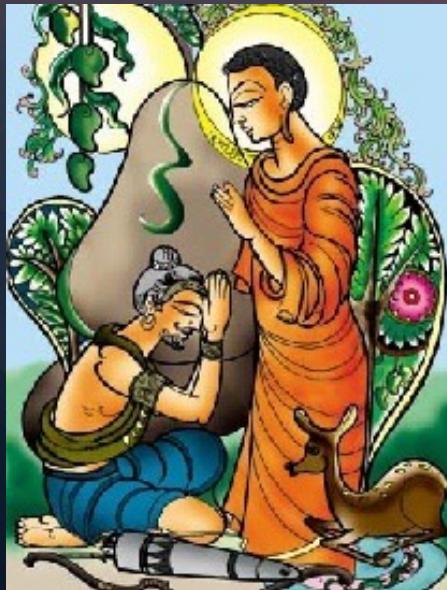
Who is the Buddha?

http://www.dailymotion.com/video/x152c_db_the-life-of-the-buddha-bbc-documentary_people

- http://www.youtube.com/watch?v=aZQ9OZ_JACA



How should we approach and learn Buddhist Teaching?



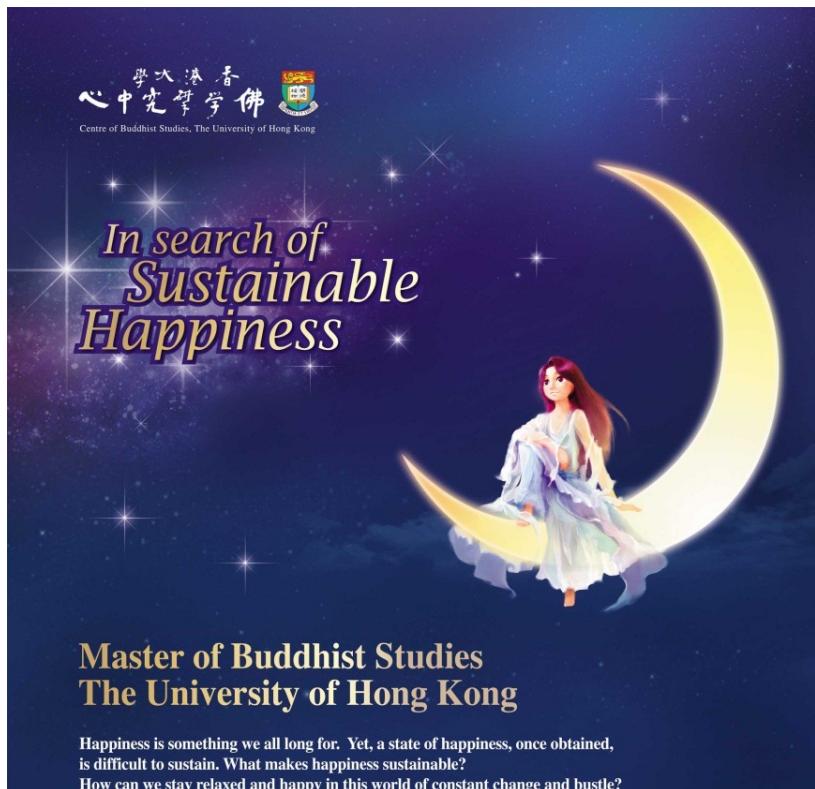
How should we approach Buddhist Teaching?

- The Kalama Sutta :
The Buddha's Charter on Free Inquiry



What is Buddhism

About?



It is about:

- Understanding suffering and the elimination of suffering
- The possibility of Sustainable Happiness

There Are Two Paths In Life

Unaware, Impulsive and Mindless

Greed, conflict and suffering

- Ignorance and delusion
- Easily swayed by external events and emotions
- Irresponsibility and acting at will

Aware, Reflective and Mindful

Happiness, peace and freedom

- Right view and Wisdom
- Determination and Concentration
- Discipline and structure



Classification of Buddhist Teachings

Why Would a Bird-eye View Help Our Understanding?



Why is there a need to classify Buddhist Teachings and Buddhism?

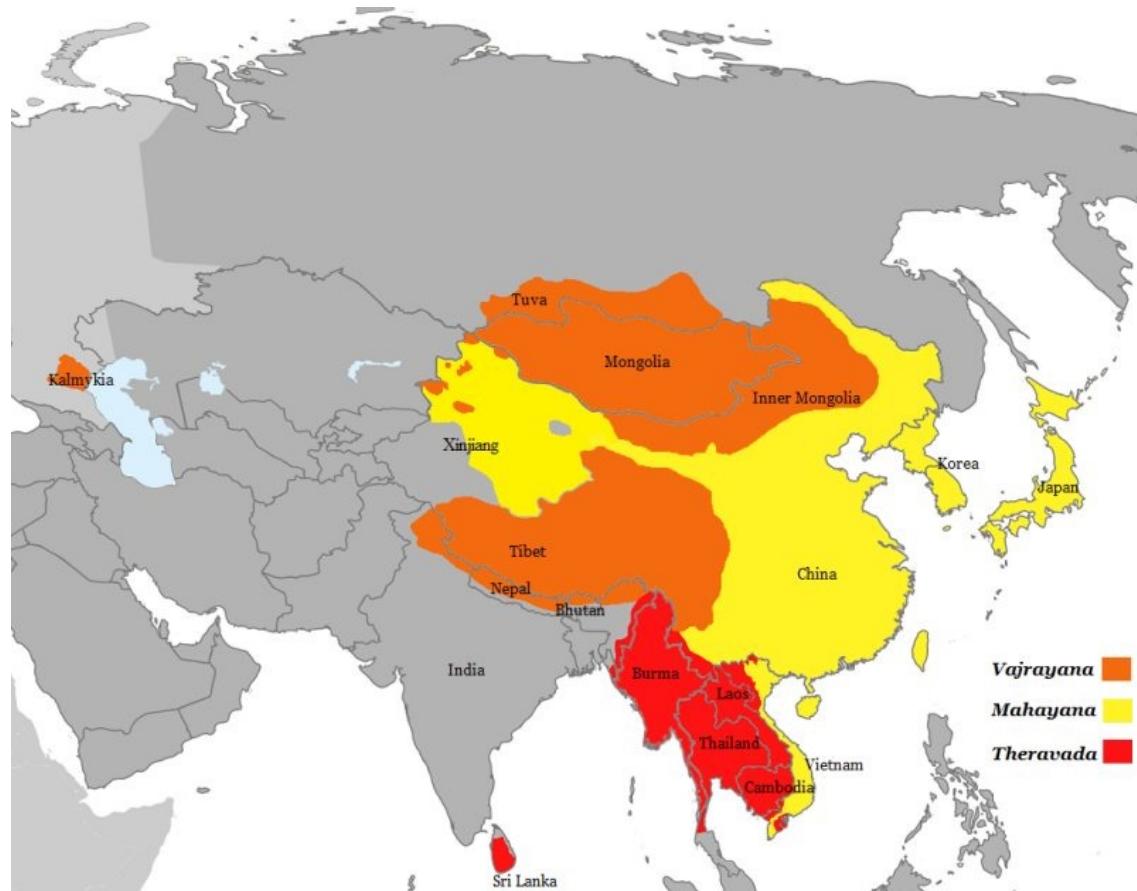
- Since the Buddha attained Nirvana over 2,500 years ago, Buddhism has undergone significant diversification and growth.
- Today, numerous forms of Buddhism exist, reflecting varied traditions, cultural contexts, and interpretations of the Dharma.
- Categorising these different forms helps in gaining a comprehensive understanding and overview of the Buddha's Teachings and Buddhism.

How to classify?

1. According to countries,
cultural backgrounds
and lineages
2. According to the
abilities and needs of the
people
3. Chronological order of
development in history



Pew Research Center: Buddhist Countries



<https://seasia.co/2025/06/18/top-10-countries-with-the-largest-buddhist-populations>

Historical
Buddhist
Transmissio
n

Southern
Transmission

Countries

Sri Lanka, Thailand,
Burma, Laos,
Cambodia and parts
of Southeast Asia.



Lineages

Theravada tradition



Languages
used

Pali supplemented
by local languages.



Historical Buddhist Transmission

Northern Transmission

Countries

China, Taiwan, Japan, Korea, Mongolia and parts of Southeast Asia

Lineages

Eight major schools including Ch'an, Tien Tai and pure land

Languages used

Chinese supplemented by local languages



Historical Buddhist Transmission

Tibetan Transmission

Countries

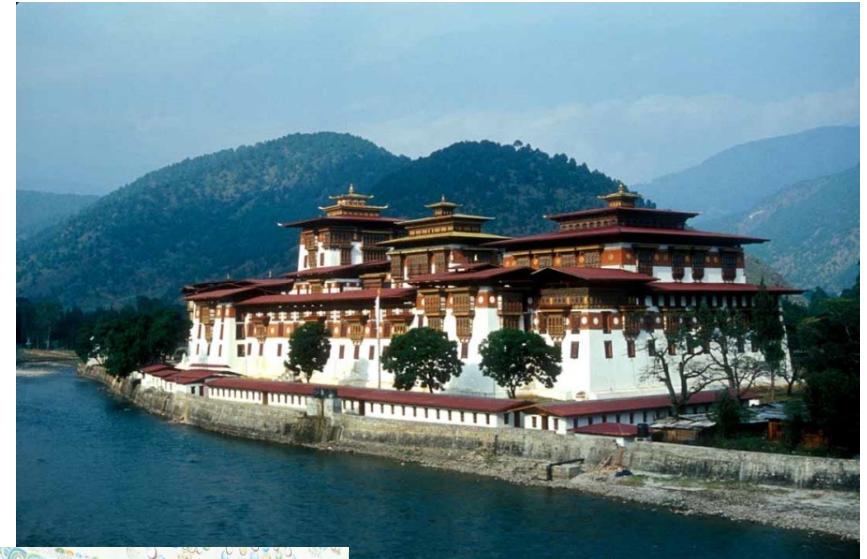
Tibet, Nepal,
Mongolia,
Russia

Lineages

Four major traditions:
Nyingma-pa,
Sakya-pa,
Kagyu-pa, Gelug-pa

Languages used

Tibetan
supplemented by local languages

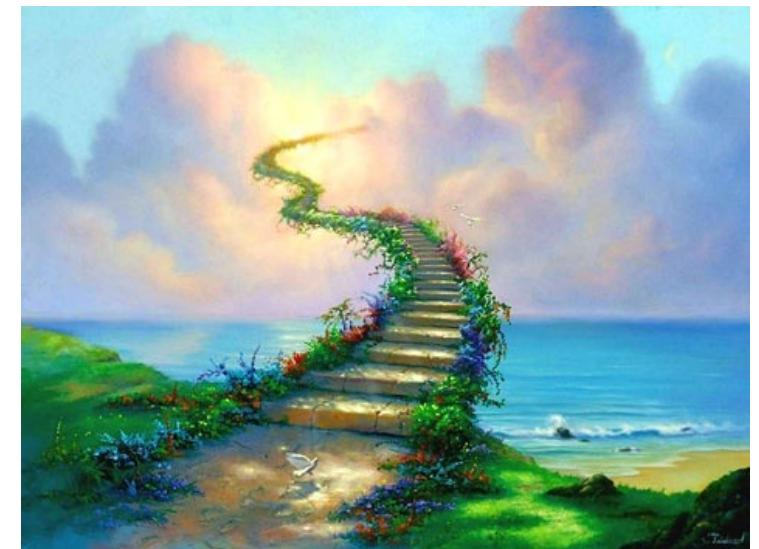


<u>Historical Buddhist Transmission</u>	<u>Southern Transmission</u>	<u>Northern Transmission</u>	<u>Tibetan Transmission</u>
<u>Countries</u>	Sri Lanka, Thailand, Burma, Laos, Cambodia and parts of Southeast Asia.	China, Taiwan, Japan, Korea, Mongolia and parts of Southeast Asia	Tibet, Nepal
<u>Lineages</u>	Theravada tradition	Eight major schools including Ch'an, Tien Tai and pure land	Four major traditions: Nyingma-pa, Sakya-pa, Kagyu-pa, Gelug-pa
<u>Languages used</u>	Pali supplemented by local language.	Chinese supplemented by local languages	Tibetan supplemented by local languages



Individuals Possess Varied Needs and Learning Capabilities

<i>Buddhists Vehicles</i>	<i>Aspiration</i>	<i>Related Teachings and practices</i>	<i>Attainment</i>
<u>Human and Celestial Vehicle</u>	To attain well-being and <u>happiness</u>	<ul style="list-style-type: none"> - The Law and Cause and effect - Taking refuge in the Triple Gems - Practicing the five precepts. 	Happiness in this life and next

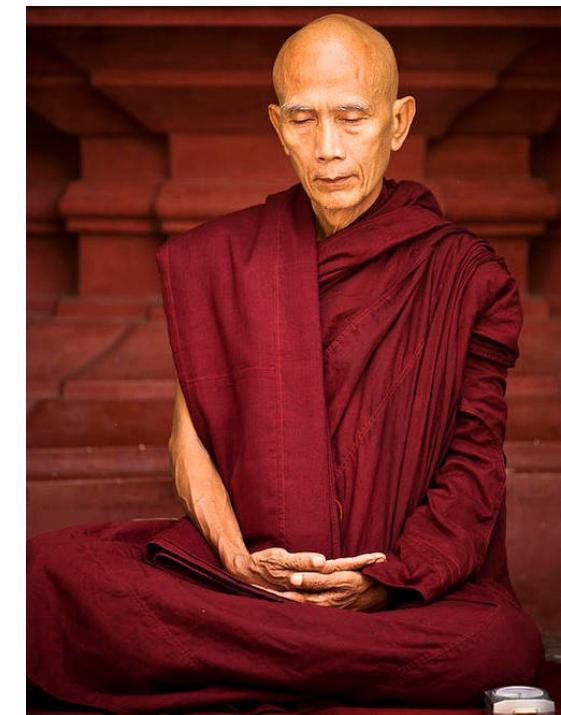


The Five Precepts



1. Abstain from taking life.
2. Abstain from taking what is not given.
3. Abstain from sexual misconduct.
4. Abstain from false speech.
5. Abstain from fermented drinks and drugs that causes mindlessness and carelessness.

<i>Buddhists Vehicles</i>	<i>Aspiration</i>	<i>Related Teachings and practices</i>	<i>Attainment</i>
<u>Hearer Vehicle (Sound-hearing (Sravaka))</u>	<ul style="list-style-type: none"> • To eliminate <u>all suffering</u> • Especially the endless <u>bondage of life and death</u> 	<ul style="list-style-type: none"> • See life as impermanent and full of suffering. • Four Noble Truths. • Diligently practice the Three Trainings 	<ul style="list-style-type: none"> • Ending the bondage and suffering of reincarnation. • Attaining Arhant



<i>Buddhists Vehicles</i>	<u>Related Teachings and Practices</u>
<i>Sound-hearing (Sravaka) Vehicle</i>	<ul style="list-style-type: none"> • See life as impermanent and full of suffering. • Diligently practice the Three Trainings • Four Noble Truths and the Eight-fold Path

*There
is suffering.

Suffering has
an origin.

Suffering can
cease.

There is a path
out of suffering.*

The Eight-Fold Path



The Three Trainings



- **Precept:** *Sila* means virtue, ethics, morality, self-discipline, and impeccability.
(完美无瑕)
- **Concentration:** *Samadhi* means concentration, reflectiveness, inquiry, mindfulness, meditation, focus.
- **Wisdom:** *Prajna* means wisdom, gnosis, enlightened awareness, transcendental wisdom, true self-knowledge.
(灵知)

: extending or lying beyond the limits of ordinary experience

<u>Buddhists</u> <u>Vehicles</u>	<u>Aspiration</u>	<u>Related Teachings and practices</u>	<u>Attainment</u>
<u>Bodhisattva</u> <u>Vehicle</u>	<ul style="list-style-type: none"> • To attain the ultimate enlightenment • <u>Free all beings from suffering</u> 	<p>(菩提心)</p> <ul style="list-style-type: none"> • With bodhicitta as the cause, compassion as the source and Prajna as skillful means. • Practices the six paramitas and the four all-embracing virtues. 	<ul style="list-style-type: none"> • <u>Ultimate enlightenment</u> • <u>Buddhahood</u>



Buddhists Vehicles

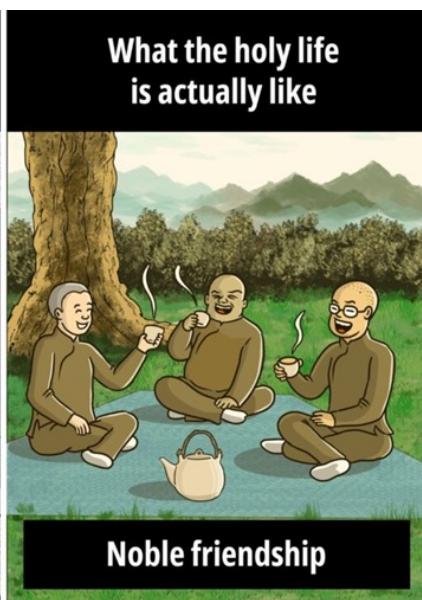
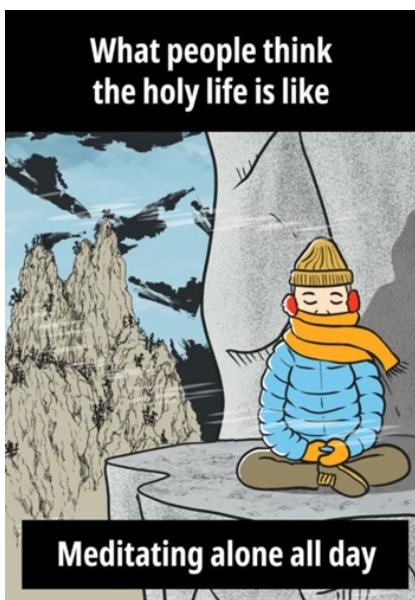
Bodhisattva Vehicle

Related Teachings and practices

- Motivated by compassion and guided by the *Prajna* wisdom of non-attachment.
- Practices the six *perfections* and the four all-embracing virtues.

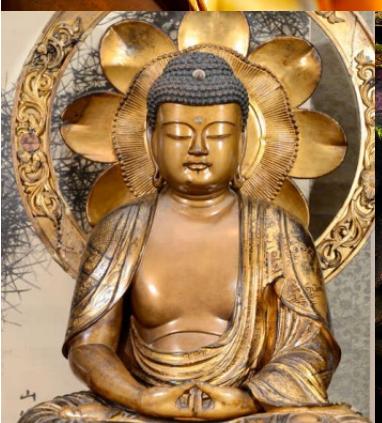
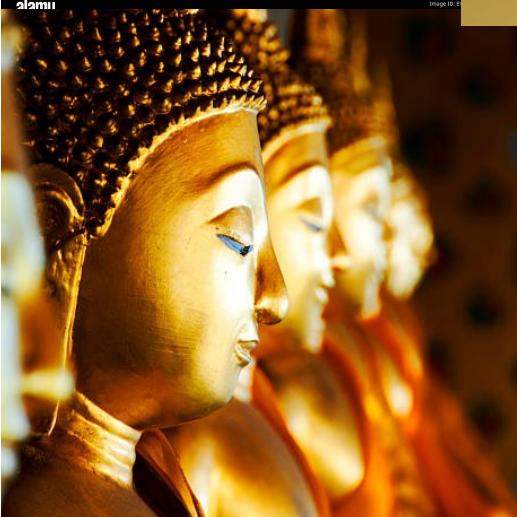
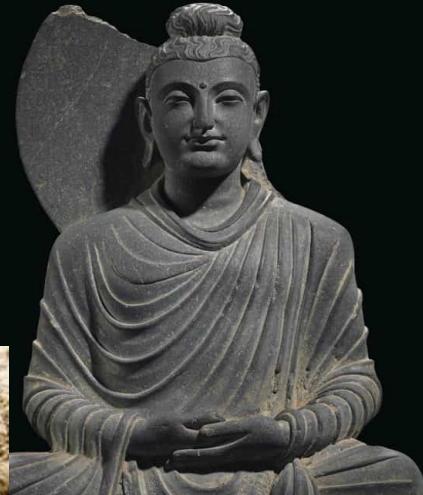
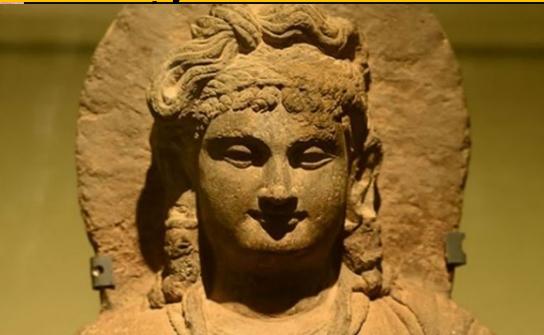
- Giving
- Loving speech
- Beneficial acts
- Working together

- Generosity
- Virtue
- Patience, tolerance, acceptance
- Energy, diligence, enthusiasm
- Concentration, contemplation
- Perfect wisdom



<i>Buddhists Vehicles</i>	<i>Aspiration</i>	<i>Related Teachings and practices</i>	<i>Attainment</i>
<i>Human and Celestial Vehicle</i>	<ul style="list-style-type: none"> • To attain well-being and happiness 	<ul style="list-style-type: none"> • Taking refuge in the Triple Gems • Practice the five precepts. • Believe in the Law and Cause and effect 	Happiness in this life and next
<i>Hearer Vehicle</i>	<ul style="list-style-type: none"> • To eliminate all suffering • Especially the endless bondage of life and death 	<ul style="list-style-type: none"> • Four Noble Truths. • See life as impermanent and full of suffering. • Diligently practice the Three Trainings 	<ul style="list-style-type: none"> • Ending the bondage of reincarnation • Attaining Arhart
<i>Bodhisattva Vehicle</i>	<ul style="list-style-type: none"> • To attain the ultimate enlightenment • Free all beings from suffering 	<ul style="list-style-type: none"> • With <i>bodhicitta</i> as the cause, compassion as the source and <i>Prajna</i> as skillful means. • Practices the six <i>paramitas</i> and the four all-embracing virtues. 	<ul style="list-style-type: none"> • Ultimate enlightenment • Buddhahood

Timeline of Major Buddhist Events



<u>Date</u>	<u>Major Buddhist Events</u>	<u>World Events</u>
6th Century BC	Life of Buddha(566-486)	Confucius (551-479)
4th Century BC	The <i>Mahasanghika</i> school (大眾部) parts ways with <i>Theravadins</i> school (上座部)	Aristotle (383-322)
3rd Century BC	King Asoka's son established Buddhism in Sri Lanka (247 BC)	Building of the Great Wall. Alexander the Great invaded India (327)
2 nd Century BC	Beginnings of Mahayana Buddhism and the appearance of Prajnaparamita sutras. Buddhist missionaries arrived in China and translated the ‘Sutra of Forty-two Sections’ 《四十二章經》 into Chinese	Han Dynasty (BC206-AD220) Julius Caesar (100-44)

<u>Date</u>	<u>Major Buddhist Events</u>	<u>World Events</u>
1st Century AD	<i>Buddhism enters Central Asia and China.</i>	Jesus Christ (0-33AD). Appearing of Buddha images
2 nd Century AD	<i>Nagarjuna</i> , founder the school of <i>Madhyamika</i>	The height of the Roman Empire
4 th Century	<i>Asanga</i> and his brother <i>Vasubandhu</i> popularized the teaching of the <i>Yogacara</i> school. <i>Vajrayana</i> developed in India.	Eastern Jin Dynasty 東晉 陶淵明, (365-427)
6 th Century	<i>Bodhidharma</i> founder of Ch'an (Zen) arrives in China from India. (526)	梁武帝 (464-579). Prophet Mohammed (570-632)
7 th Century	<i>Hsuan-Tsang</i> (602-664) <i>Princess Wen-ch'eng</i> enter Tibet (641)	Tang Dynasty began on 618AD
8 th Century	<i>Padmasambhava</i> entered Tibet (786), and founded the <i>Nyingma</i> order	李白 (701-762)

<i>Buddhists Vehicles</i>	<i>Aspiration</i>	<i>Related Teachings and practices</i>	<i>Attainment</i>
<i>Human and Celestial Vehicle</i>	<ul style="list-style-type: none"> • To attain well-being and happiness 	<ul style="list-style-type: none"> • Taking refuge in the Triple Gems • Practice the five precepts. • Believe in the Law and Cause and effect 	Happiness in this life and next
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What is Buddhist Meditation?



The Power of Paying attention



- The importance and power of making an effort to pay attention (作意) (*manasikāra*)
 - What to pay attention to
 - How to pay attention

The Content of Buddhist Meditation

- *Śamatha* : tranquility, concentration, 專注、靜止
- *Vipaśyanā* : insight, observation, 觀察、了解

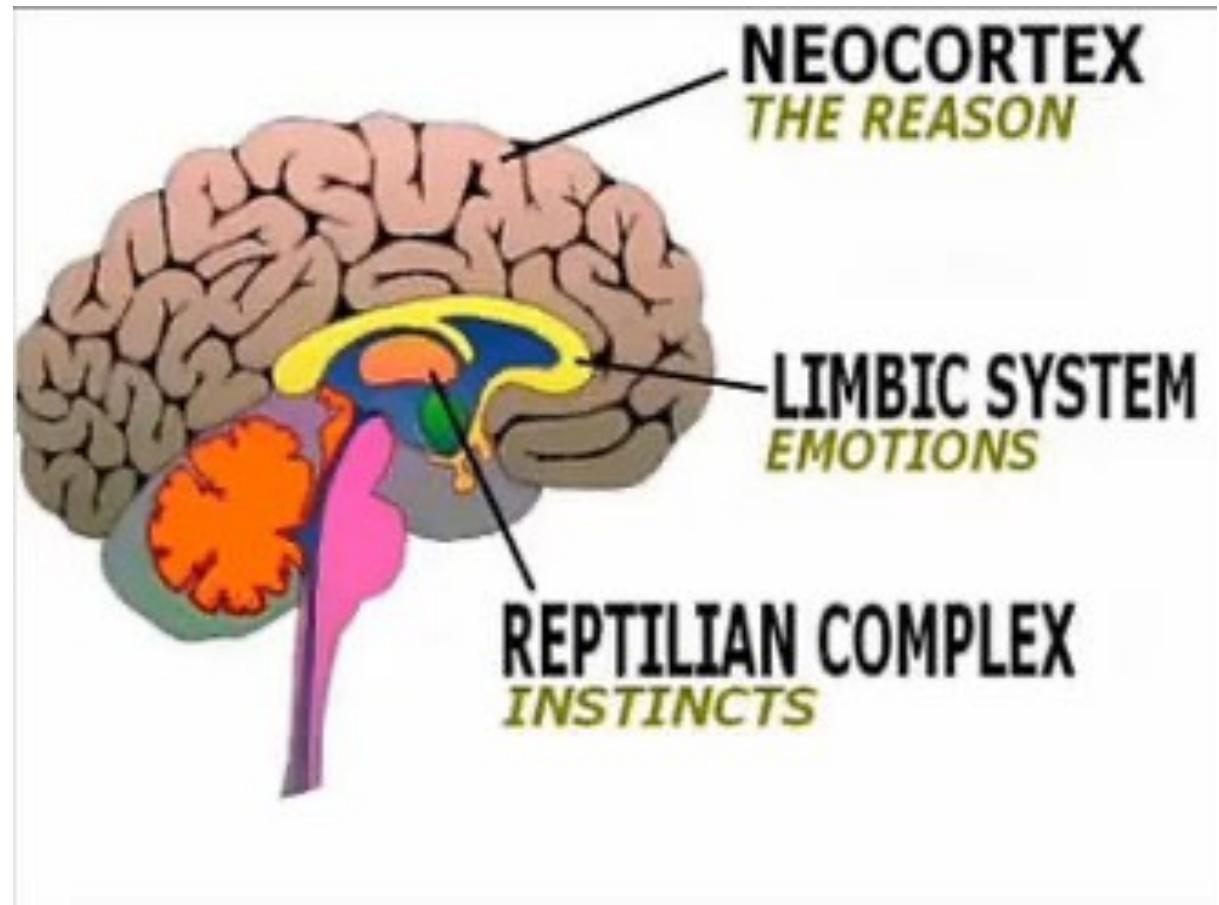
What is Buddhist meditation?



- Buddhist meditation is an English term that refers to the Buddhist practices of mental cultivation, which, according to the Buddha, could develop merit and wisdom and forsake evil and ignorance.
- Such **mental cultivation** involves the practices (i.e. drills) of *bhāvanā* (mental development, 調修) such as:
 - *samatha* (tranquility, concentration, 止禪)
 - *vipassanā* (observation, insight, clear seeing, wisdom, 觀禪)
- And the attainment of *jhāna/dhyāna* (one-pointedness of mind, mental absorption, 禪定).

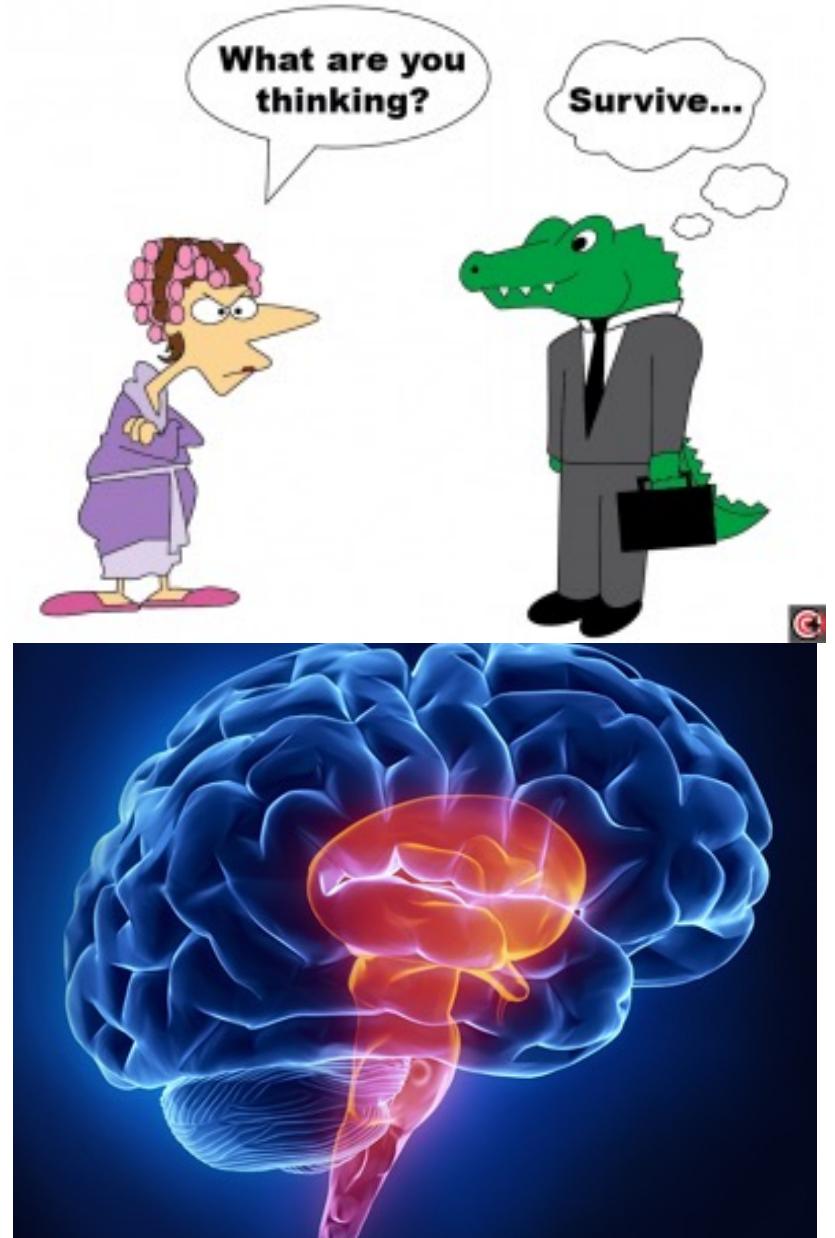
A Simplified Understanding of the Brain Structures

- Evolution-designed
- Structure determines function and behaviors
 - I. Perception
 - II. Emotion
 - III. Cognition



Brain Stem (Reptilian Brain)

- Vital for **Survival** (hard-wired into our brain stem)
 - Our instinct for **Self-preservation**, existence.
 - cardiac and respiratory function
 - Fight or flight response, Hunger and thirst
 - Production of hormones that help regulate the autonomic nervous system. The autonomic nervous system supports automatic, non-conscious functions such as thirst, hunger, heart rate, and regulating the body's internal clock.
 - Consciousness/sleep cycle
 - Instant death if damaged

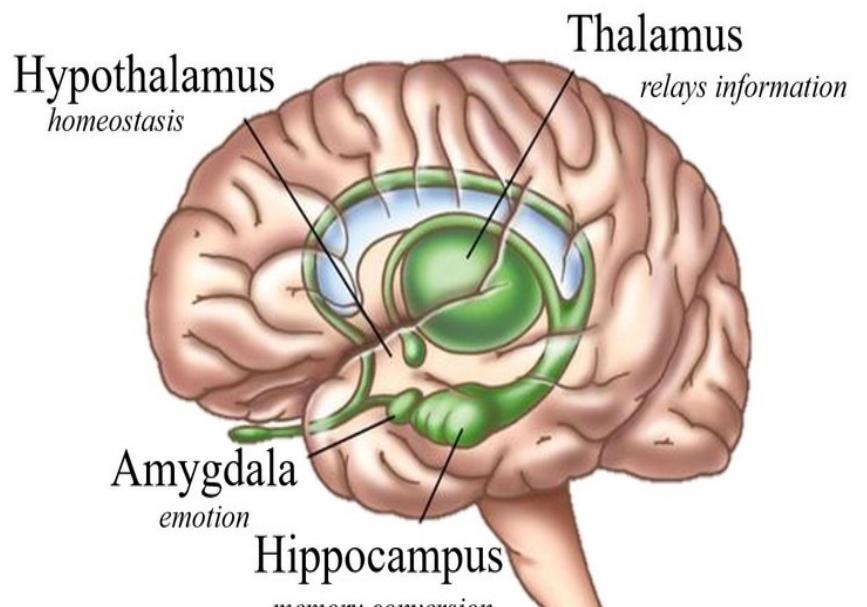


Mammalian Brain Limbic System

- Emotion and behavior
- Feelings of motivation and reward
- Learning
- Formation of memories

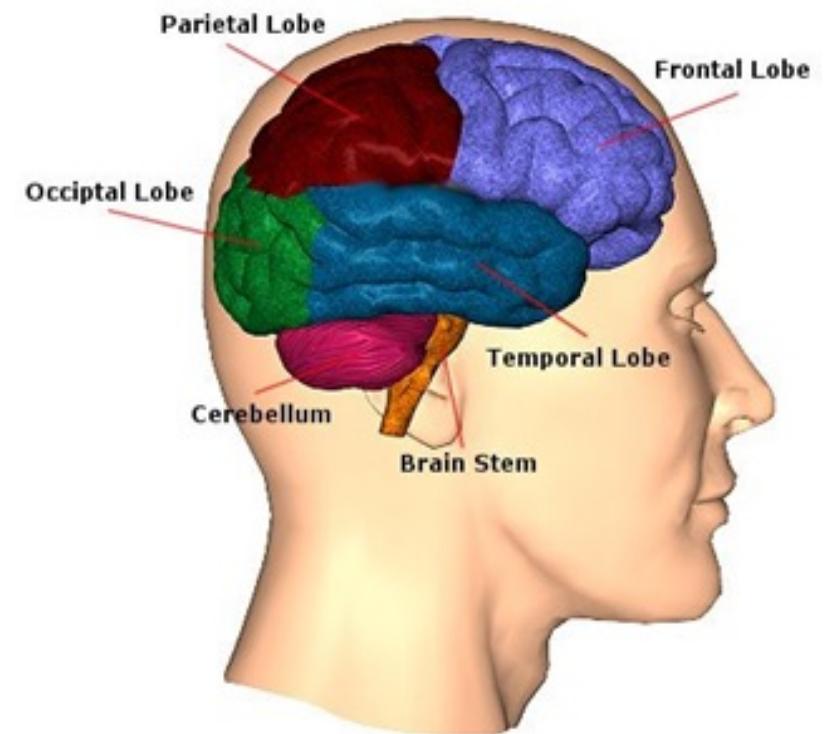
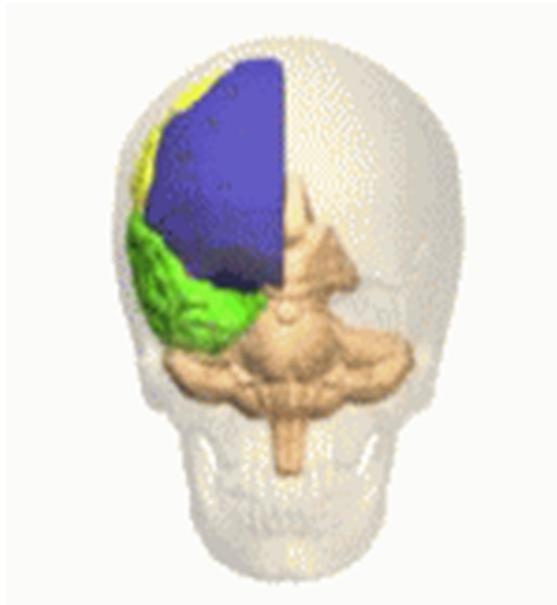


The Limbic System

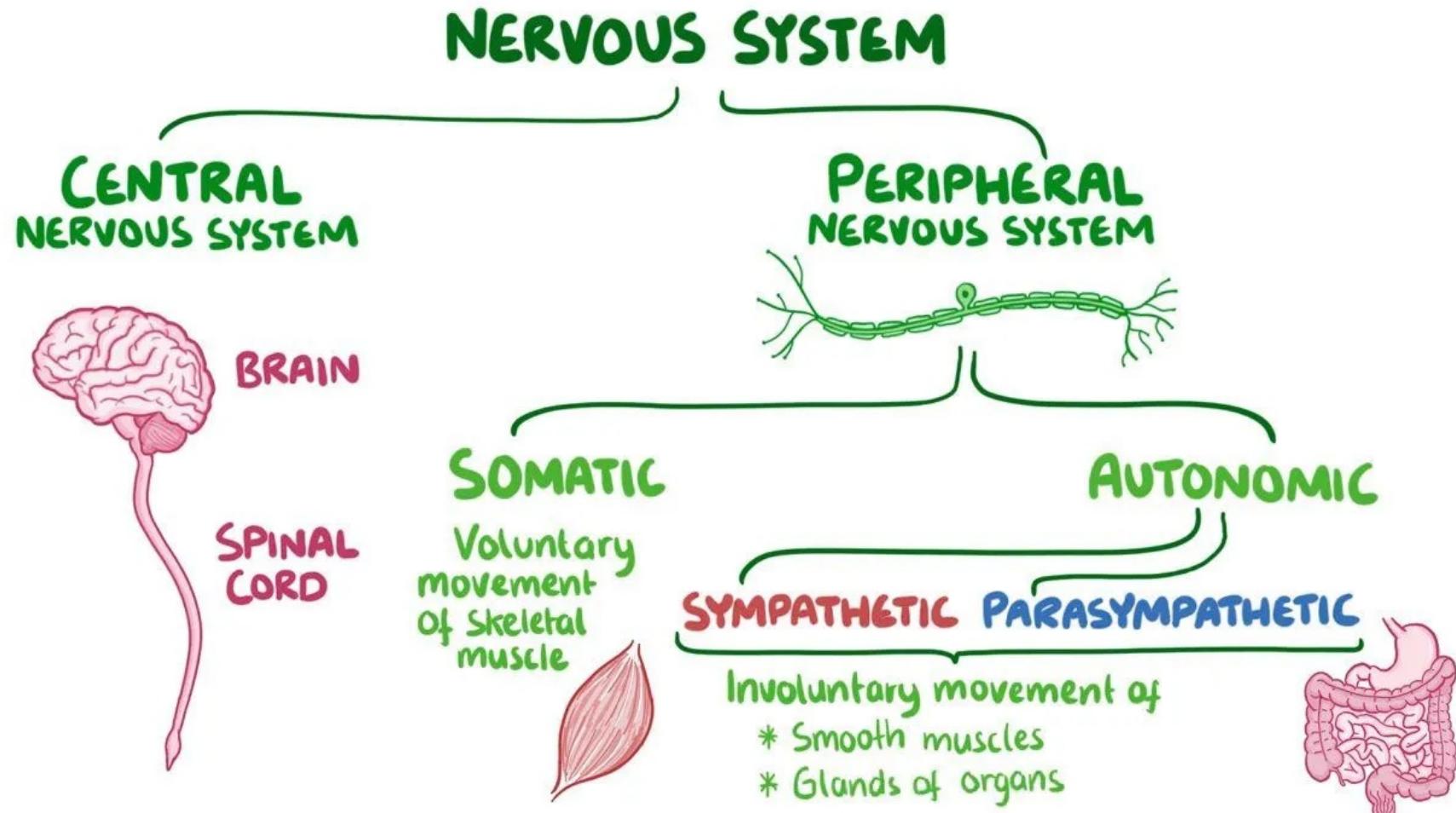


Neocortex (Logical Brain)

- Most recently evolved part of the cortex
 - Cognition
 - Reasoning, intelligence,
 - Social brain,
 - Prediction and strategy.



Why the Practice of Mindful Breathing is Important?

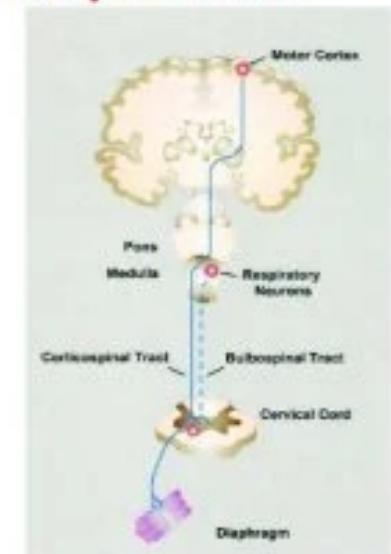


Neural Control of Respiration

- Voluntarily Controlled by Awareness
- Unwarily controlled (involuntarily) by the autonomic nervous system.
- A bridge of consciousness and subconsciousness?

Regulation of respiration

- ✓ Voluntary regulation
(Cerebral cortex)
- ✓ Involuntary regulation
 - 1. Neural regulation
 - 2. Chemical regulation



The Autonomic Nervous System Explained



The Sympathetic Nervous System

- Fight or flight
- Prepares the body for stress
- Cortisol and adrenaline
- Increases heart rate and blood pressure
- Decreases digestion

The Parasympathetic Nervous System

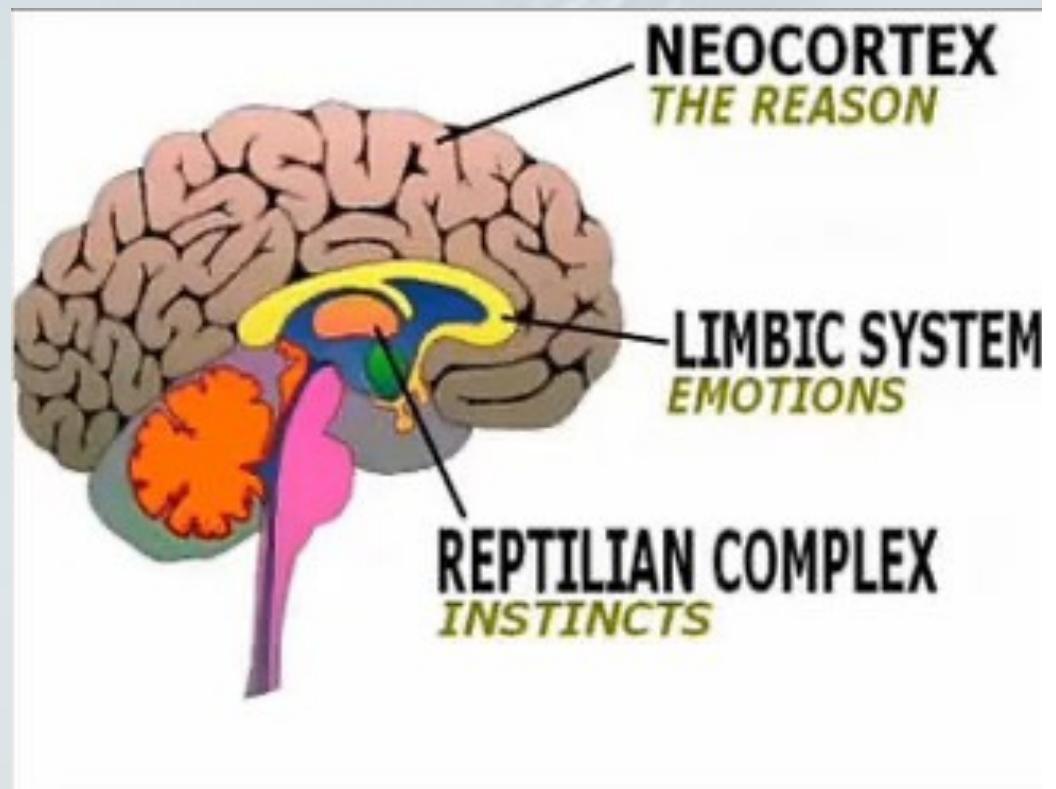


- Rest and digest
- Returns the body to a calm state
- Growth hormones, DHEA, Melatonin
- Decreased heart rate and blood pressure
- Repairs the body

A Simplified Understanding of the Brain Structures

Avoid letting your neocortex cause a conflict between voluntary and involuntary breathing.

- Evolution-designed
- Structure determines function and behaviors
 - I. Perception
 - II. Emotion
 - III. Cognition
- Enlightenment?



Anapanasati Sutta: Mindfulness of Breathing

Mindfulness of In-&-Out Breathing

- "Now how is mindfulness of in-&-out breathing developed & pursued so as to be of great fruit, of great benefit?"
- "There is the case where a monk, having gone to the wilderness, to the shade of a tree, or to an empty building, sits down folding his legs crosswise, holding his body erect, and **setting mindfulness to the fore.** **Always mindful,** he breathes in; mindful he breathes out."



Deep Concentration (Samadhi):
“to bring together”, parallel operation
and non-discriminating



Lesson of Time- KARMA



When a Bird is alive.. it eats Ants.
When the Bird is dead..Ants eat the Bird.
Time & Circumstances can change at any time.
Don't devalue or hurt anyone in life.
You may be powerful today. But remember.

!
cks...
llion trees.

Blame it
on Karma!

WHAT KARMA IS, AND WHAT IT DEFINITELY

WHO CONTROLS YOUR WORLD

1- JESUS

2- SATAN



Internal vs. External Locus of Control

Internal

Believe they are in control
and take responsibility for
their own actions

External

Blame external forces for
their own circumstances



Foundation of
Praise

WHO'S IN
CONTRO

Who is in control of our life?

The Way of Dao
Is Natural



What is our future and how is it determined?



- Everyone wants to live happily
- It is difficult to attain happiness without understanding how our future and destiny are determined.
- How does everything work? Is anybody in charge?

Life Influencing Conditions Inherited at Birth

Condition	Description	Impact on Well-Being and Happiness	Controllability
Genetic Makeup (DNA)	Inherited traits including predispositions to health, personality (e.g., temperament, intelligence baseline), and vulnerabilities (e.g., to diseases or mental health issues).	Strongly influences baseline happiness (about 50% per twin studies), health risks, and emotional resilience.	Uncontrollable - fixed at conception.
Biological Parents	Genetic contributions from mother and father, plus immediate family environment (e.g., prenatal care, parental health).	Affects early attachment, nutrition, and genetic health; poor parental health can lead to developmental issues.	Uncontrollable - determined by birth.
Time in History (Era)	The historical period of birth, including global events, technology, and societal norms (e.g., born during war vs. peace).	Shapes opportunities, stressors, and cultural values; e.g., access to modern medicine boosts life expectancy and happiness.	Uncontrollable - fixed by birth date.

Condition	Description	Impact on Well-Being and Happiness	Controllability
Location of Birth	Geographical place, including country, urban/rural setting, climate, and resources.	Influences access to education, safety, and economic prospects; e.g., birth in a stable vs. conflict zone affects security and stress levels.	Uncontrollable - set at birth, though migration later may alter effects.
Family Socioeconomic Status	Parents' income, education, and social class at birth.	Impacts early nutrition, education quality, and stress exposure; lower SES correlates with higher adversity and lower baseline well-being.	Uncontrollable at birth - inherited from family.
Cultural and Societal Context	Norms, values, religion, and community structures of the birth society.	Forms early worldview, social support, and identity; e.g., individualistic vs. collectivist cultures affect relationship priorities and happiness sources.	Uncontrollable - embedded in birthplace and family.

What is Birth and Death?





Thank You For Listening!

See you next week!