



# Introduction to Buddhism

BSTC1004

Lesson 2

We can all be the Buddha,  
We all have the potential to be enlightened

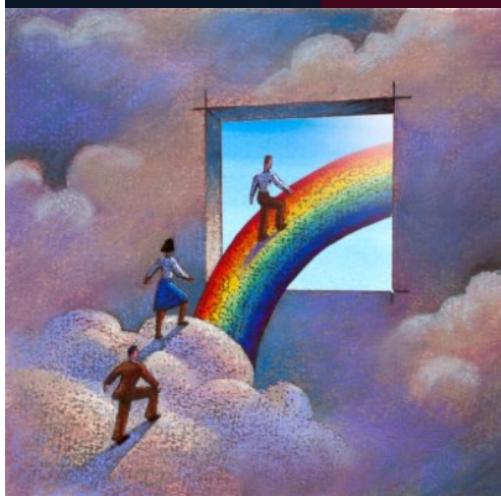
We all have the abilities:

to be conscious,  
to learn,  
and to be enlightened



# The Process of Enlightenment

- Education: learning from other
- Contemplation: careful consideration
- Practice: To learn through actual practice and experience



# Who is the Buddha?

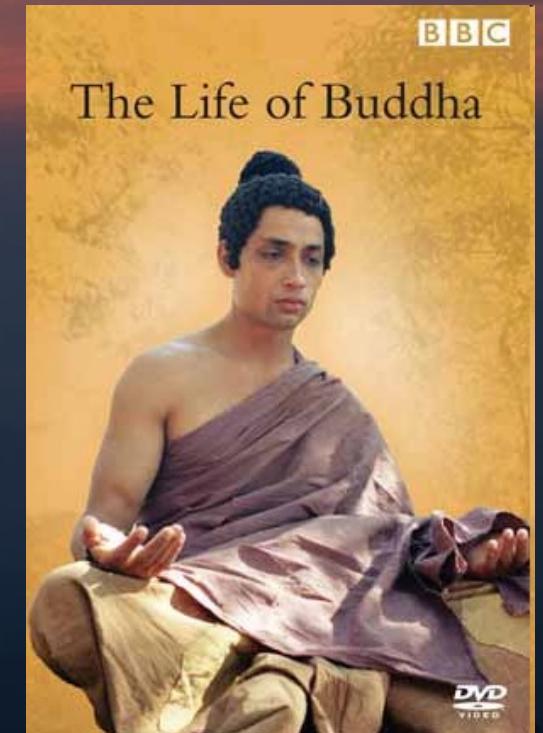


- Through the process of education, reflection and practice, a person can become fully enlightened.
- He would comprehend the ultimate law of the universe.
- He would have the wisdom to bring an end to all suffering
- He would untiringly teach others the way to end all suffering.
- He is the Buddha!

# Who is the Buddha?

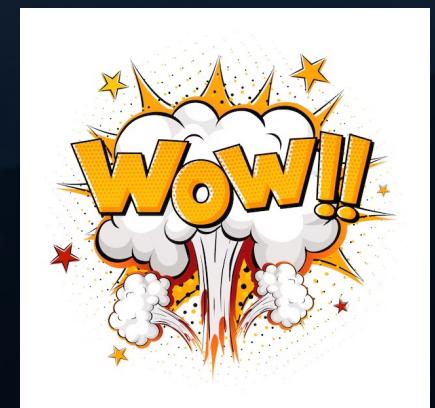
[http://www.dailymotion.com/video/x152c\\_db\\_the-life-of-the-buddha-bbc-documentary\\_people](http://www.dailymotion.com/video/x152c_db_the-life-of-the-buddha-bbc-documentary_people)

- [http://www.youtube.com/watch?v=aZQ9OZ\\_JACA](http://www.youtube.com/watch?v=aZQ9OZ_JACA)



# Inspired and Wowed!

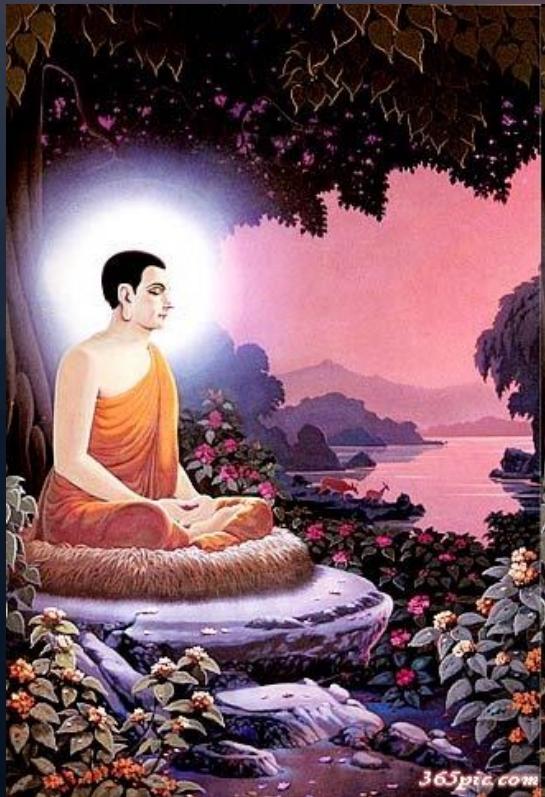
- Write down three points from the videos about the Buddha's life that inspired or wowed you the most and briefly explain why.



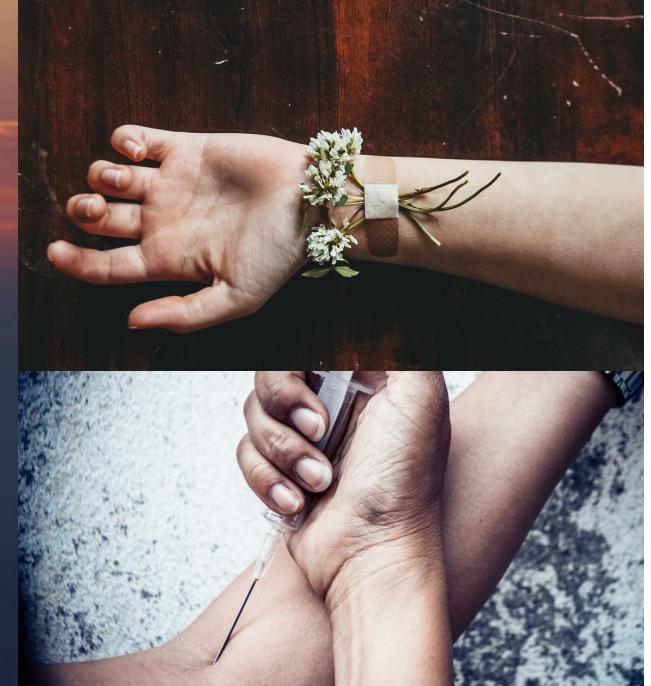
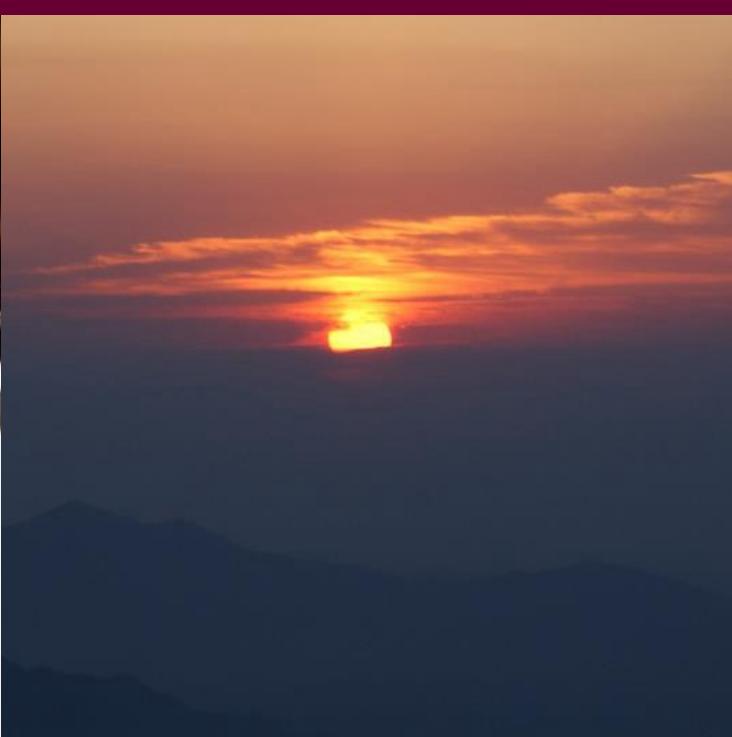
# The Bodhisattva paths to enlightenment: Asceticism and Māra, the devil



# The Enlightenment



# The Middle Way



- Do not indulge in the two extremes
  1. Sensual pleasure: base, vulgar, common, ignoble, unprofitable;
  2. Self-affliction: painful, ignoble, unprofitable.
- Avoiding both extremes

# The Middle Way



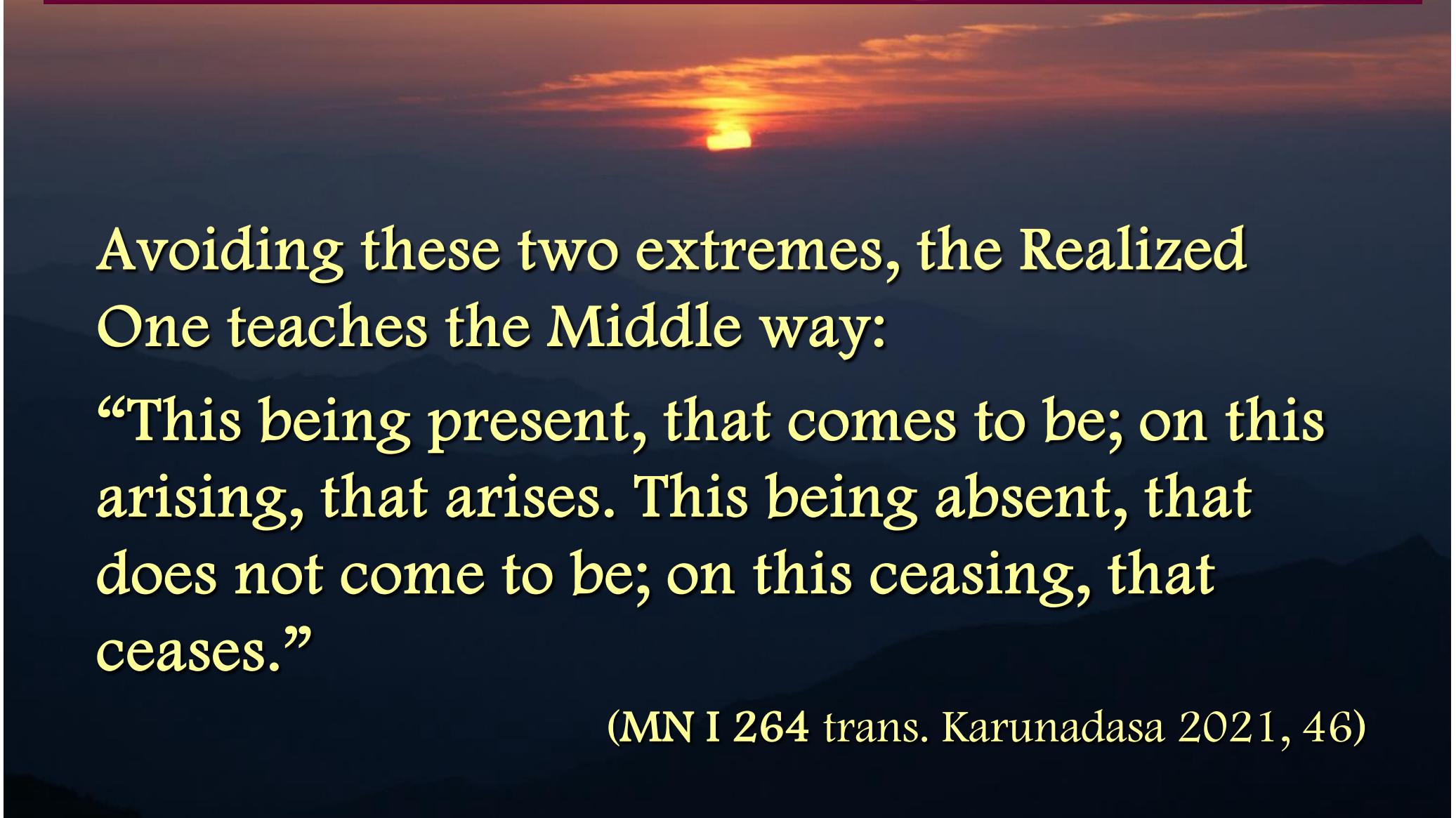
- Avoiding both extremes
- The middle way *produces vision, producing knowledge — leads to calm, to direct knowledge, to self-awakening, to Unbinding.*

# The Middle Way Philosophy: Dependent co-origination

Avoidance of two extreme views:

1. Externalism (*sassatavāda*): the existence of an eternal self, for example, a soul (*ātma*); the world is maintained by a permanent entity, for example, God.
2. Annihilationism (*Ucchedavāda*): A person is totally annihilated after death; there is no coming back

# The Middle Way Philosophy: Dependent co-origination



Avoiding these two extremes, the Realized One teaches the Middle way:

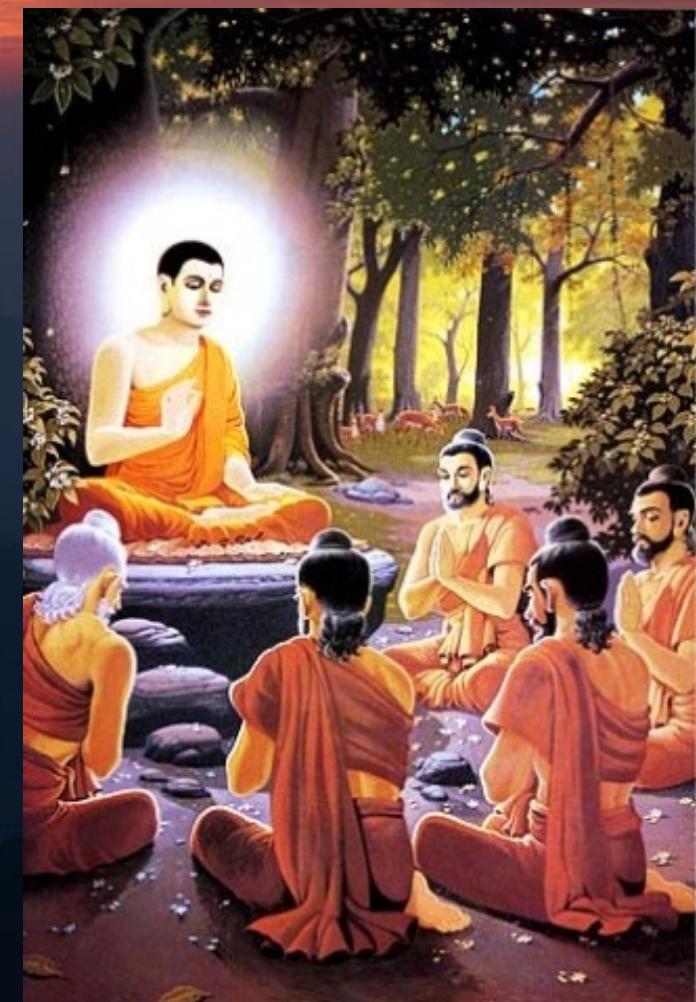
“This being present, that comes to be; on this arising, that arises. This being absent, that does not come to be; on this ceasing, that ceases.”

(MN I 264 trans. Karunadasa 2021, 46)



Same or Different?

# After the First Turning of the Wheel, the Buddha taught for Forty-five years



*There is *Suffering* and  
there is a way to end suffering!*



Sārnāth: Deer Park



<http://drakon.cafe24.com> Lee's Image™

# His Students: The Sangha



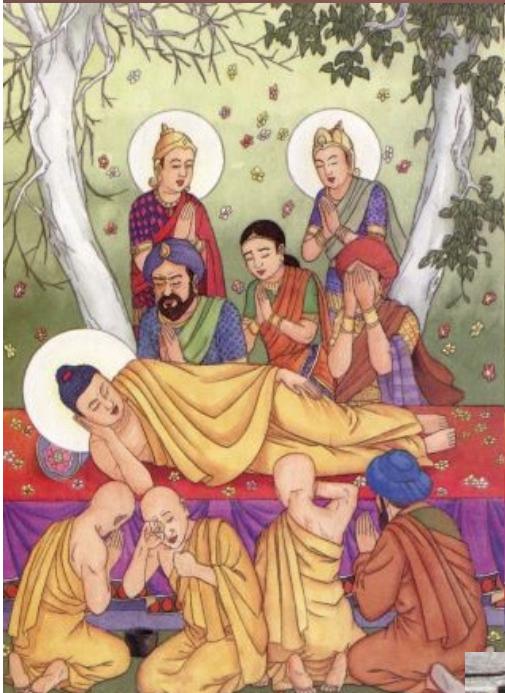
- "Go forth, monks, for the good of the many, for the happiness of the many, out of compassion for the world, for the benefit, for the good, for the happiness of gods and men.
- Let not two go together.
- Preach the doctrine that is beautiful in its beginning, beautiful in its middle, and beautiful in its ending.
- Declare the holy life in its purity, completely both in the spirit and the letter."

# The Buddha's Last Words

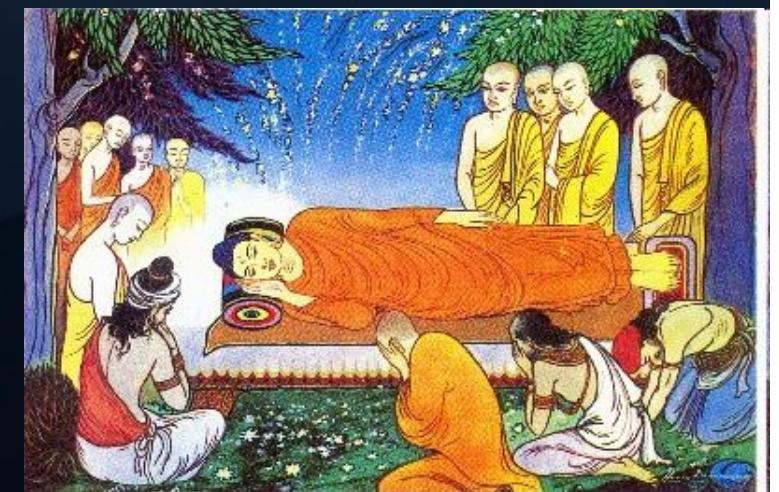
- The Buddha spoke to Venerable Ananda. "It may be, Ananda, that some of you will say, 'without the Buddha, the Sublime Teacher, there is no teacher for us'.
- No, Ananda, you should not think in this way. Whatever **doctrine and discipline taught and made known by me will be your teacher** when I am gone."
- "Behold, O monks, this is my last advice to you. All component things in the world are changeable. They are not lasting. Work hard to gain your own salvation."



# 10. Mahā Parinibbāna



- The passing away of the Buddha occurred in 543 B.C. on a full-moon day in the month of May, known in the Indian calendar as Vesak.



# How should we approach and learn Buddhist Teaching?



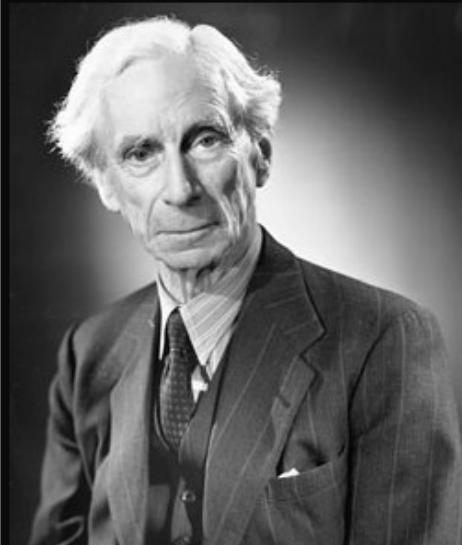
# Most People are Sheep



- <https://www.youtube.com/watch?v=MEhSk71gUCQ>

# Bertrand Russell's Advice for Future Generations

- <https://www.youtube.com/watch?v=JtJmnDC0yMo>



Religion is something left over from the infancy  
of our intelligence, it will fade away as we adopt  
reason and science as our guidelines.

(Bertrand Russell)

izquotes.com

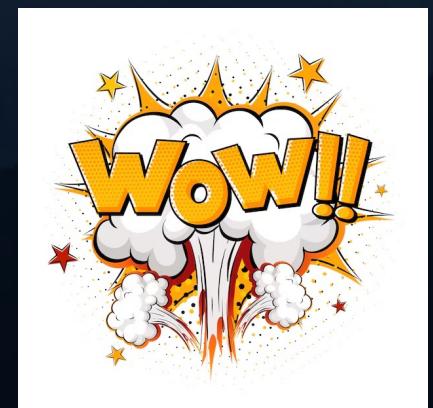
# How should we approach Buddhist Teaching?

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



# Inspired and Wowed!

- Write down three points from the Kalama Sutta that inspired or wowed you the most and briefly explain why.





# What is Buddhism

## About?

# What is Buddhism About?



## It is about:

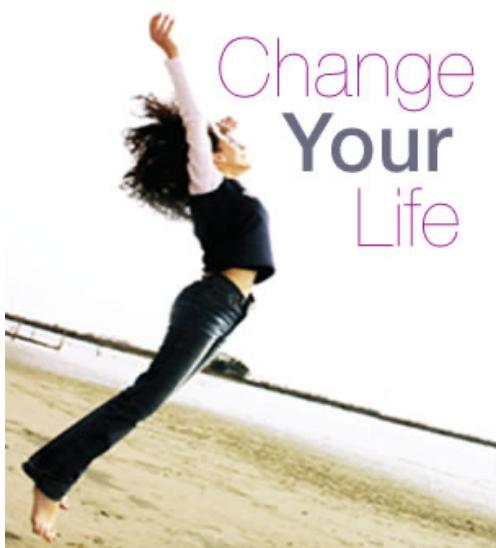
- Understanding suffering and the elimination suffering
- The possibility of free from entanglement and all form of sufferings.

# What is Buddhism

## About?



- It is about the possibility of eliminating suffering and living a happier life through understanding and accepting **reality**.
- Through learning, contemplation, and reflection, by observing and experiencing the **true nature of reality**, we can make better decisions and live a happier life."



# Levels of Awareness and Understanding



## Obvious and Immediate vs Hidden but Long-term



## Obvious and Immediate vs Hidden but Long-term:



头条 @鄂东三农

# Love is beautiful



# Love could be beautiful, But, suffering is highly probable

- "Maintaining a healthy and happy relationship requires a lot of effort.
- Be prepared for the challenges and difficulties that come with it."



## Recommended Reading

### Life of the Buddha

- *Thich Nhat Hanh; Old Path White Clouds: Walking in the Footsteps of the Buddha, Parallax*
- *Schumann, H.W. The Historical Buddha. London: Arkana Books, 1989. Penguin Press, 1991*  
[https://books.google.com.hk/books?id=h2Qh2zzNkNkC&pg=PR3&hl=zh-TW&source=gbs\\_selected\\_pages&cad=1#v=onepage&q&f=false](https://books.google.com.hk/books?id=h2Qh2zzNkNkC&pg=PR3&hl=zh-TW&source=gbs_selected_pages&cad=1#v=onepage&q&f=false)
- *Rahula, W. What the Buddha Taught.*
-

# *Ways to Enhance Our Chances of Happiness*

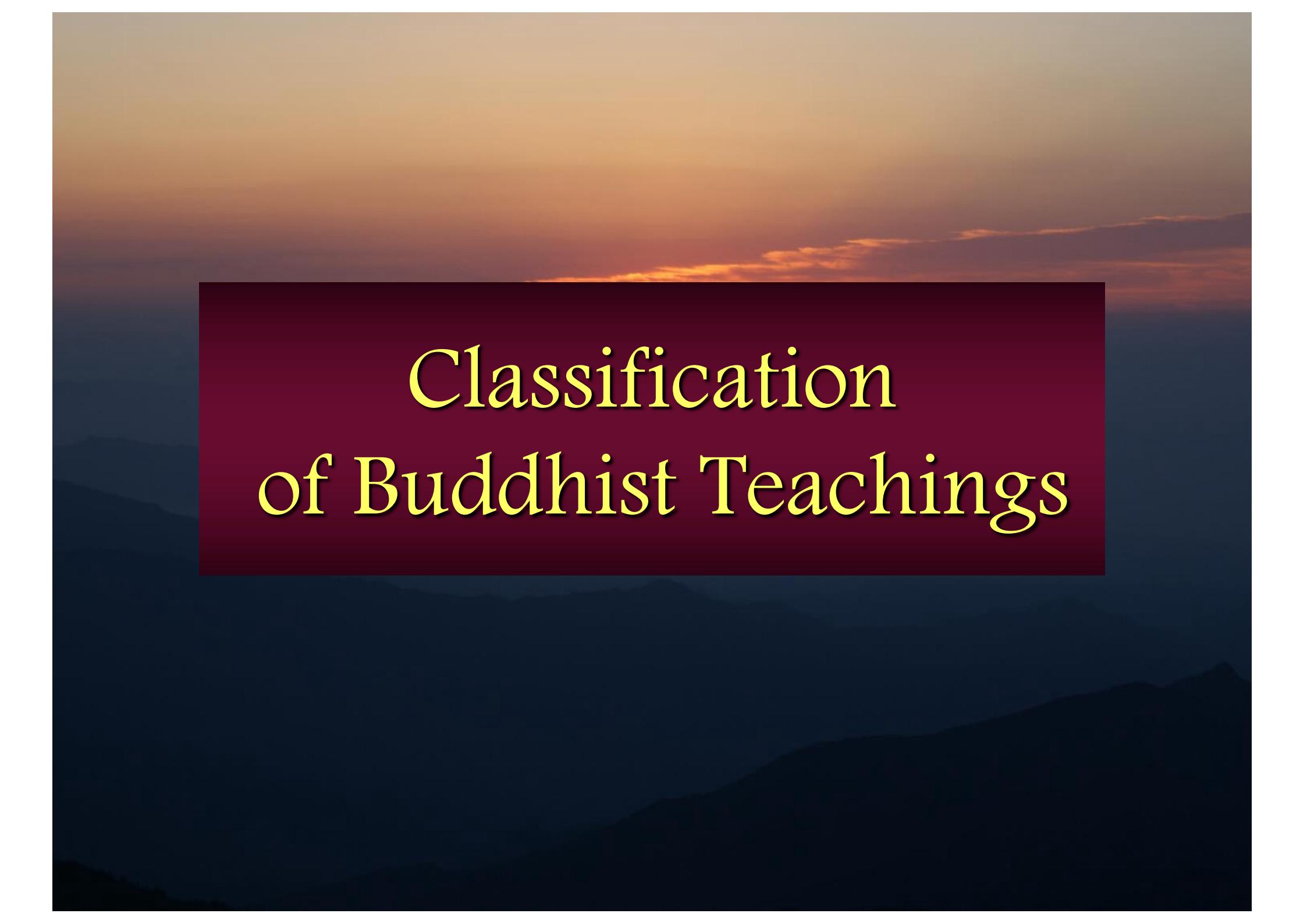
## *Delusion and Mindless Greed, conflict and suffering*

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

## *Aware and Mindful Happiness, peace and freedom*

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



The background of the image is a photograph of a sunset or sunrise over a range of mountains. The sky is filled with warm, orange, and yellow hues, transitioning into a darker blue at the bottom. A dark, solid red rectangle is positioned in the center of the image, covering approximately the middle third of the vertical space. This red area contains the title text.

# Classification of Buddhist Teachings

# Why Would a Bird-eye View Help Our Understanding?



# Why is there a need to classify Buddhist Teachings?

- Since Buddha passed into Nirvana more than 2500 years ago, Buddhism has diversified and developed tremendously.
- There are now many forms of Buddhism, representing different traditions, cultural backgrounds and interpretation of the Dharma.
- Classification helps us to understand and have a bird's eye view of the Teachings of the Buddha.

# How to classify?

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

# The Buddhist World

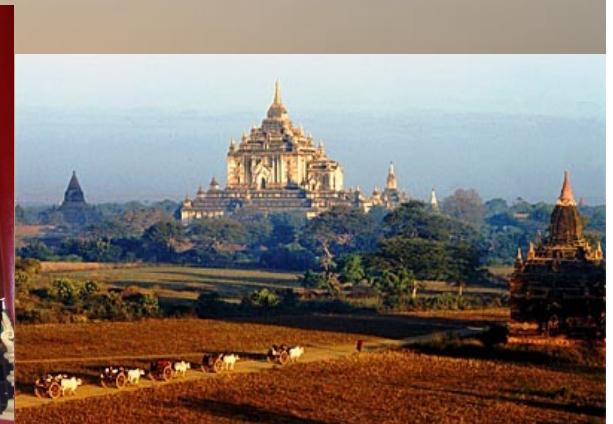


Historical  
Buddhist  
Transmissio  
n

Southern  
Transmission

Countries

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



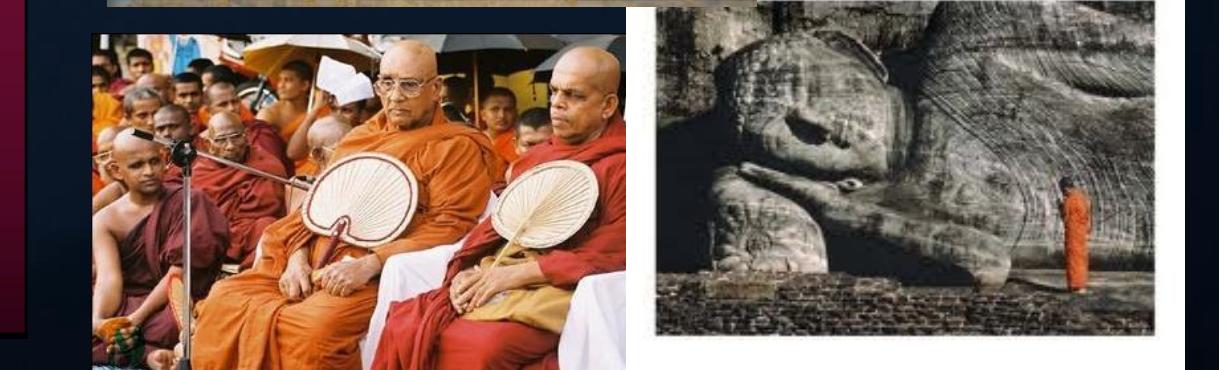
Lineages

Theravada tradition

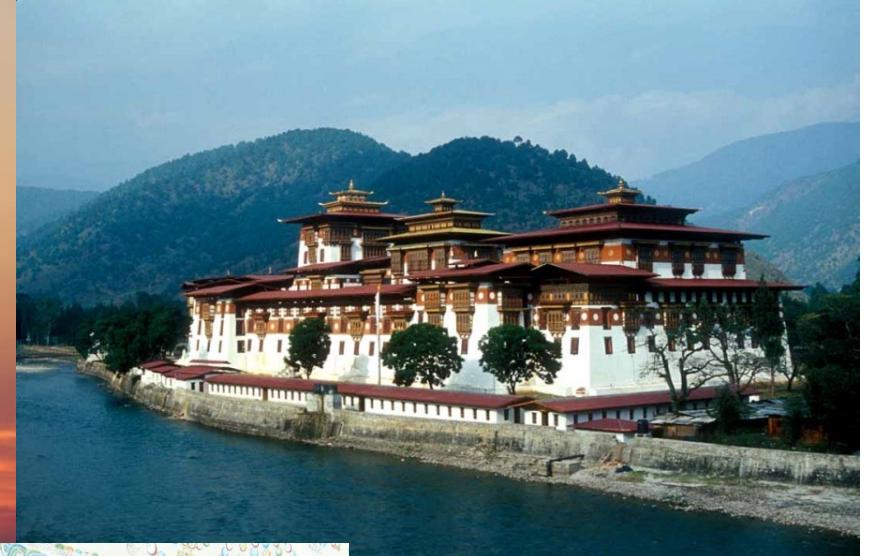


Languages  
used

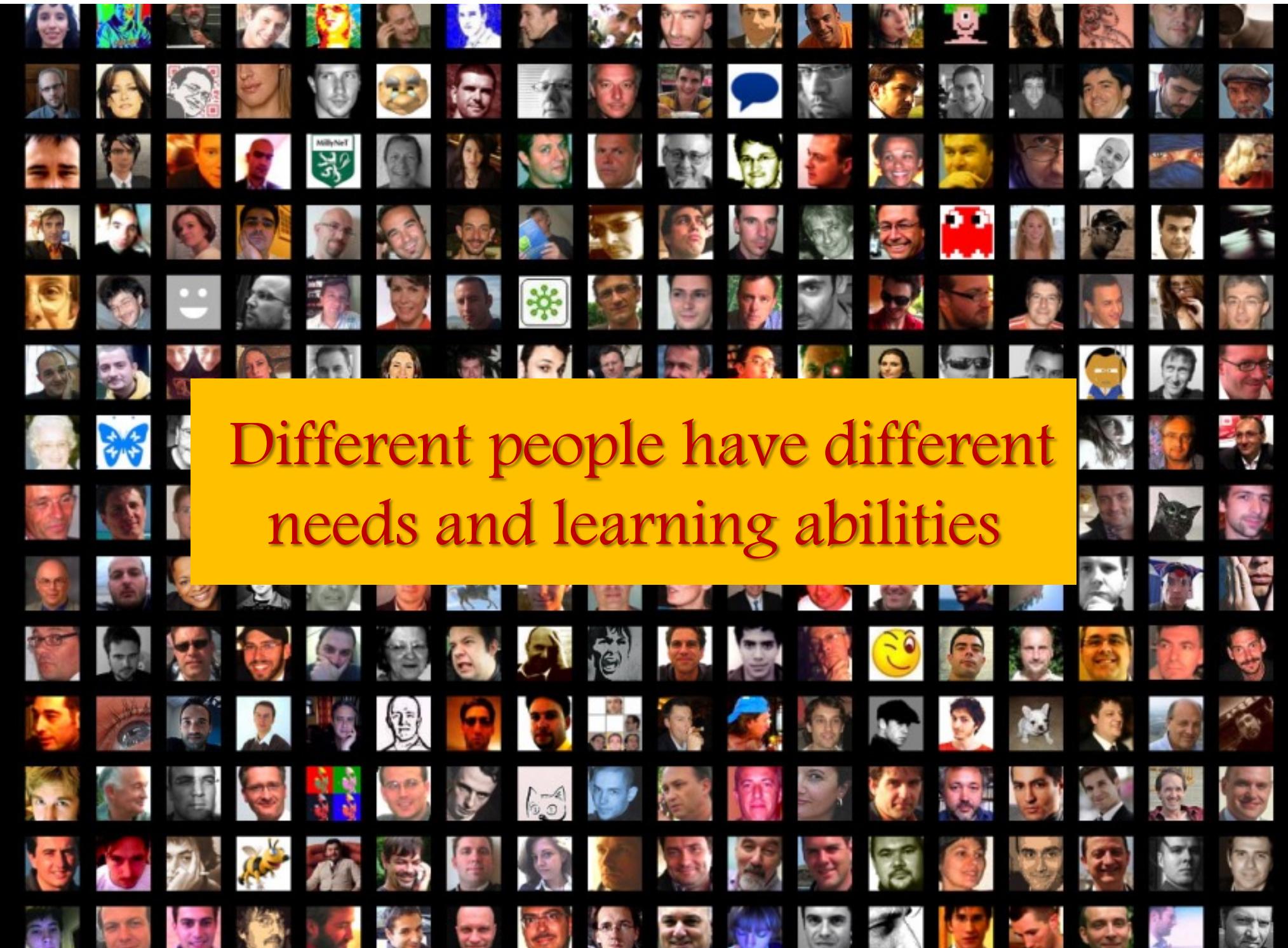
Pali supplemented  
by local languages.



<u>Historical Buddhist Transmission</u>	<u>Northern Transmission</u>		
<u>Countries</u>	China, Taiwan, Japan, Korea, Mongolia and parts of Southeast Asia		
<u>Lineages</u>	Eight major schools including Ch'an, Tien Tai and pure land		
<u>Languages used</u>	Chinese supplemented by local languages		

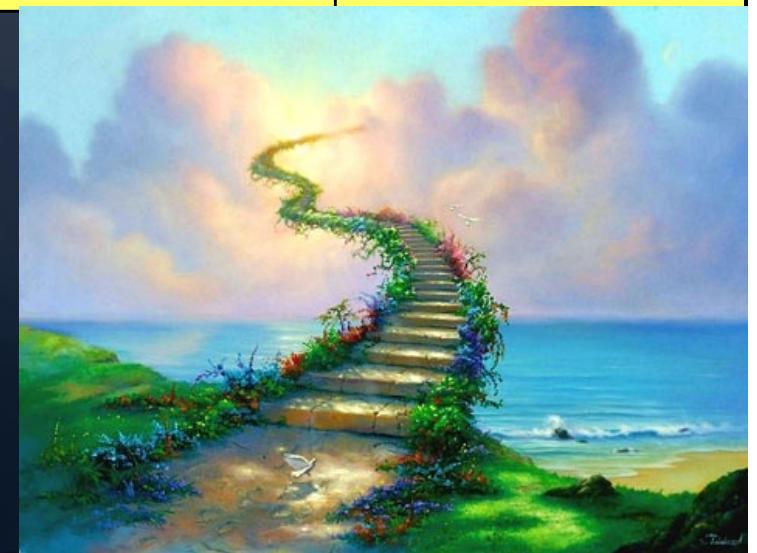
<u>Historical Buddhist Transmission</u>	<u>Tibetan Transmission</u>	
<u>Countries</u>	Tibet, Nepal	 
<u>Lineages</u>	<p>Four major traditions:</p> <ul style="list-style-type: none"> <li>• Nyingma-pa,</li> <li>• Sakya-pa,</li> <li>• Kagyu-pa,</li> <li>• Gelug-pa</li> </ul>	 
<u>Languages used</u>	Tibetan supplemented by local languages	

<u>Historical Buddhist Transmission</u>	<u>Southern Transmission</u>	<u>Northern Transmission</u>	<u>Tibetan Transmission</u>
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Different people have different  
needs and learning abilities

<i>Buddhists Vehicles</i>	<i>Aspiration</i>	<i>Related Teachings and practices</i>	<i>Attainment</i>
<b><u>Human and Celestial Vehicle</u></b>	To attain happiness in heaven and earth	<ul style="list-style-type: none"> <li>- The Law and Cause and effect</li> <li>- Taking refuge in the Triple Gems and practicing the five precepts.</li> </ul>	Happiness in heaven and earth



# 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.

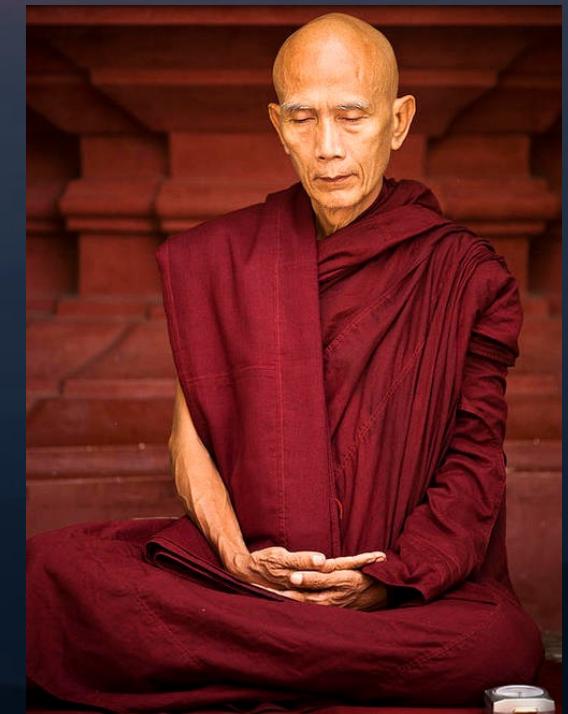
## *Buddhists Vehicles*

### **Hearer Vehicle** **(Sound-hearing (Sravaka))**



## *Aspiration*

To eliminate all suffering, especially the endless bondage of life and death



## *Buddhists Vehicles*

*Sound-hearing  
(Sravaka)  
Vehicle*

## *Related Teachings and practices*

- 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.
- **Concentration:** *Samadhi* means concentration, reflectiveness, inquiry, mindfulness, meditation, focus.
- **Wisdom:** *Prajna* means wisdom, gnosis, enlightened awareness, transcendental wisdom, true self-knowledge.

## *Buddhists Vehicles*

### *Bodhisattva Vehicle*



## *Aspiration*

To attain the ultimate enlightenment  
and free all beings from suffering



<b>Buddhists Vehicles</b>	<b><u>Related Teachings and practices</u></b>
<b><i>Bodhisattva Vehicle</i></b>	<p>-Motivated by compassion and guided by the <i>Prajna</i> wisdom on non-attachment.</p> <p>- Practices the six <i>perfections</i> and the four all-embracing virtues.</p>

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



- Generosity
- Kind Speech
- Acting in ways that are helpful and supportive to others.
- Adaptability

# The Six Perfections

- Generosity, giving
- Virtue, morality
- Patience, tolerance, forbearance, acceptance, endurance
- Energy, diligence, courage, enthusiasm, effort
- Meditation, absorption, concentration, contemplation
- Perfect wisdom

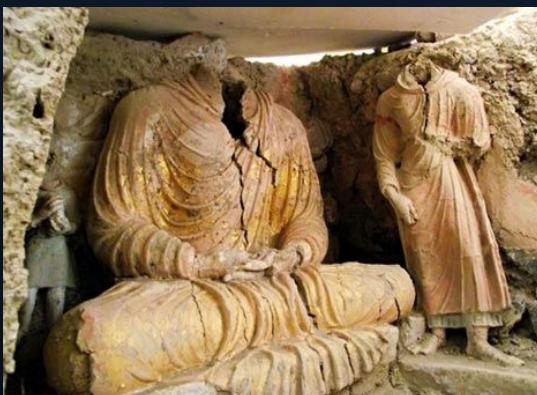
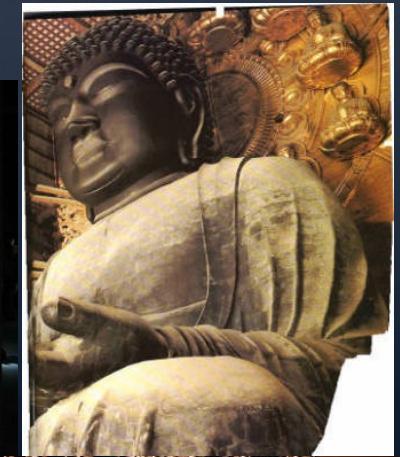


# The Four All-embracing Virtues of Friendliness

- Giving
- Loving speech
- Beneficial acts
- Working together

<u>Buddhists Vehicles</u>	<u>Aspiration</u>	<u>Related Teachings and practices</u>	<u>Attainment</u>
<i>Human and Celestial Vehicle</i>	To attain happiness in heaven and earth	<ul style="list-style-type: none"> <li>- Taking refuge in the Triple Gems and practice the five precepts.</li> <li>- The Law and Cause and effect</li> </ul>	Happiness in heaven and earth
<i>Hearer Vehicle</i>	To eliminate all suffering, especially the endless bondage of life and death	<ul style="list-style-type: none"> <li>-Four Noble Truths.</li> <li>- See life as impermanent and full of suffering.</li> </ul> <p>Diligently practice the Three Trainings</p>	Ending the bondage of reincarnation and attaining Arhart
<i>Bodhisattva Vehicle</i>	To attain the ultimate enlightenment and free all beings from suffering	<p>With <i>bodhicitta</i> as the cause, compassion as the source and <i>prajna</i> as skillful means. Practices the six <i>pramitas</i> and the four all-embracing virtues.</p>	Ultimate enlightenment and 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 Mahasanghika school (大眾部) parts ways with Theravadins (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 <sup>nd</sup> Century BC	Beginnings of Mahayana Buddhism and the appearance of Prajnaparamita sutras. Buddhist missionaries arrived China and translated 'Sutra of Forty-two Sections' 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>Mahayana Buddhist texts.</i> <i>Buddhism enters Central Asia and China.</i>	Jesus Christ (0-33AD). Buddha image
2 <sup>nd</sup> Century AD	<i>Nagarjuna</i> , founder the school of <i>Madhyamika</i>	The height of the Roman Empire
4 <sup>th</sup> 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 <sup>th</sup> 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 <sup>th</sup> Century	Hsuan-Tsang (602-664) Princess Wen-ch'eng enter Tibet (641)	Tang Dynasty began on 618AD
8 <sup>th</sup> Century	<i>Padmasambhava</i> entered Tibet (786), and founded the <i>Nyingma</i> order	李白 ( 701-762)

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Thank You For Listening!

See you next week!