

Buddhism



The 5 W's of the Buddha

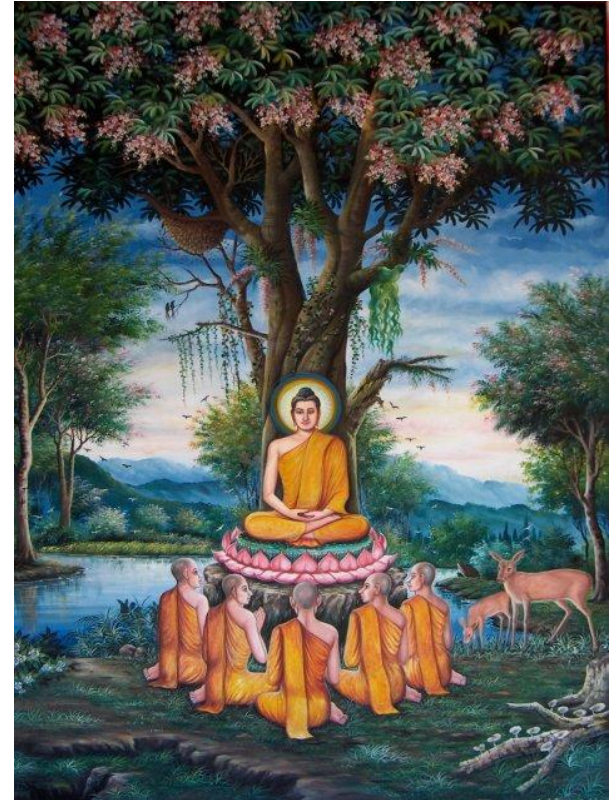
Who: Siddhartha Gautama, later named Gautama Buddha or “the enlightened one”.

What: The founder of Buddhism. He achieved enlightenment, which is in essence the meaning of life

When: From the ages of 29 to 35 Buddha set out on a journey to achieve enlightenment. Once enlightenment was achieved he preached and taught the principles and doctrines of buddhism until his death at the age of 80.

Where: All over India and Southern Nepal

Why: Gautama was a Kshatriya warrior prince who when exposed to the harsh realities of life. He denounced his wealth and title and set out to find the reasons for suffering and how to overcome its effects.



The Rundown on Buddhism

- Did not believe in any gods so it is non-theistic
- Instead of learning about our religion, memorizing it, reading about it, and just believing in it blindly, the Buddha promoted that the truth was within ourselves
- The focus of Buddhism is on practice rather than belief.
- Buddhism teaches that by meditation one must see through emotions, such as anger or greed, and recognize one's connection to other beings and objects



How is Buddhism different than
the other religions that you
know about?

Write, pair, share

First Noble Truth

- The first truth is that life is suffering i.e., life includes pain, getting old, disease, and ultimately death.
- We also endure psychological suffering like loneliness frustration, fear, embarrassment, disappointment and anger.
- Buddhism explains how suffering can be avoided and how we can be truly happy.



Second Noble Truth

- The second truth is that desire and ignorance lie at the root of suffering.
- By desire, Buddhists are referring to craving pleasure, material goods, and immortality, all of which are wants that can never be satisfied.
- In other words, getting what you want does not guarantee happiness.
- Rather than constantly struggling to get what you want, try to modify your wanting. Wanting deprives us of contentment and happiness.

Third Noble Truth

- Suffering can be overcome and happiness can be attained; that true happiness and contentment are possible.
- If we give up useless craving and learn to live each day at a time (not dwelling in the past or the imagined future) then we can become happy and free. We then have more time and energy to help others.
- This is **Nirvana**, or a transcendent state in which there is neither suffering, desire, nor sense of self, and the subject is released from the effects of karma and the cycle of death and rebirth. It represents the final goal of Buddhism.

This:



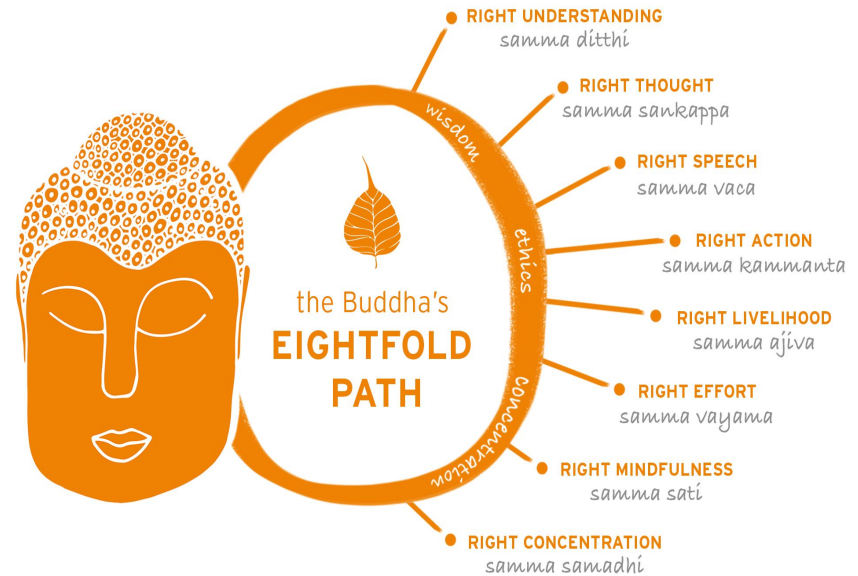
Not this:



Fourth Noble Truth

The fourth truth is that the **Noble eightfold Path** is the path which leads to the end of suffering.

- Noble eightfold Path Guide to meditating which allows one release from the cycle of life and death.
- Do not have to be followed in order
- Following them helps one reach Nirvana



The Eightfold Path

RIGHT VIEW	To see all things rightly, based on the Buddha's wisdom, which discerns and understands the principle of the Reality of All Existence
RIGHT THOUGHT	To think rightly, avoiding the three evils of the mind
RIGHT SPEECH	To speak right words, avoiding the four evils of the mouth
RIGHT ACTION	To act rightly, avoiding the three evils of the body
RIGHT LIVELIHOOD	To gain food, clothing, shelter, and other daily necessities in a right way
RIGHT EFFORT	Never to do evil and always to do good
RIGHT MINDFULNESS	To have a continuous right mind toward both oneself and others
RIGHT CONCENTRATION	To strive constantly for the true Law and to be fixed and settled in it

Reincarnation

- Believed in idea of reincarnation: there is rebirth through many lives based on one's karma
 - Death represents a new form of appearance as a human or animal in heaven or hell
- According to Buddhism, a person's karma is the power of his or her voluntary actions to shape a rebirth in the next life, for good or for ill, and life in the highest possible level can last for thousands of years.
 - According to Buddhism the reward for good deeds is thousands of years of life in the very highest level, but even this benefit will eventually end
- Buddhists believe that the world goes through a never ending series of cycles in which the world ends and starts over again.



Buddhism vs. Hinduism

- Taught a path to enlightenment like Hinduism towards a perfect state of understanding and a break from the chain of reincarnations
- Buddha's path to salvation rejected three aspects of Brahman (Hindu) religion: elaborate rituals, animal sacrifice, and the caste system because the key to nirvana is within oneself.
 - The Buddha rejected Brahman (Hindu) sacrifices, because animals may have been humans in a previous lifetime.
- “Three Jewels” of Buddhism
 - Religious community
 - Buddha
 - Dharma: Buddhist doctrine or teachings

Meditation




Meditation

https://www.youtube.com/watch?v=LkoOCw_tp1I

<https://www.youtube.com/watch?v=5GSeWdjyr1c>

How do you feel at end of meditation?

Answer on paper to turn in



Summarize Notes

