

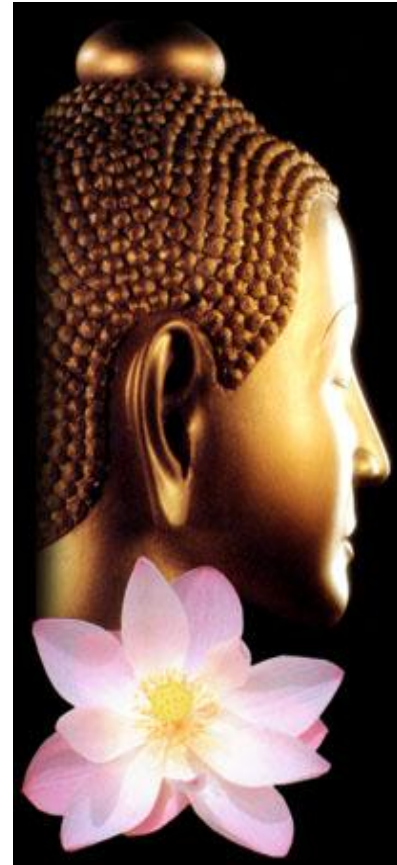


Introduction to Buddhism



Buddhism

- No divine beings. And, *anatta*, no soul
- Reality is a construct of our senses, an illusion
- *Four noble truths*
 - *Dukkha*, All life is suffering
 - *Tanha*, suffering is caused by desire
 - *Sunyata*, eliminate desire to eliminate suffering
 - Follow *eight-fold path*, emptying one's self to the goal of *Nirvana*, extinction.
- Cycles of death, birth and rebirth until Enlightenment



The Eighthfold path of liberation

- ways to burn up all past demerits,
- avoid accumulating new demerits, and
- build up merit for a favorable rebirth.
- Perfection - final escape from the cycle of death and rebirth, into the peace of **nirvana** (**moksha** - Hinduism; **Kevala-Jainism**)



The Eight-fold path of liberation

- **right understanding** - comprehending reality correctly
- **right thought or motives** - uncover any unwholesome emotional roots behind your thinking (e.g., stop hiding your imperfections)
- **right speech** - give up speaking vain talk, gossip, harsh words, and lying; speak the truth and search harmony
- **right action** - avoid destroying life, stealing, sexual misconduct, lying, intoxicants
- **right livelihood** - make sure that earning a living does not violate the five principles from previous path
- **right effort** - continual striving to cut off unwholesome states
- **right mindfulness** - be aware in every movement
- **right meditation** - apply mental discipline to the quieting of the mind itself



Some Symbols



Lotus Flower

The lotus flower symbolises the complete purification of the defilements of the body, speech and mind, and the full blossoming of wholesome deeds in blissful liberation.



Precious Umbrella

The precious umbrella symbolises the wholesome activity of preserving beings from illness, harmful forces, obstacles and so forth in this life and all kinds of temporary and enduring sufferings of the three lower realms, and the realms of men and gods in future lives. It also represents the enjoyment of a feast of benefit under its cool shade.



The golden wheel

symbolises the auspiciousness of the turning of the precious wheel of Buddha's doctrine, both in its teachings and realizations, in all realms and at all times, enabling beings to experience the joy of wholesome deeds and liberation.



Birth of the Buddha

How Siddharta Gautama
became the 'Enlightened One'.



A Prince is Born

- 📖 A long time ago, in India, Prince Siddharta was born.
- 📖 A wise old man came to tell his fortune.
- 📖 He said that one day Siddharta would leave home and become a great holy man.
- 📖 The king was upset because he wanted his son to follow in his footsteps.
- 📖 He made sure that Siddharta wanted for nothing and taught him all the things that a future king needed to know.



The Young Prince

- 📖 When Siddharta grew up he married Princess Yashodhara.
- 📖 The king was delighted because his plan was working.
- 📖 Although the king was happy Siddharta was not happy at all.
- 📖 He decided that he needed to go out and see the world for himself.



The Four Sights

- ❏ So the prince went into the city with Chanda, his chariot driver.
- ❏ Soon they met an old man, who was leaning on a stick. His hair and teeth were falling out.
- ❏ Siddharta was puzzled and Chanda explained that the man was suffering from old age.
- ❏ This sight upset the prince.



The Four Sights

- 📖 The next day, they went out again.
- 📖 This time they saw someone lying in the street, groaning.
- 📖 Again, Siddharta was puzzled and so Chanda explained that the person was suffering from sickness.
- 📖 Siddharta was shocked. He had never before seen anyone who was ill.



The Four Sights

- 📖 On the third day, Siddharta and Chanda went out again and saw something much worse.
- 📖 They saw a funeral and Siddharta was, again, puzzled.
- 📖 Chanda explained that death comes to everyone.
- 📖 The prince was horrified and asked why the world was full of suffering. He asked what he could do to help.



The Four Sights

- 📖 On the fourth day, Siddharta and Chanda went out once more.
- 📖 This time they saw a man dressed in simple robes and carrying a bowl.
- 📖 Siddharta was puzzled and so Chanda explained that the man was a Holy man, who was carrying all that he owned.
- 📖 Siddharta thought it strange that the man looked so peaceful and happy.



Leaving Home

- 📖 That night, Siddharta decided to leave the palace to try to put an end to all suffering.
- 📖 Silently, Siddharta and Chanda crept out of the gates and rode off into the night. They came, at last, to a river at the edge of the forest.



Continue the Story

- 📖 Can you help Siddharta on his journey to end suffering?
- 📖 You must decide upon Siddharta's actions and thoughts as the story progresses.
- 📖 If at any time you are unsuccessful, you will be returned to the beginning of Siddharta's journey.



By the River

📖 Siddharta cut off his long hair and put on...

📖 Simple robes



📖 A swimming costume



📖 His grandest cloak and jewels.






Goodbye Chanda

- ❏ Siddharta gave his fine clothes, jewels and his horse to Chanda.
- ❏ He told Chanda to return to the palace with the clothes and said that he was no longer his master.
- ❏ Siddharta became a wanderer. Chanda watched sadly as Siddharta crossed the river and went off alone into the dark forest.



The Journey Begins

- 📖 As Siddharta walked through the forest, in his simple robes, he decided that he had to find...
- 📖 Something to eat 
- 📖 A place to rest 
- 📖 The Truth 



The Wandering Holy Man

- ❏ For six years, Siddharta wandered in the Jungle. He went to many famous Holy teachers and learned all they had to teach him.
- ❏ Still not satisfied, he lived with five friends, called 'Ascetics'.
- ❏ They believed that they would find the truth through making sacrifices.



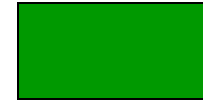
Life as an 'Ascetic'

📖 Siddharta decided to become an ascetic too. He lived on...

📖 One grain of rice a day



📖 A three course meal each day



📖 A bowl of rice a day






No Nearer the Truth

- ❏ Siddharta almost starved to death.
- ❏ He realised that living a very hard and uncomfortable life brought him no nearer to the truth than his rich life had.
- ❏ He decided to try a middle way.
- ❏ When the five ascetics saw what he was going to do they did not like it!



Given Up?

- 📖 A woman approached Siddharta and offered him...
- 📖 A bag of gold coins 
- 📖 Some milk-rice 
- 📖 A place to stay 



Alone Once More

- ❏ Siddharta ate the milk-rice that the woman had offered.
- ❏ This displeased the five ascetics. They said that he had given up and left him all alone.
- ❏ Siddharta washed in the river and ate some food.
- ❏ He sat down to meditate in the shade of a tree. He felt much stronger.



Beneath the Tree

- 📖 Siddharta decided to sit under the tree until...
- 📖 He became uncomfortable
- 📖 He grew tired
- 📖 He had discovered the truth



The Enlightenment

- 📖 Siddharta meditated all night.
- 📖 In the morning, just as the sun rose, he knew he had won.
- 📖 “I have done it.
- 📖 I am free from suffering.
- 📖 I understand.
- 📖 At last I am awake to the Truth.
- 📖 Now I am a Buddha.”



Buddha?

- 📖 The Buddha was born because Siddharta had become...
- 📖 Enlightened
- 📖 A leader
- 📖 The true King



Teaching the Truth

- 📖 The Buddha, once rejoined with his friends and family, taught the Truth (the Dharma) to anyone who would listen.
- 📖 For 35 years, he travelled around India and many people, including Kings and Queens, rich and poor, men, women and children became his followers and joined the Sangha.



The Parinirvana

- 📖 One day, at the age of 80, he knew that the time had come for him to die.
- 📖 He called his followers to him to make sure that they understood everything he had taught them.
- 📖 His friend, Ananda, made a bed for him. His friends gathered round as the Buddha lay down on his side.
- 📖 “All things change,” he said. “Keep up your effort.” Then he closed his eyes and died.



The life of the Buddha I (c. 563-483 BCE)

- The Buddha - the Enlightened One - born to the chief of a kshatriya clan of Shakyas
- First name: Siddharta - wish-fulfiller; family name: Gautama
- shielded from sight of suffering and evil by his father
- **Four Sights:**
 - a bent old man
 - a sick person
 - a dead person
 - a monk seeking eternal pleasure
- At 29 Siddharta decides to live a life of renunciation



The life of the Buddha - part II

- Initially he tried traditional Hindu methods (but wasn't satisfied)
- extreme path: nakedness, exposure to great heat and cold, breath retention, severe fasting - didn't work
- **Middle Way**: neither self-indulgence, nor self-denial; clarity of mind, reflection
- under the sacred fig tree - **Supreme Enlightenment**:
 - contemplation
 - recalling all previous lives
 - cause of suffering and the means to end it
 - radiating light
- Four Noble Truths and Eightfold Path for freedom from suffering



Spreading of doctrine

- Buddha - wandered through villages in N. India for 45 years
- Founded orders of monks and nuns
- No caste system - all are equal in achieving liberation
- Forbade animal sacrifice
- Buddha died from food poisoning offered to him by a poor villager who was sharing a meal of all the food he had.
- His helper and close follower, Ananda, continued to preach Buddhism





Buddhist Monks

Buddhist monks live simple ascetic lives of religious contemplation in monasteries. Buddhist monks follow different rules according to their sect, but most remain cut off from worldly affairs. Monks often perform important rituals, such as funerals, for lay Buddhists.



The Dharma

- Non-theistic religion - no personal God who creates everything and to whom prayers can be directed
- Unlike other Indian sages, Buddha didn't focus on descriptions of:
- **Ultimate reality**, the nature of the soul, life after death, or the origin of the universe
- The Buddha spoke of his **teachings as a means to a goal**, not the goal itself



The Four Noble Truths (basic facts of existence)

- Life inevitably involves suffering, is imperfect and unsatisfactory
- Suffering originates in our desires (challenged today by some Buddhists)
- Suffering will cease if all desires cease
- There is a way to realize this state: the Noble Eightfold path





The Four Noble Truths (detailed)

- **First Truth:** existence of suffering or frustration (dukkha)
 - grief, unfulfilled desires, sickness, old age, physical pain, mental anguish, and death
 - no permanent self or identity: our identity is a bundle of feelings, impressions, ideas, and decaying physical matter
- **Second Truth:** Suffering has its origin in desire and attachment to ideas
 - desire for sensory pleasures, for fame and fortune, for things to stay as they are or to change
- **Third Truth:** Suffering ceases if desires cease - illusion ends and nirvana begins
- **Fourth Truth:** only through a life of morality, concentration and wisdom can suffering be extinguished.

Nirvana



- The Buddha said little about the Nirvana
- nirvana - means extinguishing of a flame from lack of fuel
- ending a cycle: ending all cravings and leading a passion-free existence - no karmic consequences
- nirvana is a state of freedom, peace, lack of suffering, tranquility of mind
- upon **death of a person who reached nirvana:**
 - one enters a deathless, peaceful, unchanging indescribable state;
 - individuality disappears and one enters the realm of ultimate truth



Kamakura Daibutsu

Buddhism was introduced to Japan in ad 539, when a Korean ruler sought an alliance with the ruler of Yamato in Japan. To please the Japanese, the Korean ruler sent a statue of the Buddha and some Buddhist scriptures, which he described as the greatest treasures he could send. The *Daibutsu* (Great Buddha) figure at Kamakura, Japan, was cast in bronze in 1252. The figure depicts Amitabha (also known as Amida Buddha) in perfect repose and passionless calm.

