

## BASICS OF BUDDHISM

**Topics**  
- Buddhism

### Buddha

The Awakened One

### Buddhism

Founded by Shakyamuni Buddha, Siddhartha Gautama, in 6th Century B.C.E., in India

### The Four Noble Truths

1. There is suffering
2. There is an origin or cause of suffering
3. There is cessation of suffering
4. There is a path to the cessation of suffering, The Eightfold Path

### Root Causes of Suffering

Ignorance, Greed, Hatred

### The Eightfold Path

### The Threefold Path

Right Understanding or View Right Awareness or Thought	Wisdom
Right Speech Right Action or Behavior Right Livelihood	Morality
Right Effort Right Mindfulness Right Concentration or Contemplation	Meditation

### The Wheel of Dharma

A Buddhist symbol representing the teachings of the Buddha. The eight spokes in the wheel represent the Eightfold Path.

### The Middle Way

Said the sitar teacher to his student: "If the string is wound too tight, it will break. If the string is left too loose, it won't play."

### Three Jewels of Buddhism

The Buddha - The Teacher

The Dharma - The Teachings of the Buddha

The Sangha - The Community of Buddhist Practitioners

### Karma

Action, law of cause and effect

### Samsara

Cyclic existence, the cycle of birth, death, and rebirth

### Nirvana

Enlightenment