

Buddhism Basics

Founder: Buddha
meaning “one who has awakened”

Before he was Buddha...

- Born Prince Siddhārtha Gautama
- Did the typical Prince things:
 - left home to study with a guru (one of great wisdom)
 - trained as a warrior and participated in battle competitions
 - married a woman within his caste

Then everything changes...
Siddhartha has the Four Sights.

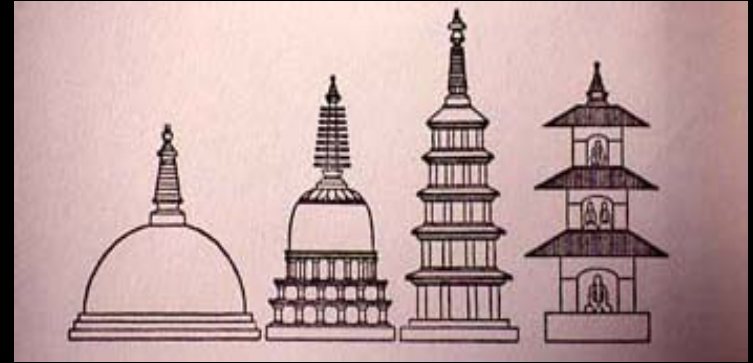


- Up until now Siddhartha had led a very sheltered life, spending his time confined to his father's castle. One day he is able to leave the castle and has an experience that deeply affects him. On his travels he sees: And old man, a sick man, a dead person, and a shramana (a wandering monk).
- After seeing the world more clearly, Siddhartha decides to leave home, which makes his father very angry. He wanders the land, learns from the shamanas, meditates, and attempts to rid himself of the material world (lust, desire, and fear). Spends an entire week staring at a tree
- He begins to remember his past lives and starts to teach others the way. And Buddhism is born!
- Buddhism begins to grow and rules are developed, monasteries built. Siddhartha continues teaching until his death, at which point the real surge of Buddhism occurs.





Being Buddhist



Stūpas – used for worship

FOUR NOBLE TRUTHS

1. Life is suffering.
2. Cause of suffering is desire.
3. Removing desire removes suffering.
4. 8-Fold path as the means to conquer desire.

The 8-Fold Path to enlightenment

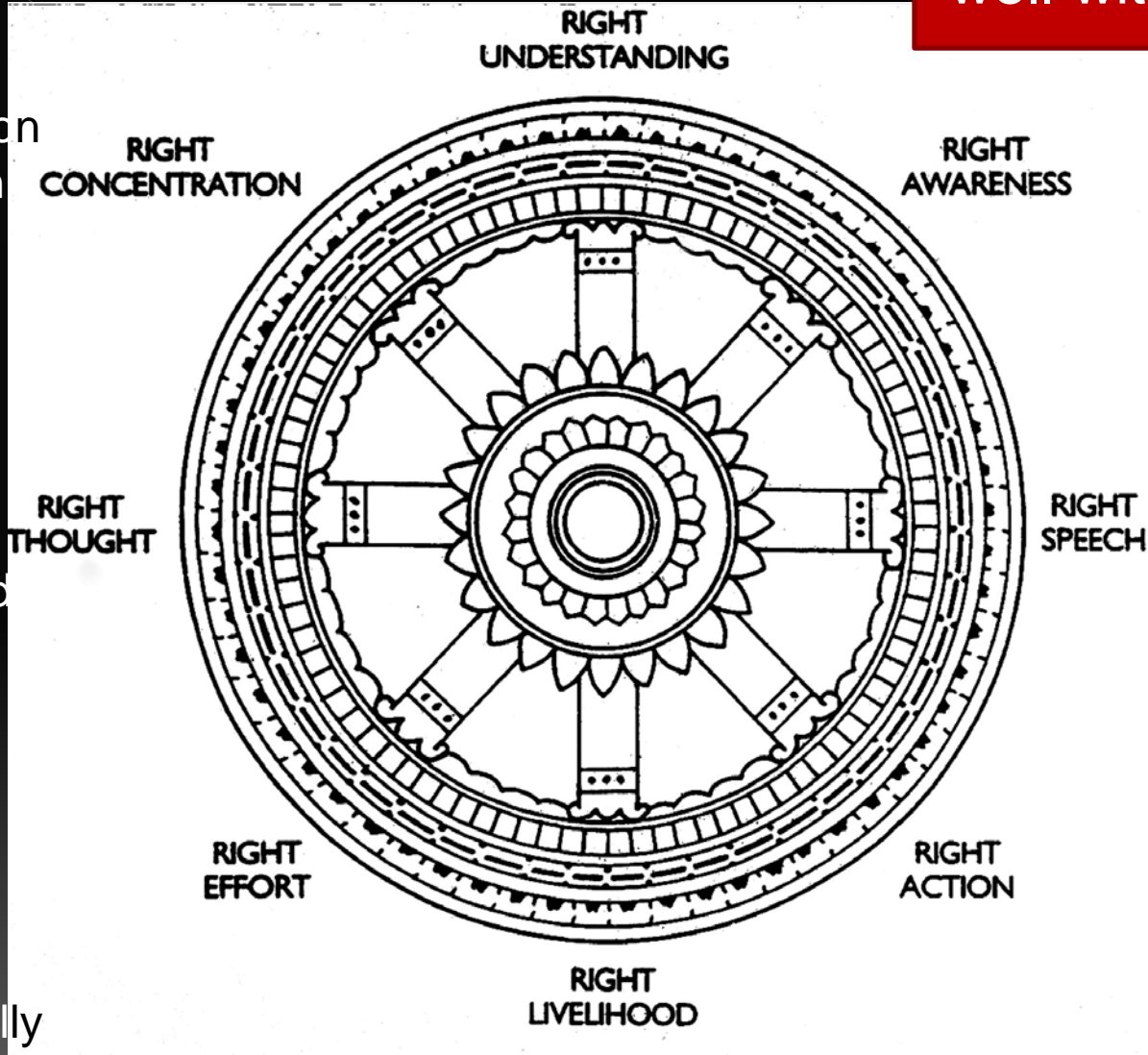
To know the truth about the world

What types of people would not be doing well with the wheel?

To practice concentration - meditation

To be in control of one's feelings and thoughts

To continually try to free one's mind and not give up



To observe and understand the world but remain detached from it

To not say anything to hurt others

To respect life, property, and morality

To work at a job that does not injure others

Karma, Rebirth, & Nirvana

Karma- a natural spiritual law, of cause and effect, that determines destiny in *Samsara* (*this life*)

What you become in a future life depends on your actions in your previous life.

Rebirth

If you continually strive to follow the 8- Fold Path, then according to the Four Noble Truths you will get closer and closer to enlightenment with each life.

(Like working your way up a ladder)

Nirvana

The ultimate goal is to have no karma at all and be released from this world of suffering.

Buddhism & the Natural World

Look at this image and the three that follow and make some comparisons about the natural elements in them. Pay close attention to any mountains that you see.







