

BUDDHISM



Who was the Buddha?



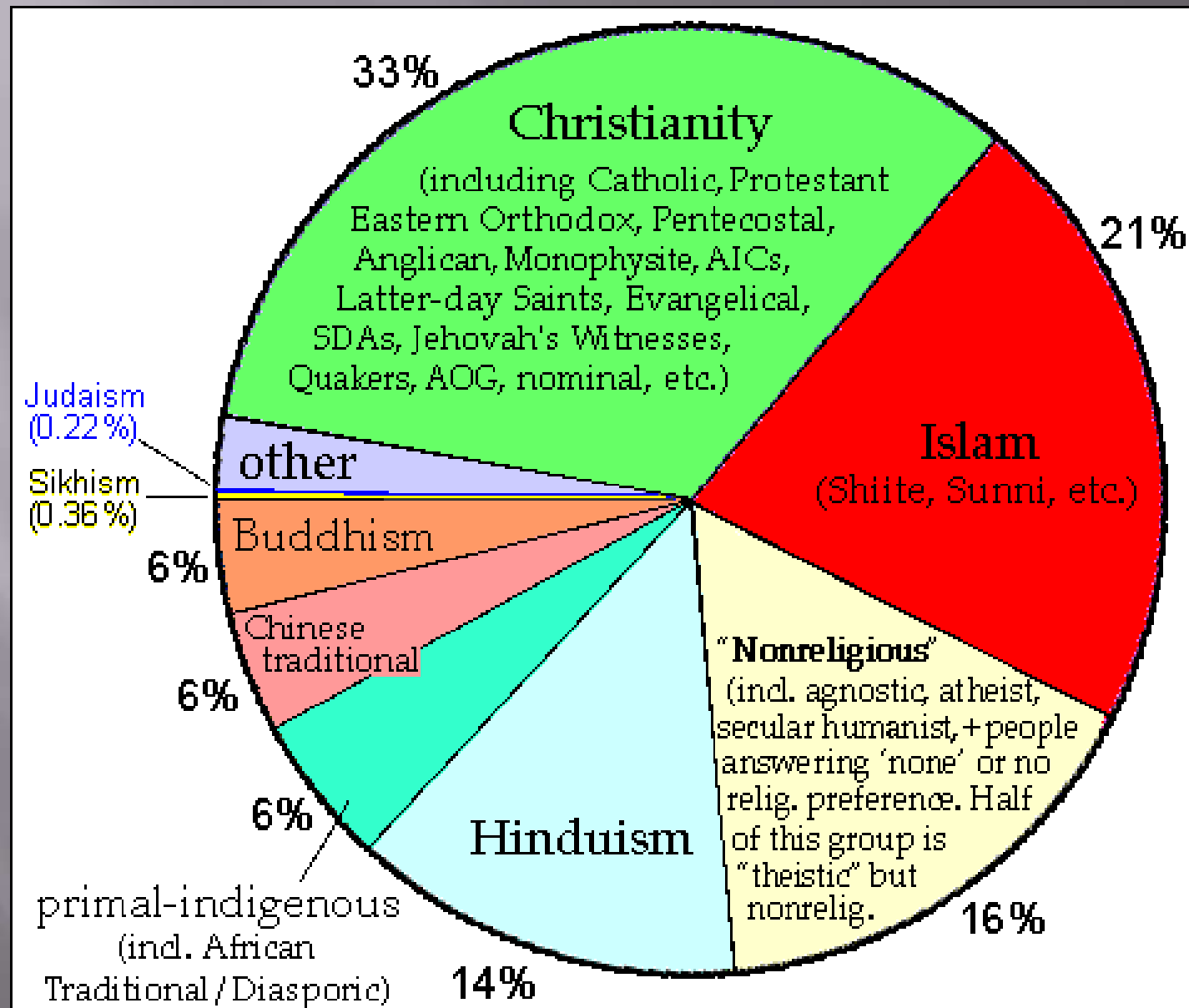
-Noble prince Siddharta Gautama
(Kshatriya caste)

-At age 29 he left the palace for the first time

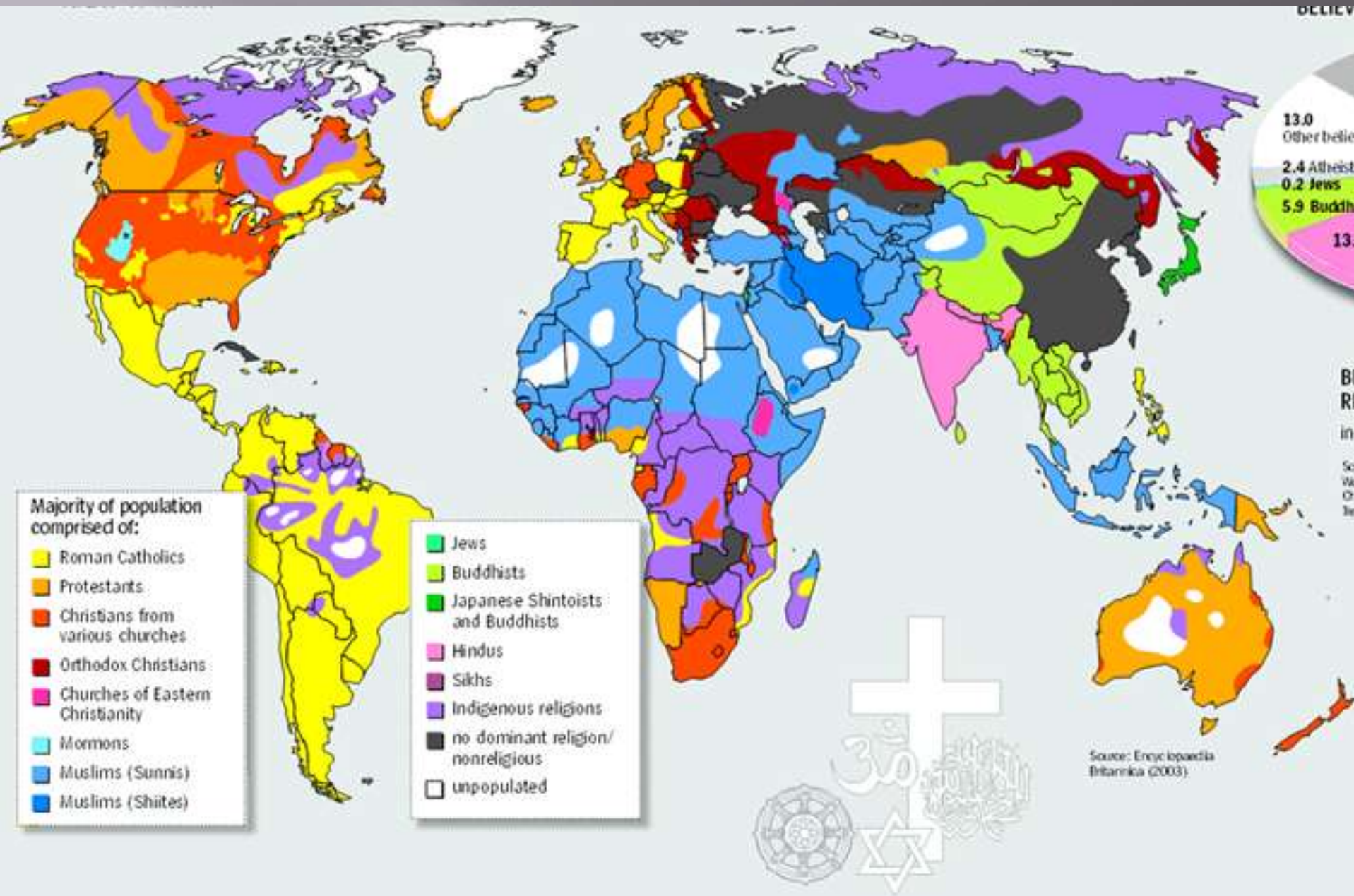
- Achieved Enlightenment
(Nirvana) under the Bodhi tree in
500 BCE

-For the rest of his life he taught other how to achieve a peace of mind.

How many people practice Buddhism?



NOTE: Total adds up to more than 100% due to rounding and because upper bound



Where did the Buddha live?

Bodhgayâ, Bihar, Inde

What did the Buddha teach?

What did the *Tao of Pooh* say about Buddhism?

THE FOUR NOBLE TRUTHS:

-To live is to suffer

-The cause of suffering: ego, self-centered desire & attachments

-The solution: eliminate desire and attachment

-The way to *Nirvana* is through the “Eight-Fold Path”

What is the Eight Fold Path?



What do Buddhists believe?

- Reincarnation and Karma
- Seek liberation from the cycle of birth and death
- The Middle Way
- Meditation
- Compassion
- Follow the *Dharma* or Buddha's teachings and life

The Five Precepts

There are different sects but they all follow these rules

Do not harm or kill living things

Do not take things unless they are freely given

Lead a decent life

Do not speak unkindly or tell lies

Do not abuse drugs or drink alcohol

Where are the Buddhist holy sites?

Bodghaya, India

the place where the Buddha sat under a bodhi tree and reached Nirvana. This is the place where all future Buddhas will come to be awakened.







Bodhgaya, India



Bodhgaya, India



DHAMMA CHAKKA PAVATTANA SUTTA

(THE WHEEL OF LAW)

THE FIRST SERMON OF THE SAKYAMUNI BUDDHA DELIVERED AT THE ISIPATANA DEER PARK SARNATH
ENGLISH TRANSLATION

Sarnat, India is where the Buddha gave his first sermon

Varanasi, Uttar Pradesh, India



Sarnat, India



Sarnat, India



What are Buddhist holy texts?

Tripitaka or the “Three Baskets”

- Buddha's sermons
- Monastic rules
- philosophy

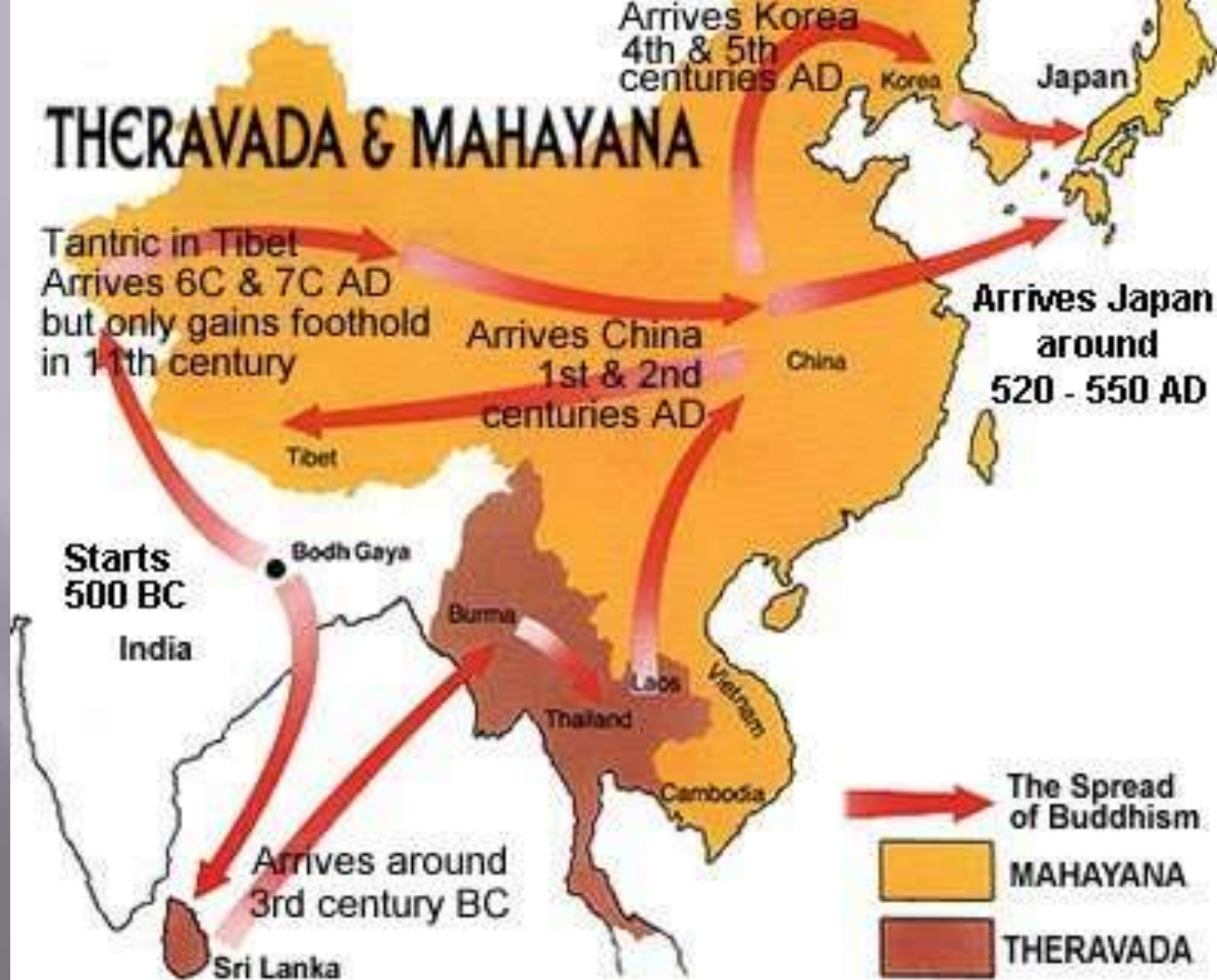
Buddhist sects

Buddhism split into two soon after the Buddha died

both are rooted in the basic teachings of the Buddha

but they stress different aspects of those teachings.

THERAVADA & MAHAYANA



Theravada

Mahayana

Traveled South (Sri Lanka, Burma/Myanmar, Cambodia, Thailand, Lao)

Traveled North (China, Japan, Korea, Vietnam, Nepal, Tibet)
Zen and Tibetan Buddhism

“the teachings of the elders” / “little raft”

“the great vehicle” / “big raft”

Seeks individual enlightenment (God can't help you)

Seeks enlightenment for all beings (believes in gods)

The Buddha was a human being

Boddhisatvas = “Buddha-in-the-making”

Religion and nirvana is for monks only (ordinary folks support monks and earn karma points for a better reincarnation)

Religion and nirvana are for monks and ordinary folks

Emphasizes wisdom

Emphasizes compassion

Buddhist Temples



Kyoto, Japan



Bangkok, Thailand





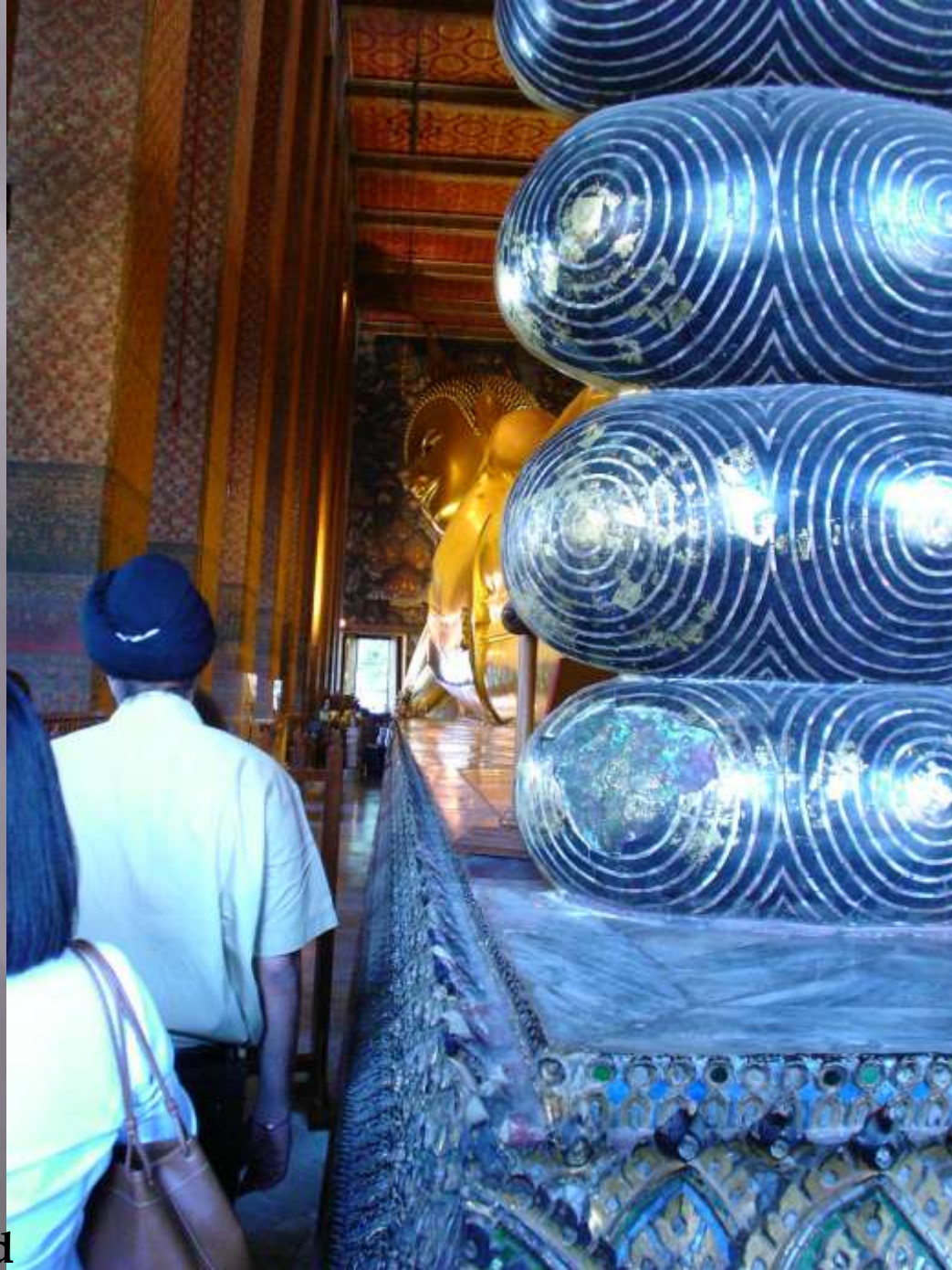
Bangkok, Thailand



Different levels of
heaven from ancient
Indian tradition

Mount Meru = center of
the world





Bangkok, Thailand



Kathmandu, Nepal





Kathmandu, Nepal

Becoming a Buddhist Monk





The monk is only allowed the items that you see.

An alms bowl, a robe, a knife, a water strainer, some thread and a needle and belt







Kyoto, Japan



Phnom Penh, Cambodia



Kathmadu, Nepal



Kathmadu, Nepal



Dharmasala, India

In Thailand men over 20 years of age are required to serve as a monk once in their lifetime. It is mandatory. What do you think about that?

Tibetan Buddhism

Bo: Native Religion of Tibet (animist)

Buddhism arrived in Tibet in the 7th century

The Dalai Lama is a reincarnation of past enlightened people who choose to stay on earth to help others



The current Dalai Lama is the 14th. He is a spiritual leader and political head of Tibet (government)

What is unique about Tibetan Buddhism?

-The status of the teacher or "Lama"

-Preoccupation with the relationship between life and death

Tibetan Book of the Dead

-Important role of rituals and initiations

<http://www.youtube.com/watch?v=yWG0aJgGvXU>

-Mantras and meditation practice







LIFE



Dharmasala, India



UNITED COLORS
OF BENETTON.

Ny times

<http://www.youtube.com/watch?v=az1Yg4PpGBc&feature=fvst>

101 East

<http://www.youtube.com/watch?v=rYndxDbmzHE>

<http://www.youtube.com/watch?v=rd7EycB5-do&feature=channel>

- Exiles
- Failed uprising
- instigate
- successor
- (greater) autonomy
- middle way
- suppression
- self determination

Zen Buddhism

- Mixture of Taoism and Mahayana Buddhism
- Started in China then spread to Korean then to Japan
- Emphasizes achieving enlightenment independently without being misled by logic and language
- Focuses on meditation as a way to gain enlightenment
- Uses *Koan* or riddles to achieve enlightenment
- The key to Buddhahood in Zen is simply self-knowledge





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Tujechhe

Kop Khun Kha

Ar Khun



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