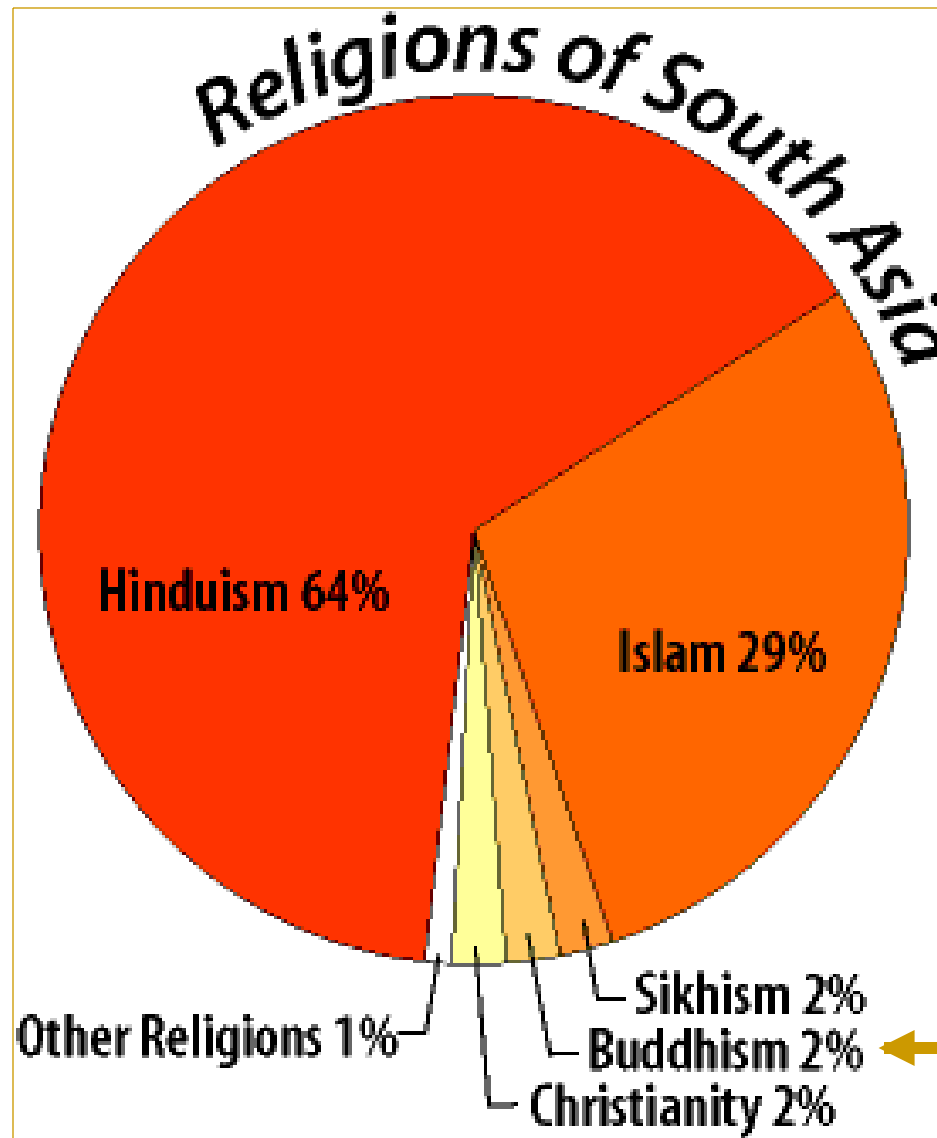
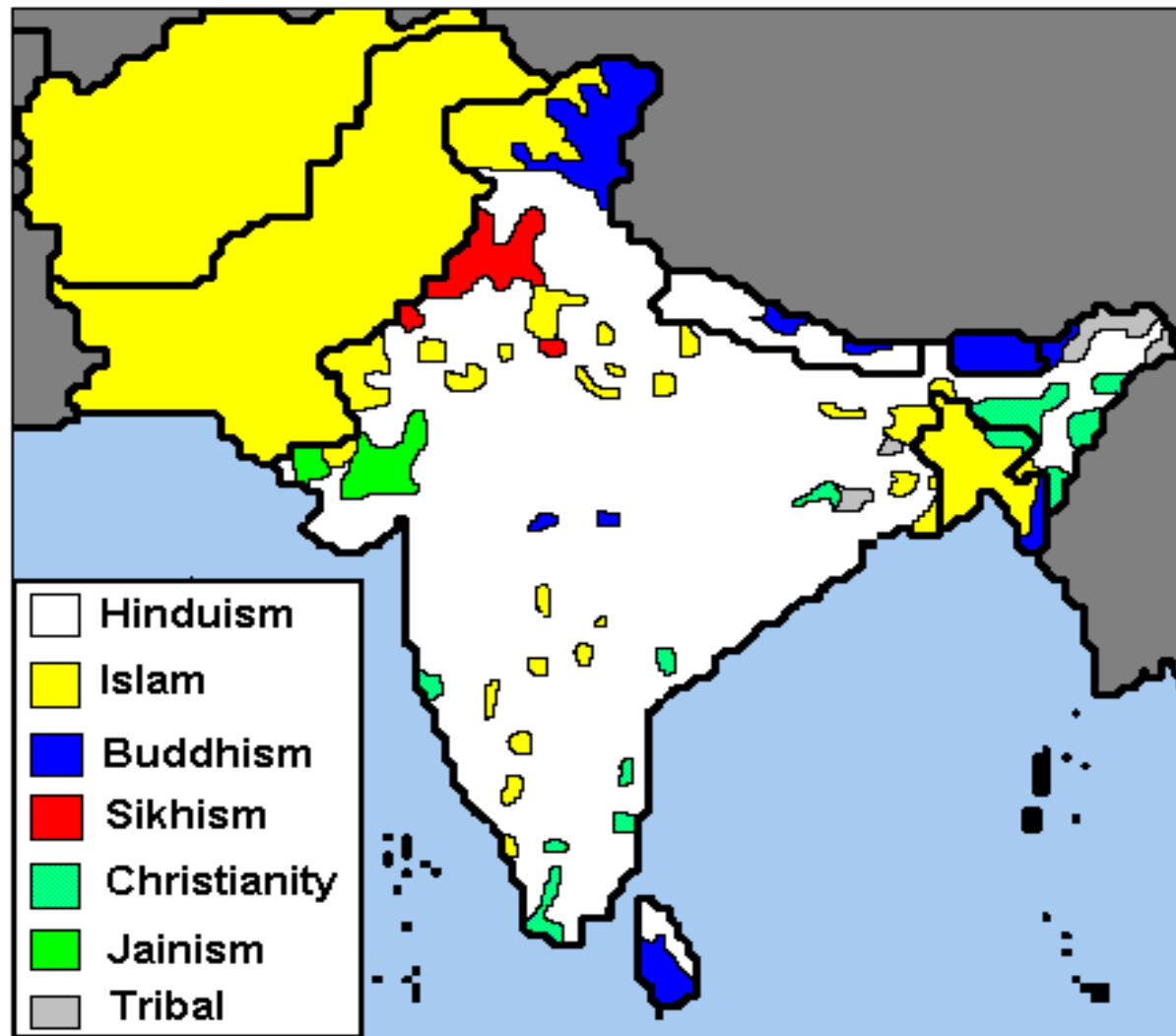


Buddhism

Religions of South Asia



Buddhism in the Subcontinent





The essence of Buddhism

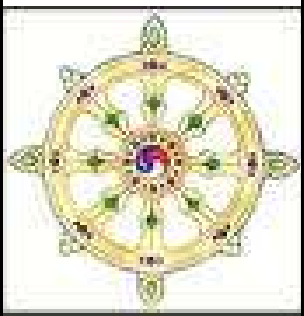


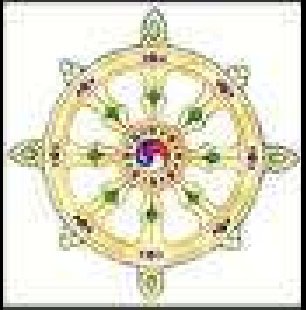
- ❁ The “middle way of wisdom and compassion.”
- ❁ 2,500 year old tradition.
- ❁ The 3 jewels of Buddhism:
 - *Buddha*, the teacher.
 - *Dharma*, the teachings.
 - *Sangha*, the community.

Siddhartha Gautama (563-483

BCE)

- ❁ Born in NE India (Nepal).
- ❁ Raised in great luxury to be a king.
- ❁ At 29 he rejected his luxurious life to seek enlightenment and the source of suffering.
- ❁ Lived a strict, ascetic life for 6 yrs.
- ❁ Rejecting this extreme, sat in meditation, and found *nirvana*.
- ❁ Became "*The Enlightened One*," at 35.



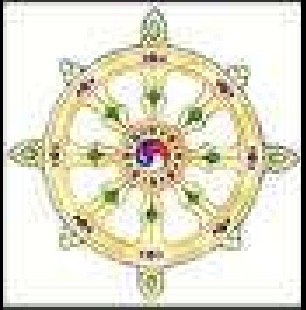


What is the fundamental cause of all suffering?



Desire!

☸ Therefore, extinguish the self,
don't obsess about oneself.



Four Noble Truths



1. There is suffering in the world. To live is to suffer. (*Dukkha*)
 - The Buddha found this out when he was young and experienced suffering and death in others.




Four Noble Truths

2. The cause of suffering is self-centered desire and attachments. (*Tanha*)





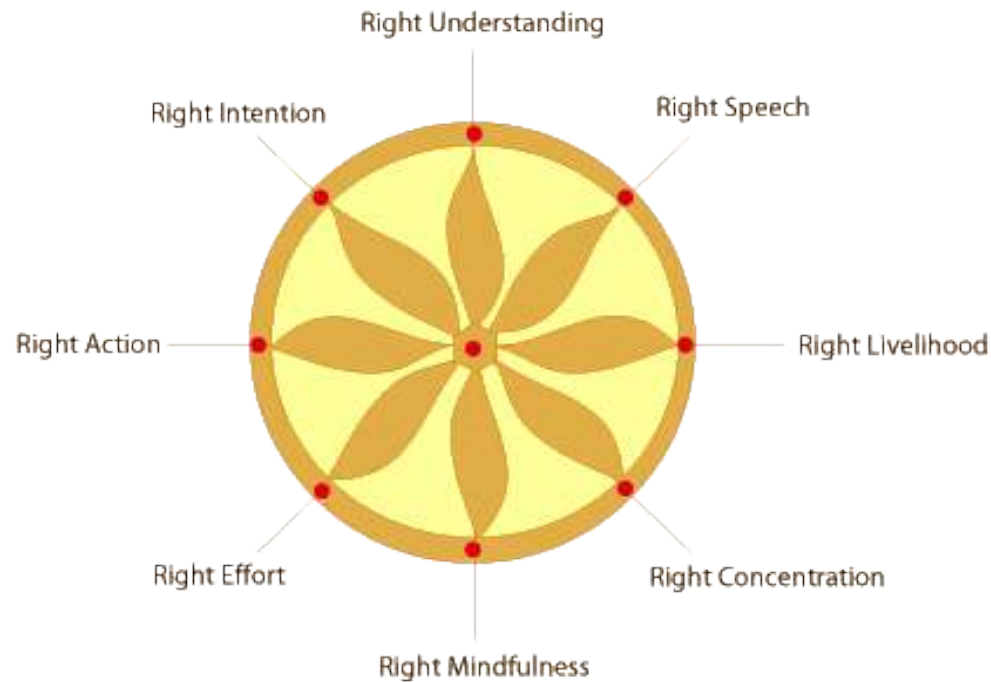
Four Noble Truths

- 
3. The solution is to eliminate desire and attachments.
(Nirvana = "extinction")



Four Noble Truths

4. To reach *nirvana*, one must follow the Eightfold Path.


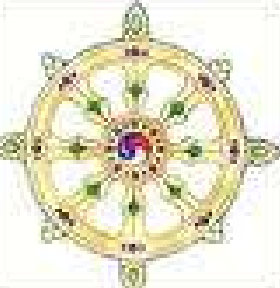




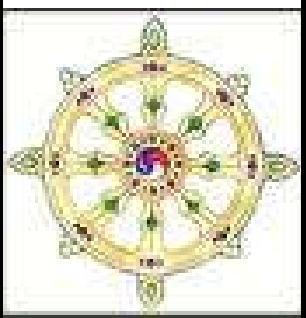
Eightfold Path

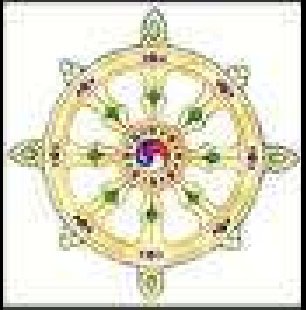


Nirvana

- 
- ❁ The union with the ultimate spiritual reality.
 - ❁ Escape from the cycle of rebirth.
- 

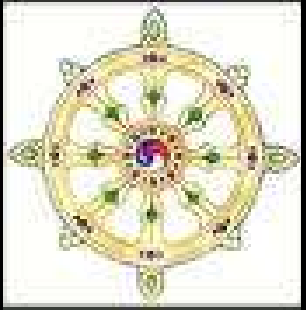
Buddha – 19c

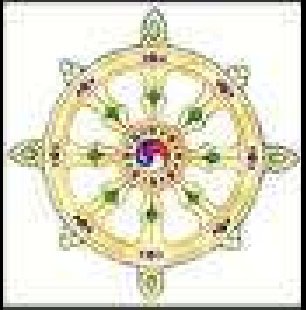




**Buddha
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Buddhist Altar





Types of Buddhism

❁ Theravada Buddhism

❁ Mahayana Buddhism

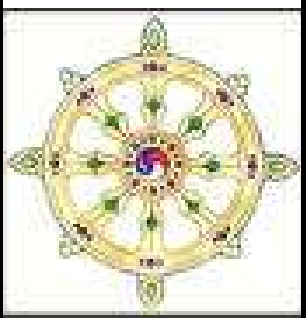
❁ Tibetan Buddhism

❁ Zen Buddhism



Theravada Buddhism

- ❁ The oldest school of Buddhism.
- ❁ The “Way of the Elders” or the “Small Vehicle.”
- ❁ Found in southern Asia.
- ❁ The monastic life is the best way to achieve *nirvana*.
- ❁ Focus on wisdom and meditation.
- ❁ Goal is to become a “*Buddha*,” or “*Enlightened One*.”
- ❁ Over 100,000,000 followers today.

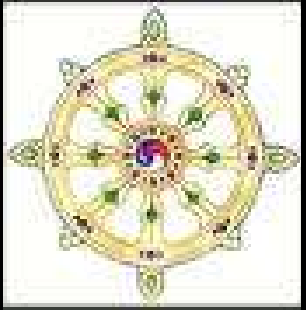


Theravada Buddhism

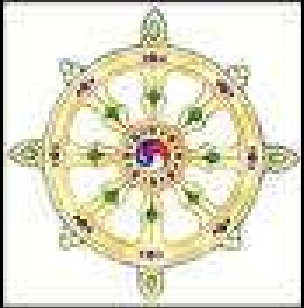


Mahayana Buddhism

- ❁ The "Great Vehicle."
- ❁ Founded in northern Asia (China, Japan).
- ❁ Buddhism "for the masses."
- ❁ Seek guidance from *Boddhisatvas*, wise beings.
- ❁ Goal: Not just individual escape from the wheel, but the salvation of all humanity through self-sacrifice of those enlightened few.



Mahayana Buddhism



Seated Bodddhisatva –

Bhutan



Tibetan Buddhism

- ❁ The “Diamond Vehicle.” [*Vajrayana*]
- ❁ Developed in Tibet in the 7c CE.
- ❁ A mix of Theravada and Mahayana.
- ❁ Bodddhisatvas include Lamas, like the *Dalai Lama*.
- ❁ The Tibetan Book of the Dead [*Bardo Thodol*].





The Dalai Lama

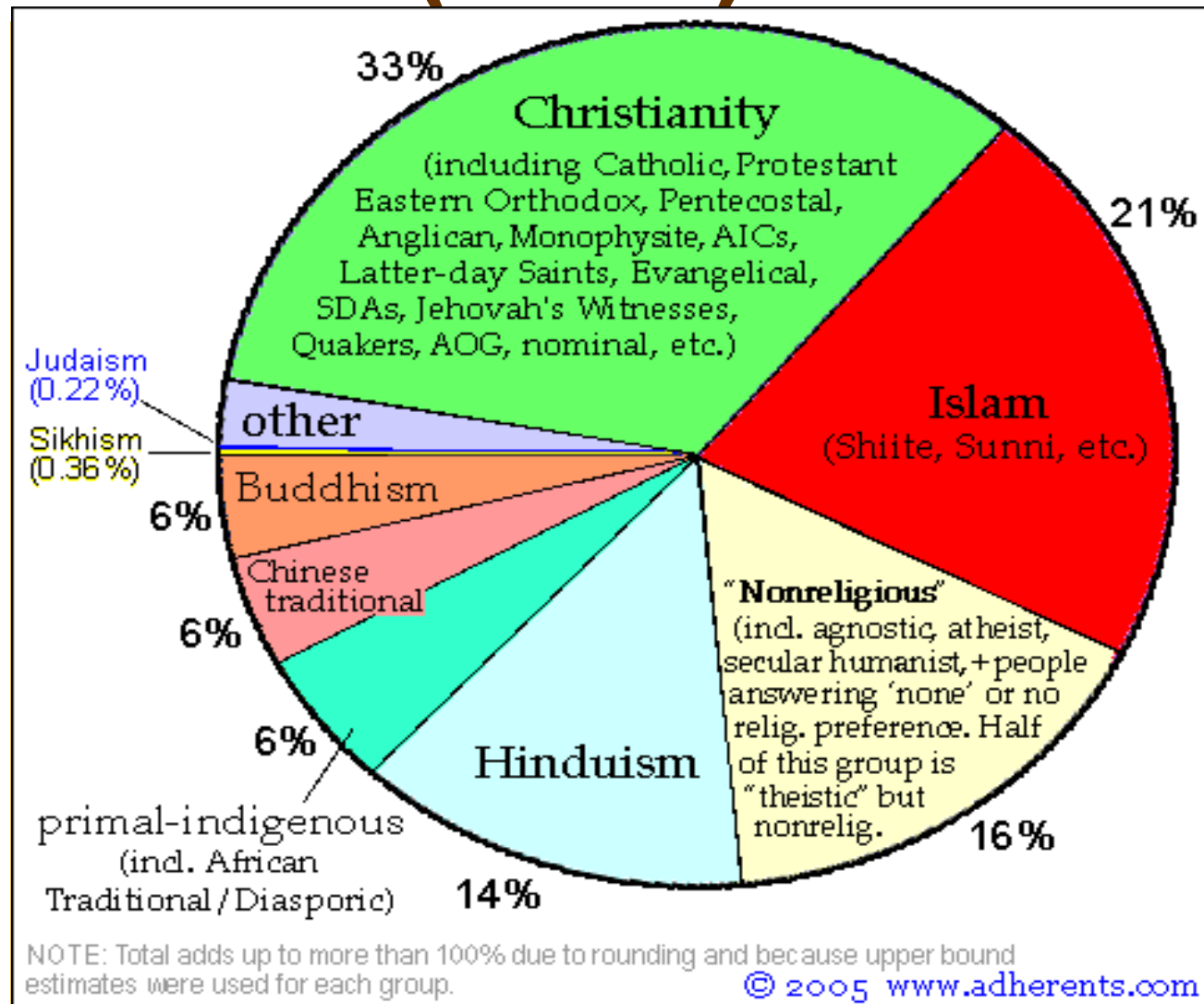
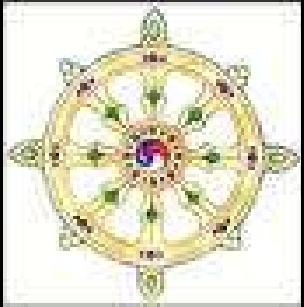


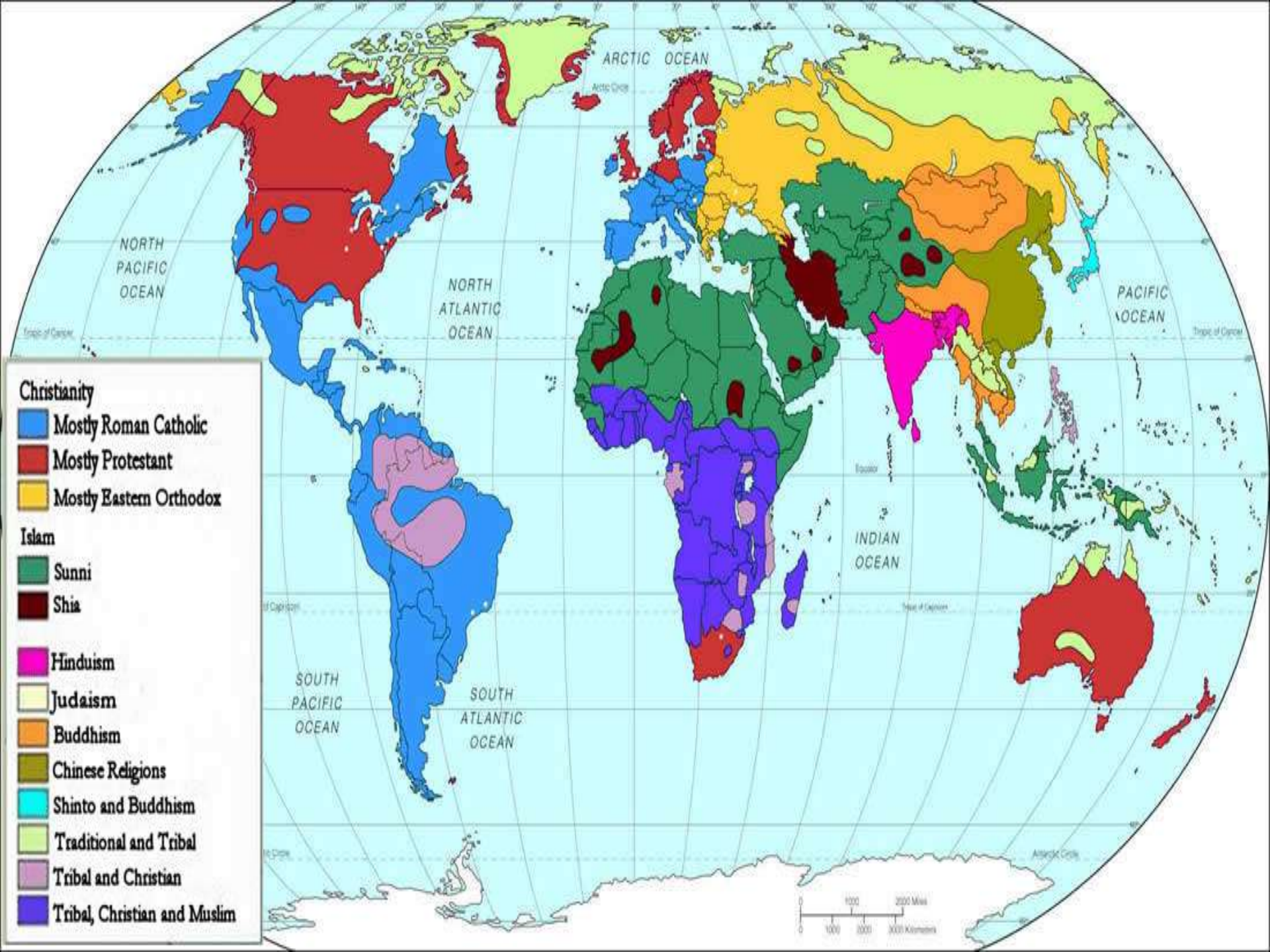
zen Buddhism

- ☸ The “Meditation School.”
- ☸ Seeks sudden enlightenment [*satori*] through meditation, arriving at emptiness [*sunyata*].
- ☸ Use of meditation masters [*Roshi*].
- ☸ Beauty, art, and aesthetics:
 - Gardens.
 - Archery.
 - Tea ceremony.
 - Calligraphy.



Buddhism in the world (2005)







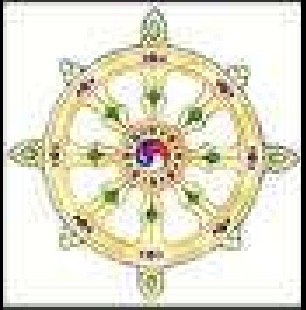
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20th Annual western buddhist monastic conference



California, 2014





Class Work:

Using pages 78-82, complete the Venn Diagram on Hinduism and Buddhism.

Write facts about each religion and similarities between them.

Don't simply write "nirvana"