

WORLD RELIGIONS

WEEK 2

BUDDHISM

Buddhism: *Yana* in Sanskrit (vehicle or ferry); Buddha (Enlightened One)

Founder: Siddhartha Gautama (c560–c480 B.C.)

Date Founded: c525B.C. in Ganges River Valley of Nepal

Scriptures: *Tipitaka* (Three Baskets) Pali Canon containing 3 types of texts

(1) Rules for monks and nuns (2) *sutras* – Buddha's sermons (3) Commentaries

History: Gautama's path to Enlightenment

Geographical spread and divisions (Theravada (Hinayana), Mahayana, Vajrayana, Pure Land, Tibetan or Tantric, Zen)

Buddhism by the Numbers – see other side

Basic Beliefs:

Four Noble Truths and Eightfold Path

Maya – deceptive condition of the world of illusions

Karma – actions in this life are causal to the conditions of the next life

Dharma – teachings of sublime truths from the Buddha

Reincarnation – cycle of rebirths into this world, each being different

Enlightenment – insight into the suffering of life and the way out

Bodhisattva – Enlightened one who postpones Nirvana in order to help others reach Enlightenment

Nirvana (extinguished) – a state of ultimate clarity and motionless silence

A person who brings his *Karma* into agreement with *Dharma* will reach *Nirvana*

Religious Dimensions

Experiential

Mythical

Doctrinal

Ethical

Ritual

Social

Points of Contact with Christianity

QUESTIONS FOR DISCUSSION

1. You are on a long train journey and you find out that the stranger sitting next to you claims to be a Buddhist, but upon questioning you find that his lifestyle does not conform to the Eightfold Path. What approach would you take to convince him that his commitment to Buddhism is shallow, and that he should consider Christianity?
2. Though their lives and teachings are similar, what are the major differences between Christ and Buddha?

BUDDHISM BY THE NUMBERS

Four Heavenly Messengers

An old man bent double with age
Cripple man begging for alms
Corpse laid in the street
Emaciated wandering holy man

Four Noble Truths

Life is suffering
The cause of suffering is desire
Cease desiring to cease suffering
Cease desiring by the Eightfold Path

Three Ways

Wisdom
Morality
Meditation

Eightfold Path

1. Right Views
2. Right Thought
3. Right Speech
4. Right Conduct
5. Right Livelihood
6. Right Effort
7. Right Mindfulness
8. Right Concentration

Three Jewels

I go to Buddah for refuge.
I go to Dharma for refuge.
I go to Sangha for refuge.

Five Agglomerates of Self

1. The body and its five senses
2. Feelings
3. Perceptions
4. Mental impulses
5. Consciousness

The Ten Precepts

I observe the precept:

- not to kill any sentient being
- not to steal the ungiven thing
- not to indulge in un noble sexual pleasure
- not to tell falsehoods
- not to be intoxicated
- not to take any food after noon
- not to enjoy any dancing, singing or playing of musical instruments
- not to indulge in the use of flowers, perfumes, or cosmetics
- not to use high and grand seats and beds
- not to engage in monetary matters and handling of silver and gold

Four Truths (not Noble)

All sentient beings arise from ignorance.
All objects of desire are impermanent, uncertain, and suffering.
All existing things are also impermanent, uncertain, and suffering.
There is no such thing as an ego, and hence nothing that can be called 'mine' in all the world.

Four Right Procedures

- To do one's utmost to make the soil barren for the seeds of evil.
- If evil has taken root, to dig it up as soon as it comes into awareness.
- To make the soil fruitful for good deeds.
- To water and nourish the fruits of good deeds so that they may spread happiness.

