buddhism
Religions of South Asia

- Hinduism 64%
- Islam 29%
- Sikhism 2%
- Buddhism 2%
- Christianity 2%
- Other Religions 1%
Buddhism

• Based on teachings of mortal man
  – Why is that important?

• Siddhartha Gautama (a.k.a. Buddha) born into royalty 563 BC and chose to wander country looking for life without suffering
  – Found enlightenment through meditation
  – Spent his life teaching his ways
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, a state of perfect happiness.
- Became “The Enlightened One,” at 35 and traveled around teaching Buddhism.
Buddhism

- **Beliefs**
  - **Four Noble Truths** (heart of Buddhism)
    1. all life is full of suffering, pain and sorrow
    2. cause of suffering is “nonvirtue”, or negative thoughts, deeds & mindsets such as hatred or jealousy
    3. The only cure for “nonvirtue” is to overcome it!
    4. to overcome “nonvirtue” one must follow the **Eightfold Path**
Buddhism

• Eightfold Path
  – Right
    • Views
    • Aspirations
    • Speech
    • Conduct
    • Livelihood
    • Effort
    • Mindfulness
    • Contemplation

Basically, they want their followers to lead a balanced and moderate life. Reject extremes and luxuries in life. Be satisfied with a balanced life.
Buddhism

• If you:
  – Understand Four Noble Truths
  – Follow Eightfold Path
  – Follow the *Middle Path/Middle Way* - life of balance not too much pleasure and not too much pain
  – And Meditate

You can become Enlightened, or reach *Nirvana*, being one with the universe
What is the fundamental cause of all suffering?

Desire!

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

Nirvana

- The union with the ultimate spiritual reality.
- Escape from the cycle of rebirth.
Where is Buddhism found?

Top 10 Countries with Highest Proportion of Buddhists

- Taiwan: 95%
- Macau: 90%
- Japan: 88%
- Vietnam: 75%
- Laos: 70%
- Tibet: 65%
- Sri Lanka: 60%
- Bhutan: 55%
- Myanmar: 50%
- Cambodia: 45%
- Thailand: 43%
10th Annual Western Buddhist Monastic Conference

California, 2004
Relieve stress & meditate: get a mantra!

Om...mani...padme...hung...

Hail to the jewel in the lotus!
• Notes Page

• Started by Siddhartha Guatama (aka Buddha)

• 4 noble truths (eliminate desire = no more suffering)

• Way to a good life is to living by the 8 fold path
Hinduism and Buddhism

Similarities
• Same traditions/roots
• Both stress nonviolence and intense reflection
• Both believe in karma, dharma, and reincarnation
• Both religion’s goal is to reach enlightenment (nirvana or moksha)
• 4 noble truths
• 8 fold path
• Meditation

Differences
• Buddhism does not rely on priests—individuals can reach enlightenment
• Buddhism rejects caste system, Hinduism relies on it
• Buddhism’s founder is a human, Hinduism no specific founder
• Hindus worship many gods, Buddhism has none
Activity

• Complete the Buddhism worksheet.
• The front you can do without additional resources.
• The back you will need the reading packet. Most answers can be found on the first and last pages of the packet.
• Turn into bucket with name when done.
Early Finishers…

• Now that you know about both Hinduism and Buddhism, create a venn diagram to compare and contrast both religions. You may use any notes, atlas books, or the information packets to help you.

• Include at least 4-5 Things in each section.