

Name _____ Global Studies Brooks/Northway
Date _____ Block # _____

Buddhism

Siddhartha Gautama was a young man who had everything. He was a prince and very wealthy. His wife was beautiful, his son handsome. But by age twenty-nine, Siddhartha was not satisfied with his life. He felt something was missing. He left home to find out what it was.

For six years the prince roamed India. For the first time he came face to face with misery and suffering. Was this the real meaning of life? Was life on earth to be bitter? The prince search Hinduism for an answer, but found none. To find out he would have to search the depths of his own being. For forty nine days Siddhartha sat beneath a BO tree. With all his strength he meditated. Was man born to suffer? Was man forever doomed to lead short, unhappy lives? Somewhere there must be answers to these questions.

Then quite suddenly Siddhartha seemed to see life clearly. He discovered the reason for human suffering. More important he also knew the cure for man's suffering. Siddhartha left the shelter of the tree and went forth to share with others. From that time on, he was known as BUDDHA, the enlightened one.

THE FOUR NOBLE TRUTHS THAT BUDDHA TAUGHT ARE THESE:

all humans suffer and feel pain
suffering is caused by desire, by wanting things one cannot have(greed, hatred, delusion)
suffering ends when one puts aside desire
desire may be overcome by following certain rules.

The eight rules have come to be called the "EIGHTFOLD PATH". All eight rules have to do with being gentle, unselfish and mindful of others.

LEARN TO KNOW SUFFERING
HAVE GOOD INTENTIONS
SPEAK THE TRUTH
ACT PEACEFULLY
DO NOTHING TO HARM OTHERS
LEARN A USEFUL SKILL
KEEP YOUR MIND BUSY.
THINK DEEPLY ABOUT LIFE(MEDITATE)

Following the eightfold path would end suffering and lead to NIRVANA. A state of mind that is blessed with understanding, peace and freedom. (Hindus call this MOKSHA)

About one-fifth of the people in the world are Buddhist. Most of them are located in Asia: South East Asia, Tibet and Japan. To a Buddhist, Buddha is not a god, but a man who is shown great respect for having found the way to enlightenment. Buddha's teachings and saying were written down and divided into three sections. This scriptural work is known as the TRIPITAKA, which means the three baskets. Buddhist reject many of the Hindu gods and the Hindu caste system, but Buddhist believe in REINCARNATION. They believe that all living beings possess the potential for spiritual growth-- and the possibility of rebirth as humans. Because of this, Buddhists take special care not to kill any living being. Buddhist monks and nuns dedicate their whole lives to poverty, meditation and study. To learn humility monks must beg for food and money. They may not communicate with those they beg from or it lessens the act.

Voice from the Past | The Teachings of Buddha

Buddha was first and foremost a great religious teacher. The following paired verses explain and illustrate many of his ideas.

All that we are is the result of what we have thought: it is founded on our thoughts, it is made up of our thoughts. If a man speaks or acts with an evil thought, pain follows him, as the wheel follows the foot of the ox that draws the carriage.

All that we are is the result of what we have thought: it is founded on our thoughts, it is made up of our thoughts. If a man speaks or acts with a pure thought, happiness follows him . . .

"He abused me, he beat me, he defeated me, he robbed me"—in those who harbor such thoughts, hatred will never cease.

"He abused me, he beat me, he defeated me, he robbed me"—in those who do not harbor such thoughts, hatred will cease.

For hatred does not cease by hatred at any time; hatred ceases by love—this is an eternal law . . .

As rain breaks through an ill-thatched house, passion will break through an unreflecting mind.

As rain does not break through a well-thatched house, passion will not break through a well-reflecting mind . . .

The thoughtless man, even if he can recite a large portion of the law, but is not a doer of it, has no share in the religious life . . .

The follower of the law, even if he can recite only a small portion of it, . . . possesses true knowledge and serenity of mind; he . . . has indeed shared in the religious life.

1. What basic contrast are the paired verses making?

2. Using the phrase "Thou shalt not," write commandments based on each of the paired verses.

3. What qualities does Buddha think people should seek in life? What phrases show that?

