

Example of buddhism essay

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The three marks of reality in Buddhism are Anicca, Anatta, and Dukkha. Anicca means that nothing is forever (Hayes, 2002). Anatta means that human beings do not have a soul (Hayes). No eternal part of human beings exist (Hayes). The sense of self is an illusion and causes suffering (Hayes). Dukkha is the concept of suffering (Hayes). All of existence is suffering (Hayes).

The four noble truths of Buddhism are that “ life means suffering, the origin of suffering is attachment, the cessation of suffering is attainable, the path to the cessation of suffering” (Knierim, 2011). Life is suffering whether the suffering is physical or psychological (Knierim). The second truth claims that the source of suffering is attachment to transient things (Knierim). Everything we attach to is temporary so suffering the loss of these things is inevitable causing suffering to follow (Knierim). The third truth teaches that it is possible to detach from all things and doing so results in Nirvana (Knierim). Nirvana is a state of “ freedom from all worries, troubles, complexes, fabrications and ideas” (Knierim). The fourth truth is a way to end suffering by choosing a middle path between hedonism and asceticism (Knierim). The fourth truth is explained further in the Eightfold Path.

The Eightfold Path is the way to end all suffering. The first step is the right view that means to see things as they really are (Knierim, 2011). Second, is the right intention that means “ commitment to ethical and mental self-improvement” (Knierim). The third step is right speech as speech can be false, slanderous, hurtful, and idle (Knierim). In other words, speak the truth, be friendly, gentle, and speak only what is necessary (Knierim). Fourth, right action means to abstain from causing harm, abstain from taking what is not

yours, and abstain from “ sexual misconduct” (Knierim). Phrased positively, right action means to be compassionate, respect what belongs to others, and “ keep sexual relationships harmless” (Knierim). Fifth is right livelihood meaning earning a living in a righteous way (Knierim). Do not sell weapons, humans, meat, or intoxicants or poisons (Knierim). The sixth step in the Right Path is the right effort. This means to work toward “ self-discipline, honesty, benevolence, and kindness” (Knierim). Seventh is right mindfulness, which is the ability to see things as they are (Knierim). The eighth and final step is right concentration, which is to concentrate fully on one thing at a time (Knierim).

References

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