

Buddhism traditions report examples

[Religion](#), [Buddhism](#)



In the world of religion, Buddhism is among the major religions. Certainly, the religion began in the 16th century, B. C. E. The religion is believed to have spread to southeast and central Asia, through Japan, Korea and China. In the 21st century, Buddhists are believed to be all over the world. My visit to the temple was interesting, but also shocking, since I learned a lot of new and different Buddhist traditions. The visit came with a lot of experience, impressions, analytic thoughts, as well as personal reflections. Some of the Buddhist traditions included food, family dynamics, touching and cleaning the body, death-related rituals, initiation rituals, as well as infant, child, and foetal death.

On entering the temple, we placed our palms together and bowed to Buddha statue, this was a show of respect to various teachings of Buddha. Each individual does this for three times, while kneeling or turning palms upward. Additionally, Buddhists chant, this includes uttering various teachings of Buddha. The chanting is always free of slander, lies and curses. During chanting, they use Gongs as a chanting instrument.

Another thing that Buddhists do in the temple is the lighting of incense. Burning and lighting of incense is a show of highest respect. Additionally, during worshipping Buddhists presented offerings at the altar. The offerings included fresh flowers and fruits. This offering is meant for appreciation. In fact, most of the offerings and food were purely vegetarian, this is because Buddha advocates vegetarianism.

Moreover, in the temple Buddhists meditate for some time. This is intended to calm the mind, and purify a disturbed mind. In this case, Buddhists adjust their breath, body, as well as mind. The adjustment is done from

body, breath and mind respectively. Buddhist offer a guidance to all visitors who visit the temple. In the guide, they help visitors learn about what they do, and reasons behind the act, and more so in contemplating the philosophy of Buddhist.

Basically, Buddhists in the temple spoke in stipulations of an absolute God, however, they put much emphasizes on the meditation practice, as well as right behaviors in various aspects of life in the course of attaining Nirvana, which is the state of enlightenment and free from any form of pain. In fact, in the visit most of the emphasis was placed on development of compassion and love, as well as non-violence. Additionally, Buddhists have various Holy Scriptures depending on its traditions. In the temple, there are various clergy of nuns, monks and lamas, and many individuals who offered spiritual advice.

In the temple, Buddhists are vegetarians, and therefore they did not eat any kind of meat. After the visit to temple, they eat in outlets that serve food related to their religion. I enjoyed the unique food, and the uniqueness of services. Additionally, we ate solid food that was meant to signify purity. Apart from eating solid food, there were some food that we avoided as a way to strengthen prayers. Basically, the monks emphasized that being vegetarian is component of canonical Buddhism.

One of the traditions I learned is the teachings on views pertaining death and life. It is believed that life is a continuum, whereby the spirit continues to live after death. Within the Buddhists, they have traditional variations, especially on issues of death. Moreover, individual who are followers of Buddhist religion have own wishes depending on death and its timeframe. Certainly,

based on several Buddhists prefer to always address issues of death precisely and clearly, this has elaborated is aimed to reduce mind-altering meditations.

Additionally, in Buddhist traditions if the issues of death is impending the various identified spiritual contact by the person must be identified so that prayer practice may be conducted appropriately. Interestingly, in most cases and individual within the Buddhist religion that is dying is taken into a private place so that prayers for the individual are conducted privately. Perhaps, they believe that prayers will be conducted seriously in a contained and private place.

In a general perspective, Buddhists believe that awareness is most probably retained for a certain moment after the death. The most observed features in this occasion are embracing compassion, calmness, as well as stability. This is observed before and after the clinical death, this is aimed at facilitating humble departure of the spirit from the body. The experience on the Buddhist traditions on believes death was surprising, but it shows some believe in the issues of death. Certainly, the believes are directed towards solving the mystery of death. In live, regardless of religious affiliation, wealth, status in society, or education everyone has to die; hence, it is important to justify death using religion and other means.

Individuals in the world fear death, but it is a mystery and at the same time a reality. Despite variations in religions, there is some focus on issues pertaining prayer in times of need, whereby many Buddhists believe it should be done in a secret and calm place. Comparatively, most religious believes believe in prayer as a way of interceding in times of need. Death is

inevitable, and the only thing that human beings should do is to justify its outcome, and what transpires when one dies. Perhaps, people base the truth about death on religion, of which it instills some confidence in the human race. Observably, regardless of the experiences of death in Buddhists traditions adults and parents focus in protecting children from issues that cause sadness and lead to death. Therefore, from the observation children are rarely told about issues of death but only protected from it.

Psychologically, this can be justified, in that talking about death with children may traumatize them. This is because of the complexity of death and the pain it is associated with it.

Another Buddhist tradition includes touching and cleaning of the body. As a matter of fact, protocols and beliefs apply on Buddhist tradition of touching and cleaning the body. These beliefs apply in all occasions unless a spirit advises differently. Buddhists delay laying, as well as moving out the body for not less than four hours in order to necessitate proper conducting of prayers. In fact, in the temple they are not supposed to be above the Buddha statue. Being part of the experience demonstrated the complexity of religious practices in the world. Individual is not allowed to wash their body unless there is a critical need. The only essential cleaning includes cleaning of excretions like excrete and blood. In all the cleaning, it is advisable to use the least touch. In addition, in case there is the need to move the body, individuals should move it in a gentle and careful manner.

The touching and cleaning of the body is part of cleaning and being clean in time of prayers. Undeniably, religious practices in Buddhism are not only complex but similar to other traditions in various religions. The

believes and practices among the Buddhism is away of fulfilling and justifying various believe that are beyond human powers. Comprehending about Buddhism religion is demanding but it not only develops a sense of satisfaction on unexplained issue, but also develops a sense of belonging and identity.