

# The four noble truths of buddha

Religion



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The Four noble Truths of Buddha The first sermon after his enlightenment Buddha realized four noble Truths. They are considered to be the basis of Buddhism and said to have historic significance because they were deeply touched in Lord Buddha's experience of enlightenment. These four Truths did make place in most ancient Buddha's texts. These truths influenced much the human life since they relate to suffering's nature, origin, cessation, and path leading to cessation. The Four Truths are:

1. The First Noble Truth is Existence of Suffering (Sanskrit – Dhukkha): Dukkha is termed as ' sufferings' in English and refers to anything which is temporary, conditional, compounded or other things. This Truth is translated as ' Life is suffering" and will end. Birth is suffering, growth, decay, and death are suffering. Buddha gave teaching that we must understand self first before we can understand the life and death.

2. The Second Noble Truth is the Arising or Cause of Suffering ( Sanskrit – Samudaya): This Truth narrates that we continuously remain in searching outside around us to make ourselves happy without considering the degree of success because we never remain satisfied. Buddha taught that this hunger grows out of our ignorance because we try to grab one thing after another to make ourselves secure. We become frustrated when the worldly things do not deliver to our expectations.

3. The Third Noble Truth is Cessation (End) of Suffering (Sanskrit – Nirodha): Buddha taught that we may get freedom from these sufferings and may be made to cease if we keep away from the world. It is self-control to fade away the sufferings and Dhukka will be eliminated.

4. The Fourth Noble Truth is The Path Leading to the Cession of Sufferings (Sanskrit – Marga): Buddha gave us the path to cease the suffering. It is

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eightfold path i. e. right view, right intention, right speech, right action, right livelihood, right effort, right mindfulness and right concentration. More simply it is divided into three main disciplines viz wisdom, ethical conduct and mental discipline (The Four Noble Truths and Buddha's Four Noble Truths)

Sources: 1. The Four Noble Truths – The Foundation of Buddhism:

<http://buddhism.about.com/od/thefournobletruths/a/fournobletruths.htm>

2. Buddha's Four Noble Truths: <http://www.centertao.org/essays/buddhas-four-noble-truths/>

The nature of sacrificial Wisdom and Faith Hinduism.

Hinduism is religion of Hindu. It is possibly the oldest religion known to man with no identifiable beginning and began in the forests of India. It is worship oriented for powers of nature and is considered as nature religion. It is compounded with all forms of belief and worship with characteristics of other faiths too. Hinduism is an international religion and followers are found in many countries. But however most Hindus live in India. It signifies now more a way of life than a religion.

The religious books of Hindus are the Vedas. Veda is possibly derived from the Greek word 'ioda' meaning wisdom or knowledge. There are four Vedas:

Rigveda (Wisdom of verses)

Yaurveda (wisdom of sacrificial formulas)

Samveda (wisdom of chants)

Athayarveda (wisdom of Atharyan priests)

The Vedas divided the whole universe in three sections or world (called Lok in Hinduism):

Heaven – the abode of the Sun and other Gods

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Atmosphere – the layer of clouds

Earth – considered to be the reservoir for treasures.

The Vedas say that the world is made of five elements (called Panch Tatva in Hinduism)

Sky (Akasa in Hindism)

Wind /Air (Vayu)

Fire (Agni)

Water (Jal)

Soil (Mitti)

Other Hindu literature books are Aranyakas, Dharma Sutras, Purans, Upanishads, the Bhagvat Geeta, Ramayana and Mahabharat.

Hindus believe in Par-Brabhm which is uncreated and eternal having infinite power. Brabhm is not only considered to be the origin but soul of all creations on this earth. Hinduism teaches that they are reborn in one form of creation or another with the same soul after death because soul never dies, only physical body gets destroyed. This death and reborn cycle is termed as ‘ Sansar’ (world). If a human being is freed from this cycle, he / she is said to have got ‘ Moksha’. They do have faith in Karma (acts) and consider Punya for good acts and Paap for bad acts. Hindus have more Gods and make idols to worship them. Hindus worship three great Gods Bramha, Vihnu and Mahesh and consider them as supreme powers. Other Gods in daily worship are parts of these powers. Hindus worship Sun, Moon, and Rivers also as God and Goddess. Hinduism believes that this earth is our mother, we are all her children and call as our Motherland. The Gayatri Mantra (chant) is considered the core of Hindu faith.

Source: 1. Hinduism-Indian Most Major Religions: [http://www. tamilstar. com](http://www.tamilstar.com)  
<https://assignbuster.com/the-four-noble-truths-of-buddha/>

com/religions/hinduism.shtml

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