

Religion in the world: enlightenment and perception

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The Enlightened

Everyone has an individual perception of life. " Religion is difficult to define, because human belief structures are varied and complicated," (Crabtree). Religion could be defined in many ways depending on what a person gets to relate it to, these depends on different variables like their background or experiences. Religion have unlike interpretations; I think it is a term to which people is attach in order to try to describe their reason of why they belief in particular stuff. In the 21st Century is important to have a clear definition of what you believe and why, because our knowledge and credibility is constantly tested because having a comprehensible explanation is required to affirm your convictions. Nowadays, Buddhism is a popular religion that attracts many individuals because it has a lot to offer in a different possible way, I think that additionally it offers a variation of different reasons like, provide us a solution and answer to why we suffer, as well promotes in us inspiration to achieve good things based on our own wellness and the others, equally presents a different prospective or view of how we should perceive life.

Many different questions had disturbed human's minds from the beginning of time. The specific answer of why we as human beings suffer haven't been clear till Buddha showed people a solution to this dilemma. " Everybody understands suffering it's something that we share with everybody else," (W. S. Merwin). " Why do we suffer?" Buddhism tries to explain and to give an answer to this incredible distinctive question humans perceive as truly important and necessary to understand their own nature. Buddha teaches

that we suffer because of our desires which to me, makes total sense since we try to achieve things or goals out of our desire to feel or to be in a sorting way. One example, is a desire of mine to graduate with an A in this class because I want to feel that I'm smart and committed enough to have a good grade; however, if I don't obtain what I'm achieving or desiring for I would suffer by believing in something negative and maybe not true of me which will lead me to a different no desired path. Buddhism provides me a solution by following "The Noble Eight Path," which will provide me a guide to follow if I want to achieve my goal or desire but by trying to do it in a properly way that will ensure me not to suffer.

Nowadays honestly is specially easy to be point out by others either for good or bad things. Our daily lives are full of constant circulation of information and we are exposed to all sort of facts and things, everyone reacts to everything in different ways, but because we are surrounded by good and bad things all the time it's sometimes hard to make a right decision that will benefit you as a person and the people around you. People's lives can be perceived from different prospective depending on the situation and many other characteristics. In Buddha's "The Noble Eight Path," as previously mentioned promotes an inspiration to achieve your goals and some types of desires in a correct way but as well inspire you to achieve good things besides your goals, Buddhism clarifies that "You are your own master; [your] future depends on your own shoulders," (His Holiness The Dalai Lama). So, Buddha provides you a guide that will help you lead a better way but as well it will inspire to do things in the process and to lead you the right path. "I had found serenity that you can find too," (Buddha).

People debate all the time about what is good, what is bad, what is real, and what is not specially topics relate it to religion. I really like this quote “ There’s not knowledge without sacrifice.” This quote makes me think that in order to find a solution to a problem you must look and research for a solution not wait to the solutions to find you, that if you want to have an understanding of something you must be open to change your speculum and ideas by letting positive good things come into you allowing to a favorable response to other ideas. Buddhism really teaches and embrace its participants or practitioners to seek for the own answers by meditating, Buddhism assure that by following its teachings it will let you perceive life in a different way. Buddhism offers a different prospective of how perceive life, Buddha affirmed after his awakening that suffering is unchanged and inherent in life, that the reality that you perceive right now is the one you allow yourself to see and feel.

In conclusion, Buddhism is a really old practiced religion that offers a different way of embrace situations in life by offering an answer to what we consider the cause of our pain, as well inspire us to seek for good things in our own will because is good for us and others and additionally presents a different way to see and perceive life through their teachings and advices. Buddhism truly look for a rational and positive way to embrace the best on each one of us.