

Example of buddhism worksheet essay

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



Question 1

The three marks of reality in Buddhism refer to the features shared by sensitive beings namely annica (impermanence), dukkha (suffering), and annata (none-self). Siddhartha formulated these after he achieved awakening and Nirvana through intensive meditation. It was through this that Siddhartha achieved the status of ' Buddha Shakyamuni' becoming an authority in the faculty of wisdom. Annica asserts that all things are impermanent, inconstant and unsteady. It means that nothing ultimately ceases to exist but rather changes in appearance and form of reality. Dukkha, on the other hand, cites that nothing existing in the physical world can guarantee lasting satisfaction. Anatta, the third characteristic cites suffering as an important and unavoidable element of existence which surfaces from clinging to inconstant and impermanent things (Cohen, 2006). The four Noble Truths in the Buddhist tradition explain the nature of dukkha (suffering), its origin, the possibility of its termination and how it can be overcome. The first noble truth is dukkha where Buddha recognized that happiness and sorrow exist in the world, but he taught that even in happiness a quality of suffering persists. Second truth: origin of dukkha is explained as craving brought about by conditioned ignorance. The Third truth was described by Buddha as the termination of dukkha which is the main goal of one's spirituality. The fourth noble truth in Buddhist teachings is centered on the path to overcoming dukkha. This path is also known as the Noble Eightfold Path. The Noble Eightfold Path entails the right understanding, thought, action, livelihood, effort, mindfulness, and concentration. This path and its eight interconnected factors elaborate how

one can end dukkha. According to Ajahn Sucitto, the factors are defined as mandala of interconnected factors that back and moderate each other. The factors are understood as eight aspects of one's behavior that taken together define a way of living or a complete path.

Question 2

Theravada or the " Doctrine of the Elders" is the branch of Buddhism that draws inspiration from Tipitaka, which is believed to be the earliest surviving record of Buddha's lessons. Theravada is a predominant religion in Asia and has recently been gaining popularity in the western world. The Theravada claims to trace its origins from the original disciples of Buddha who got to hear his sermons. The teachings were written in Pali language and subdivided into Buddha's sermons (sutta pitaka), philosophical enumeration of the Buddha's sermons (abhidamma pitaka) and the monastic rules - vinaya pitaka (Teece, 2005).

Mahayana is another branch of Buddhism that traces its origins in India. It is also associated with the oldest sect of Buddhism known as Mahasamghika. Mahayana Buddhism is known as the Great Vehicle of Buddhism prominent in North Asia (Morgan, 2010). It consents the canonical writings of the Theravada and also other vast philosophical texts. It has distinctive teaching of great compassion that is a component of bodhisattvas (enlightenment of beings); here these beings postpone nirvana (final enlightenment) so as to assist those in suffering in the rebirths cycle. Mahayana further incorporates ' skillful means' which is described as the ability to know the mental and emotional capacity of each person and to guide appropriately on these capacities.

Vajrayana (Thunderbolt Vehicle) is defined as the final turning of the Buddha doctrines. It was formulated with the main of returning the original teachings Buddha. Vajrayana is at times dubbed as “ Tantric Buddhism” an obscure extension of Buddhist thought that is viewed as a fast and effective path to enlightenment. It further emphasizes the role of bodhisattva and the role of religious teachers known as Lamas (Lama-singular). Vajrayana predominantly established in India and Tibet where it is the dominant form of Buddhism practiced by the monks.

References

Cohen, R. (2006). Beyond enlightenment Buddhism, religion, modernity. London New York: Routledge.

Morgan, D. (2010). Essential Buddhism: a comprehensive guide to belief and practice. Santa Barbara, Calif: Praeger.

Teece, G. (2005). Buddhism. Mankato, MN: Smart Apple Media.