

Buddhism

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BUDDHISM Brief History Meaning: System taught by the Buddha Founded In: 6th Century BC Place founded: North India Founder: Siddhartha Gautama ("the Buddha-the enlighten one"), an Indian prince Followers: 376 million Size: Fourth largest religion in the world Main locations: China, Japan, Korea and Southeast Asia Main Sects: Theravada and Mahayana Sacred texts: Pali Canon (Tripitaka), numerous Mahayana sutras Original language: Pali Spiritual leader: Monk (lama in Tibetan Buddhism) Place of ritual: Temple, meditation hall. Theism: Varies - Theravada is atheistic; Mahayana is more polytheistic. Ultimate reality: None, Nothing is permanent. Holidays: Buddha's birthday, Buddha's enlightenment and lunar quarters Human nature: There is no self or soul. Human existence is nothing more than a combination of five impermanent components (khandas). Purpose of life: Theravada - Become an arhat, escape the cycle of rebirth, and attain nirvana. Mahayana - Become a bodhisatva then help others attain enlightenment. Afterlife: Rebirth or nirvana. Nirvana is seen simply as the cessation of suffering by some and as a heavenly paradise by others.

Founder/Leader Siddhartha Gautama Buddha was born a prince in Lumbini, Nepal, at the foot of Mount Palpa in the Himalayan ranges, in 580 B. C. He died at age 80 in 480 B. C. His father was Suddhodana, king of the Sakhyas-. His mother, Maya, died seven days after his birth, he was raised by his foster mother, Maya's sister Mahaprajapati. He was also known as Sakhya Muni, meaning an ascetic of the Sakhya tribe. He is also called the Enlightened One. Upon his birth, astrologers predicted that upon achieving manhood, Siddhartha would become either a universal monarch (Chakravarti), or would abandon all earthly comforts to become a monk and a Buddha. Siddhartha

married Yasodhara at age sixteen, who subsequently gave birth to their son, Rahula. Desiring to see how the people in his town were living, he managed to get out of his walled enclosure accompanied by his servant, Channa. He came upon a decrepit old man, a sick man, and a corpse and he was shocked. He then met a monk who impressed him with his serenity and beauty. Siddhartha left his home forever, donning yellow robes and shaving his head, to take up Yogic practices. Seeking instruction from several hermit teachers who lived in caves in the neighboring hills, he practiced severe Tapas (austerities) and Pranayama (breath control) for six years, during which time he almost starved to death and became exceedingly weak. Given food by a young woman, he sought a comfortable place to sit and eat it. He found a large tree, now known as the great Bo-tree, or Tree of Wisdom. He came out of the meditation victorious, his face shining with illumination and splendor, having attained Nirvana. At age 35, Siddhartha was a Bodhisatva. Buddha left his wondrous Bo-tree behind, venturing out into the world to teach others who were seeking Wisdom and Enlightenment. The subsequent teachings of The Buddha are the foundation of Buddhism. Creed The Four Noble Truths 1. Life means suffering 2. The origin of suffering is attachment 3. The cessation of suffering is attainable 4. The path to the cessation of suffering Code Five Percepts 1. I undertake the training rule to abstain from taking life. 2. I undertake the training rule to abstain from taking what is not given. 3. I undertake the training rule to abstain from sexual misconduct. 4. I undertake the training rule to abstain from false speech. 5. I undertake the training rule to abstain from fermented drink that causes heedlessness. Eight Percepts 1. I undertake to abstain from causing harm and taking life (both

human and non-human). 2. I undertake to abstain from taking what is not given (for example stealing, displacements that may cause misunderstandings). 3. I undertake to abstain from sexual activity. 4. I undertake to abstain from wrong speech: telling lies, deceiving others, manipulating others, using hurtful words. 5. I undertake to abstain from using intoxicating drinks and drugs, which lead to carelessness. 6. I undertake to abstain from eating at the wrong time (the right time is after sunrise, before noon). 7. I undertake to abstain from singing, dancing, playing music, attending entertainment performances, wearing perfume, and using cosmetics and garlands (decorative accessories). 8. I undertake to abstain from luxurious places for sitting or sleeping, and overindulging in sleep. TEN PERCEPTS: 1. Refrain from killing living things. 2. Refrain from stealing. 3. Refrain from unchastity (sensuality, sexuality, lust). 4. Refrain from lying. 5. Refrain from taking intoxicants. 6. Refrain from taking food at inappropriate times (after noon). 7. Refrain from singing, dancing, playing music or attending entertainment programs (performances). 8. Refrain from wearing perfume, cosmetics and garland (decorative accessories). 9. Refrain from sitting on high chairs and sleeping on luxurious, soft beds. 10. Refrain from accepting money CULT Feasts and Ceremonies: * Buddha's Birthday * Buddha's Death * Entry to Nirvana * The day of Enlightenment * Day of First Sermon * Sangha Day Rituals : * Sri Lankan celebration of the coming of Ashoka's son Mahinda. * Thailand, most young men will become monks for a period of time before marriage, as a part of their coming of age into manhood. * In China and Japan, at specific intervals after the individual's death, people will often visit a temple to burn paper money and paper

replicas of goods in order to provide a better afterlife for deceased family members. CONTRIBUTION OF BUDDHISM TO THE MEANING OF LIFE AND SOCIETY What Buddhism has given to the world is not only a profound analysis of, and a practical solution for the problem of human suffering but also a monumental and rich legacy to the world of art and architecture. Buddhism has been making contributions to the world's cultures through its teachings, its art and architecture for more than two millennium long. Dharma Practice in Modern Society-Practice is how we live our lives, how we live with our family, how we work together with our colleagues, how we relate to the other people in the country and on the planet. We need to bring the Buddha's teachings on loving-kindness into our workplace, into our family. Jiririta- " jiri " means to save oneself and " rita" means save others. To profit for oneself means to profit for others. The profit of others means the profit for oneself. Jiri directly turns into Rita. And, Rita directly turns into Jiri. Sources: * <http://www.buddhist-temples.com/history-of-buddhism.html> * http://www.thewildrose.net/the_buddha.html * http://en.wikipedia.org/wiki/History_of_Buddhism * <http://www.religionfacts.com/buddhism/beliefs.htm> * <http://www.thebigview.com/buddhism/fourtruths.html> * <http://www.patheos.com/Library/Buddhism/Ritual-Worship-Devotion-Symbolism/Rites-and-Ceremonies.html> * http://en.wikipedia.org/wiki/Five_Precepts * <http://www.budsas.org/ebud/ebdha261.htm> * <http://www.religionfacts.com/buddhism/fastfacts.htm>