

# Buddhist beliefs

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



Core beliefs of Buddhism: Buddhism, as a religion, lays great emphasis on the adherence to the basic beliefs. Buddhism, like most of the great religions of the world, is divided into a number of different traditions. However, most traditions share a common set of fundamental beliefs. The basic Buddhist belief comprise of the basic teachings and concepts of Buddhism. Lord Buddha urged His followers to concentrate on the Four Noble Truths, which helps in attaining freedom from suffering. In the following lines, we have provided more information on the basic Buddhism beliefs: The Four Noble Truths:

The Buddha's Four Noble Truths explore human suffering. They may be described (somewhat simplistically) as: Dukkha: Suffering exists: (Suffering is real and almost universal. Suffering has many causes: loss, sickness, pain, failure, the impermanence of pleasure. ) Samudaya: There is a cause for suffering. (It is the desire to have and control things. It can take many forms: craving of sensual pleasures; the desire for fame; the desire to avoid unpleasant sensations, like fear, anger or jealousy. ) Nirodha: There is an end to suffering. Suffering ceases with the final liberation of Nirvana (a. k. a. Nibbana). The mind experiences complete freedom, liberation and non-attachment. It lets go of any desire or craving. ) Magga: In order to end suffering, you must follow the Eightfold Path. Another fundamental belief of Buddhism is often referred to as reincarnation -- the concept that people are reborn after dying. In fact, most individuals go through many cycles of birth, living, death and rebirth. A practicing Buddhist differentiates between the concepts of rebirth and reincarnation.

In reincarnation, the individual may recur repeatedly. In rebirth, a person does not necessarily return to Earth as the same entity ever again. He compares it to a leaf growing on a tree. When the withering leaf falls off, a new leaf will eventually replace it. It is similar to the old leaf, but it is not identical to the original leaf. After many such cycles, if a person releases their attachment to desire and the self, they can attain Nirvana. This is a state of liberation and freedom from suffering.