

Goal line technology

Technology



DINES SUPRANATIONAL CSS-OOH 1 575 Buddhist ethics Sill is usually translated into English as " virtuous behavior", " morality", " ethics" or " precept". It is an action committed through the body, speech, or mind, and involves an intentional effort. It is one of the three practices (sill, ashamed, and panda) and the second partial. It refers to moral purity of thought, word, and deed. The four conditions of sill are chastity, calmness, quiet, and extinguishing. Sill is the foundation of Ashamed/Banana (Meditative cultivation) or mind cultivation.

Keeping he precepts promotes not only the peace of mind of the cultivator, which is internal, but also peace in the community, which is external.

According to the Law of Karma, keeping the precepts are meritorious and it acts as causes that would bring about peaceful and happy effects. Keeping these precepts keeps the cultivator from rebirth in the four woeful realms of existence. Gila refers to overall principles of ethical behavior. There are several levels of sill, which correspond to " basic morality" (five precepts), " basic morality with asceticism" (eight precepts), " novice manhood" (ten receipts) and " manhood" (Vienna or Patriotism).

Lay people generally undertake to live by the five precepts, which are common to all Buddhist schools. If they wish, they can choose to undertake the eight precepts, which add basic asceticism. The five precepts are training rules in order to live a better life in which one is happy, without worries, and can meditate well: To refrain from taking life (non-violence towards sentient life forms), or aims. To refrain from taking that which is not given (not committing theft). To refrain from sensual (including sexual) misconduct. To refrain from lying (speaking truth always).

To refrain from intoxicants which lead to loss of mindfulness (specifically, drugs and alcohol). The precepts are not formulated as imperatives, but as training rules that laypeople undertake voluntarily to facilitate practice. In Buddhist thought, the cultivation of Dana and ethical conduct themselves refine consciousness to such a level that rebirth in one of the lower heavens is likely, even if there is no further Buddhist practice. There is nothing improper or UN-Buddhist about limiting one's aims to this level of attainment.

In the eight precepts, the third precept on sexual conducts is made more strict, and becomes a precept of celibacy. The three additional precepts are:

6. To refrain from eating at the wrong time (eat only from sunrise to noon).
7. To refrain from dancing and playing music, wearing Jewelry and cosmetics, attending shows and other performances.
8. To refrain from using high or luxurious seats and bedding.

The complete list often precepts may be observed by laypeople for short periods. For the complete list, the seventh precept is partitioned into two, and a tenth added. . To refrain from taking food at an unseasonable time, hat is after the mid-day meal. 7. To refrain from dancing, music, singing and unseemly shows. 8. To refrain from the use of garlands, perfumes, ointments, and from things that tend to beautify and adorn (the person). 9. To refrain from (using) high and luxurious seats (and beds). 10. To refrain from accepting gold and silver. Meditation Buddhist meditation is fundamentally concerned with two themes: transforming the mind and using it to explore itself and other phenomena.

According to Tetrahedral Buddhism the Buddha taught two types of meditation, Sumatra meditation Sumatra ND passing meditation. In Chinese <https://assignbuster.com/goal-line-technology/>

Buddhism, these exist, but Chiñ (Zen) meditation is more popular.

According to Peter Harvey, whenever Buddhism has been healthy, not only monks, nuns, and married lamas, but also more committed lay people have practiced meditation. According to Rutledge Encyclopedia of Buddhism, in contrast, throughout most of Buddhist history before modern times, serious meditation by lay people has been unusual.

The evidence of the early texts suggests that at the time of the Buddha, many male and female lay practitioners did arctic meditation, some even to the point of proficiency in all eight Johanna. Ashamed (meditative cultivation): Sumatra meditation In the language of the Noble Eightfold Path, sympathized is "right concentration". The primary means of cultivating ashamed is meditation. Upon development of ashamed, one's mind becomes purified of defilement, calm, tranquil, and luminous.

Once the mediator achieves a strong and powerful concentration Omaha), his mind is ready to penetrate and gain insight (passing) into the ultimate nature of reality, eventually obtaining release from all suffering. The cultivation of mindfulness is essential to mental concentration, which is needed to achieve insight. Sumatra meditation starts from being mindful of an object or idea, which is expanded to one's body, mind and entire surroundings, leading to a state of total concentration and tranquility Omaha) There are many variations in the style of meditation, from sitting cross-legged or kneeling to chanting or walking.

The most common method of meditation is to concentrate on one's breath (anapestic), because this practice can lead to both Sumatra and passing. In

Buddhist practice, it is said that while Sumatra meditation can calm the mind, only passing meditation can reveal how the mind was disturbed to start with, which is what leads to knowledge Omaha, Pail nap) and understanding (prawn), and thus can lead to nirvana (Pall). When one is in IANA, all defilement are suppressed temporarily.

Only understanding (prawn or passing) eradicates the defilement completely. Johanna are also states that Rants abide in order to rest. In Tetrahedral In ThreatΓdad Buddhism, the cause of human existence and suffering is identified as raving, which carries with it the various defilement. These various defilement are traditionally summed up as greed, hatred and delusion. These are believed deeply rooted afflictions of the mind that create suffering and stress.

To be free from suffering and stress, these defilement must be permanently uprooted through internal investigation, analyzing, experiencing, and understanding of the true nature of those defilement by using Ghana, a technique of the Noble Eightfold Path. It then leads the mediator to realize the Four Noble Truths, Enlightenment and Anabas. Anabas is the ultimate goal of Traditions. Prawn (Wisdom): passing meditation Prawn means wisdom that is based on a realization of dependent origination, The Four Noble Truths and the three marks of existence.

Prawn is the wisdom that is able to extinguish afflictions and bring about boyhood. It is spoken of as the principal means of attaining nirvana, through its revelation of the true nature of all things as ducked (unsatisfactorily), Monica (impermanence) and anta (not-self). Prawn is also listed as the sixth

of the six paramitas of the Mahayana. Initially, prajna is attained at a inception level by means of listening to sermons (dharma talks), reading, studying, and sometimes reciting Buddhist texts and engaging in discourse.

Once the conceptual understanding is attained, it is applied to daily life so that each Buddhist can verify the truth of the Buddha teaching at a practical level. Notably, one could in theory attain Nirvana at any point of practice, whether deep in meditation, listening to a sermon, conducting the business of one's daily life, or any other activity. Zen Buddhism, pronounced Chan in Chinese, Seon in Korean or Zen in Japanese derived from the Sanskrit term Dhyana, meaning "meditation") is a form of Buddhism that became popular in China, Korea and Japan and that lays special emphasis on meditation.

Zen places less emphasis on scriptures than some other forms of Buddhism and prefers to focus on direct spiritual breakthroughs to truth. Zen Buddhism is divided into two main schools: Rinzai and Soto, the former greatly favoring the use in meditation on the koan (meditative riddle or puzzle) as a device for spiritual break-through, and the latter (while certainly employing koans) focusing more on jikan or "just sitting".