

Buddhism

Religion



Buddhism The basic teachings of Buddhism are based around what are called the three jewels. The first is Buddha or an ideal human who others should imitate. The second is Dharma which is the sum total of Buddhist teachings on how to view the world. And finally is Sangha which refers to the community of monks and nuns. The Buddha focused on two major things in his teachings how to reduce suffering in ourselves and others and how to attain inner peace. In the Buddhist teachings are the three marks of reality which are constant change, lack of permanent identity, and the existence of suffering. The first which is constant change refers to the fact that the world is constantly changing around us. The second which is lack of permanent identity refers to the fact that we are constantly changing as we age and go through the world learn new things and experiencing things. And finally of the existence of suffering Buddha refers to the fact that we will always experience some sort of sorrow or dissatisfaction in our lives part of obtaining personal peace or inner peace is accepting that.

Buddhist teachings also include what are called four Noble truths. The first of the truths it is called “to live is to suffer”. The idea that suffering exists from day one being born causes pain and suffering, getting disease causes pain and suffering, the decay of time causes pain and suffering, and ultimately death causes pain and suffering. The point is that there are so many things going on in life that cause suffering and many of them cannot be avoided. The second truth is “suffering comes from desire”. There are many forms of suffering that comes from wanting something or thinking that something is necessary, suffering can also come from stress,...

Theravada (Ancient Doctrine) is a relatively conservative Buddhist tradition, which exclusively bases its doctrines and traditions on the commentaries of <https://assignbuster.com/buddhism-essay-samples-2/>

Pāli Canon (Scriptures). Initially, the monk transmitted its scriptures orally until the fourth council decided to write them down. It was during this time that Theravada flourished. Of the three Buddhist traditions, Theravada is the oldest. Its practice on the Indian subcontinent declined; however, its practice persists in South East Asia and Srilanka. Followers of the Theravada tradition believed that the realization of rebirth occurred through personal effort. They emulated practices of their monks who followed vinaya, which encompassed meditation, teaching and offering services to the communities.