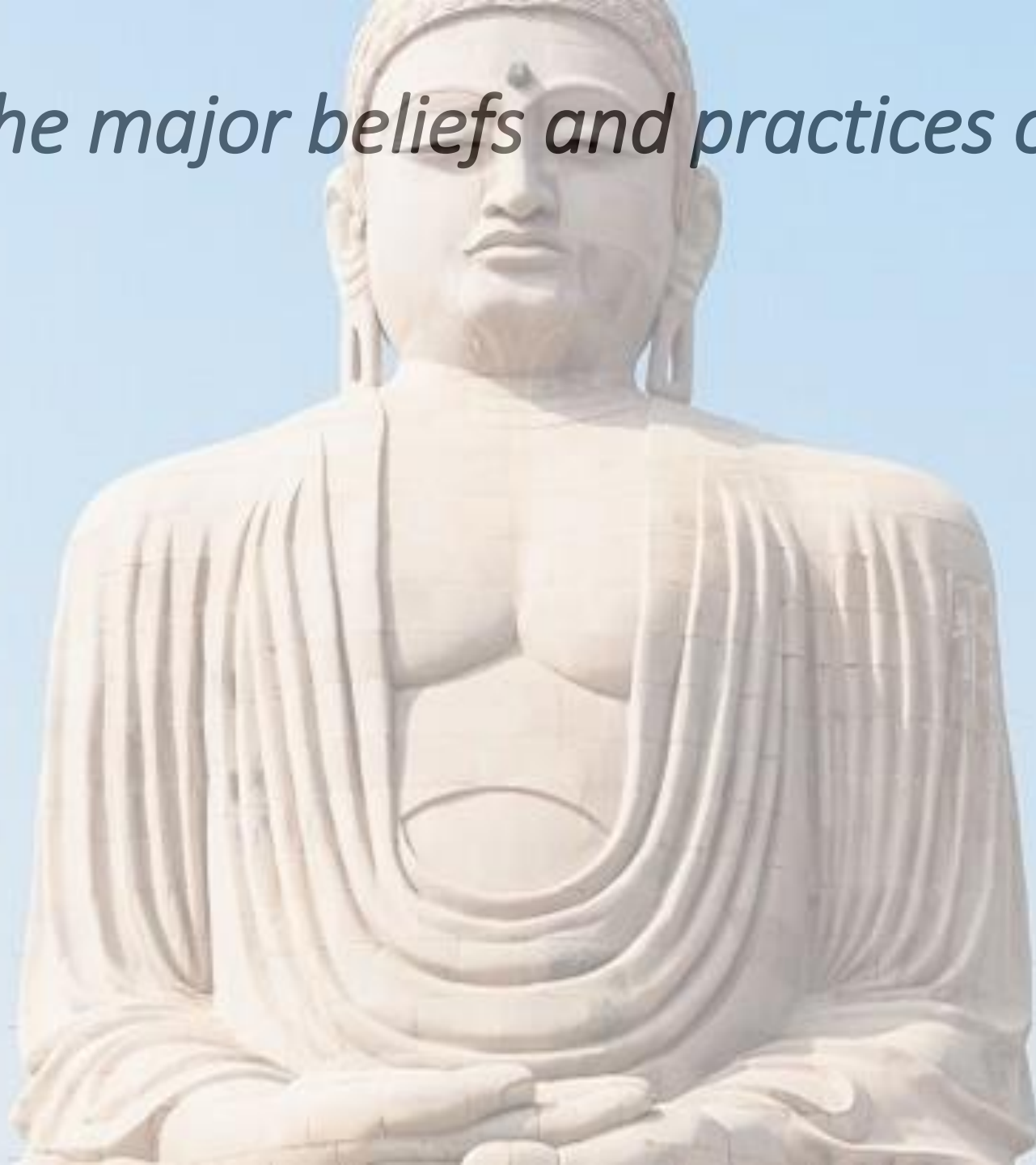




# Buddhism

Founded in the foothills of the Himalayas by Siddhartha  
Gautama.

*What are the major beliefs and practices of Buddhism?*





# What are the major beliefs and practices of Buddhism?

Founded in the foothills of the Himalayas by Siddhartha Gautama.

# Do Now:

- Based on your experience, list three reasons why people suffer.
- Based on these three reasons, what do you think is the “root cause” of suffering?
- Suffering: the state of undergoing pain, distress, or hardship.





# Buddha

- Siddhartha Gautama Born a prince around 563 B.C.E.
- Enjoyed all the pleasures of life during his early age.
- At age 29, he ventured out of the palace for the 1<sup>st</sup> time and saw an old man, then a sick person, and a dead body.
  - This was his first awareness of suffering.

# Buddhism: philosophy or religion?

## PHILOSOPHY

- No worship of gods in the beliefs and practices.
- One's spiritual journey is guided by their own determination and their teacher.

## RELIGION

- Moral Code

# Buddhism

- “belief system”

# Nirvana

- Union with the universe and release from the cycle of rebirth.
- The end goal for Buddhist.



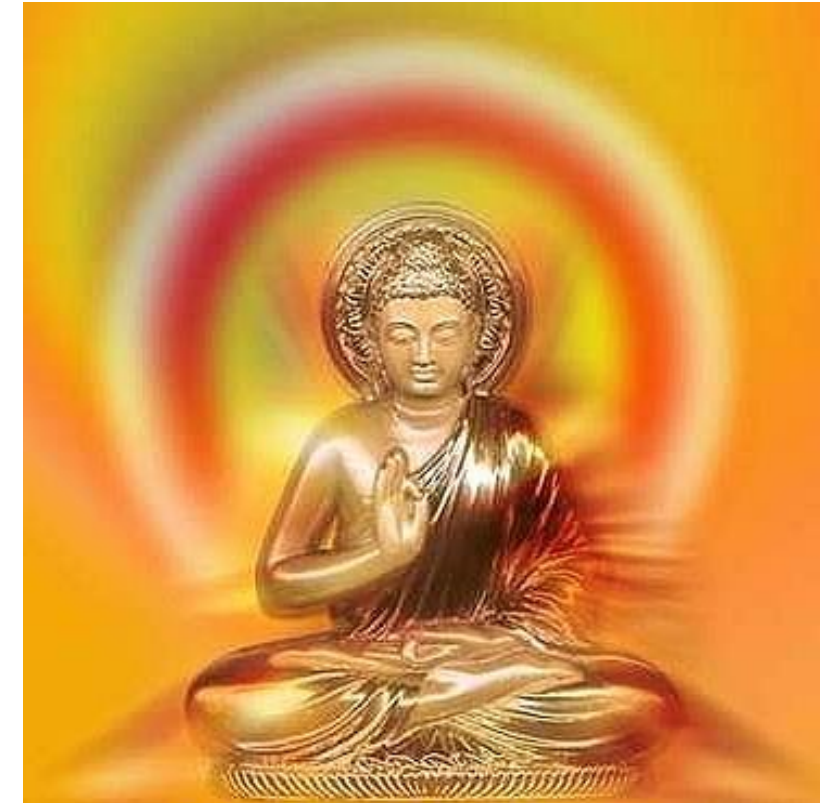


- How is the Buddhist belief in Nirvana similar to Hinduism?



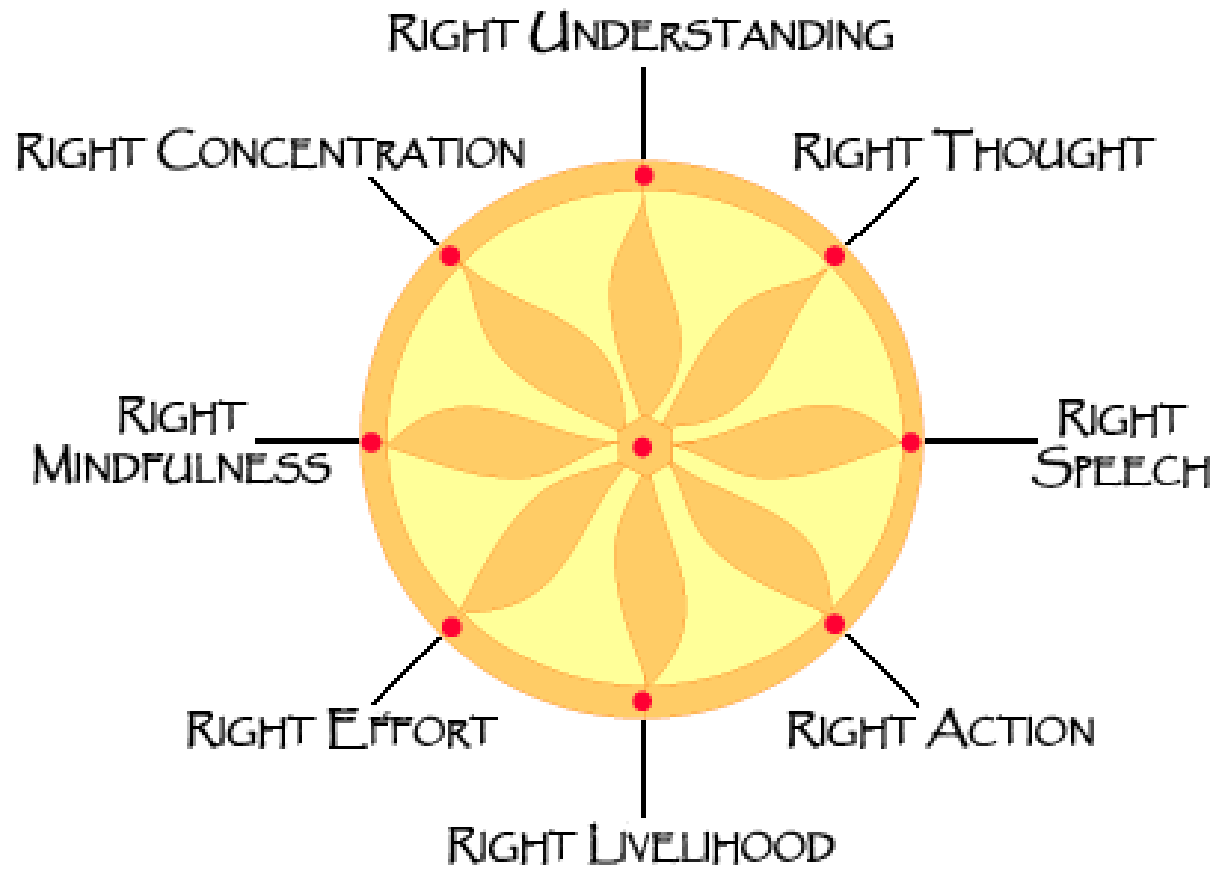
# 4 Noble truths of Buddhism.

1. All life is full of suffering, pain, and sorrow.
2. The cause of suffering is non-virtue, or negative deeds and mindsets such as hatred and desire.
3. The only cure for suffering is to overcome non-virtue or desires.
4. The way to overcome non-virtue is to follow the eightfold path.



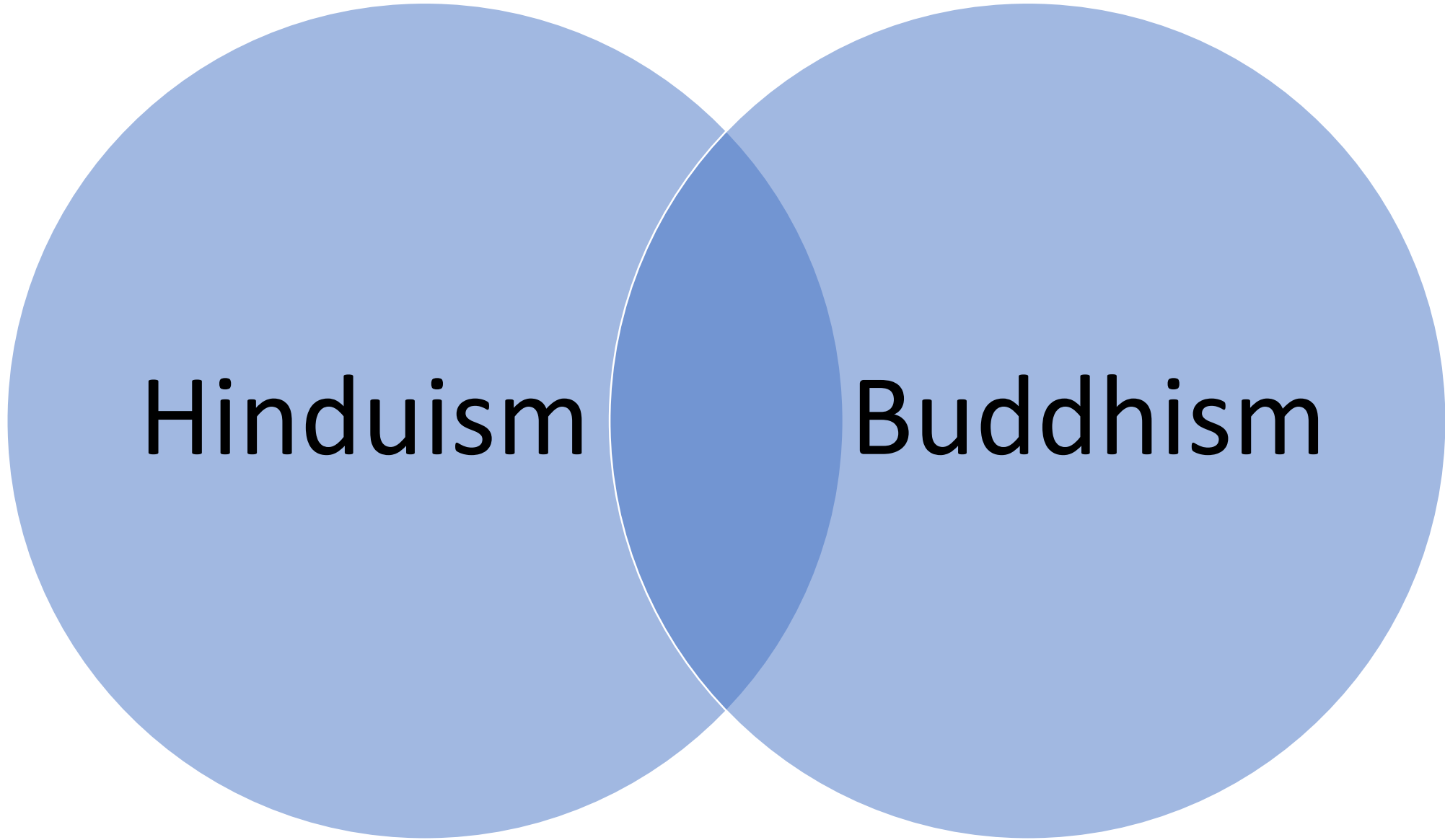
## **The Four Noble Truths**

Suffering is universal  
The origin of suffering is attachment  
The cessation of suffering is attainable  
Path to the cessation of suffering is detachment



## The Eightfold Path

1. Right views (beliefs)
2. Right aspirations (goals)
3. Right speech
4. Right Conduct
5. Right livelihood
6. Right effort
7. Right mindfulness
8. Right contemplation (thoughts)



Hinduism

Buddhism

# Hinduism vs. Buddhism

## Compare and Contrast

- Both believe in karma, dharma, reincarnation, and non-violence.
- Buddha promoted meditation over priests, gods, and rituals.
- Buddha also rejected the caste system. He believed that anyone could achieve nirvana.

# Writings

- Sutras