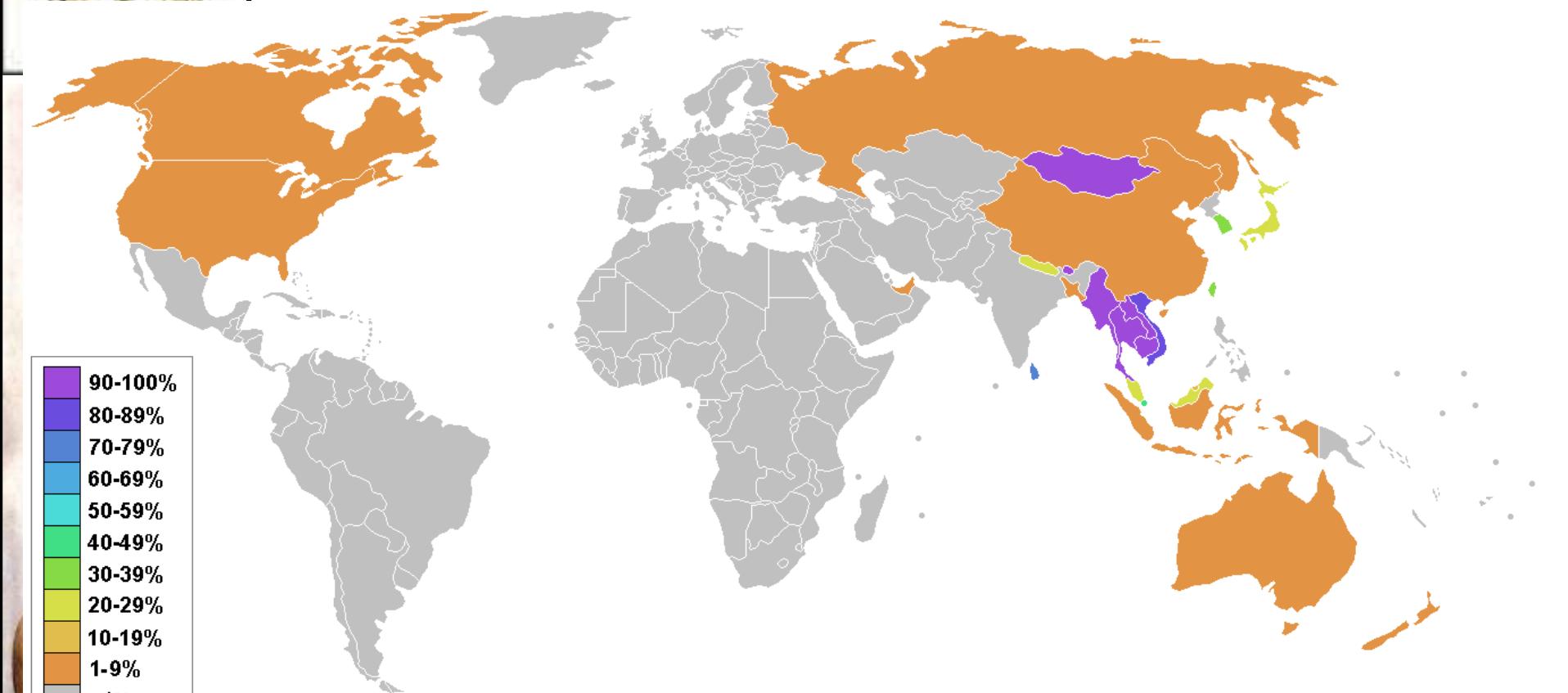
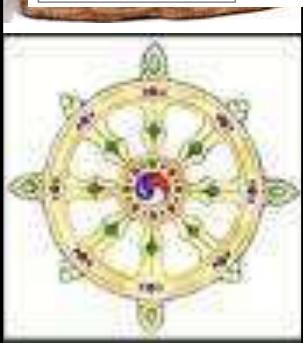
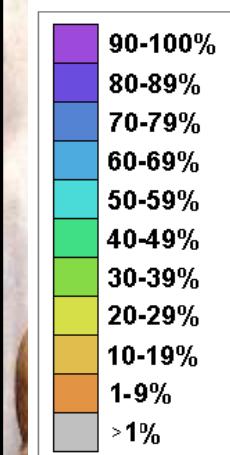




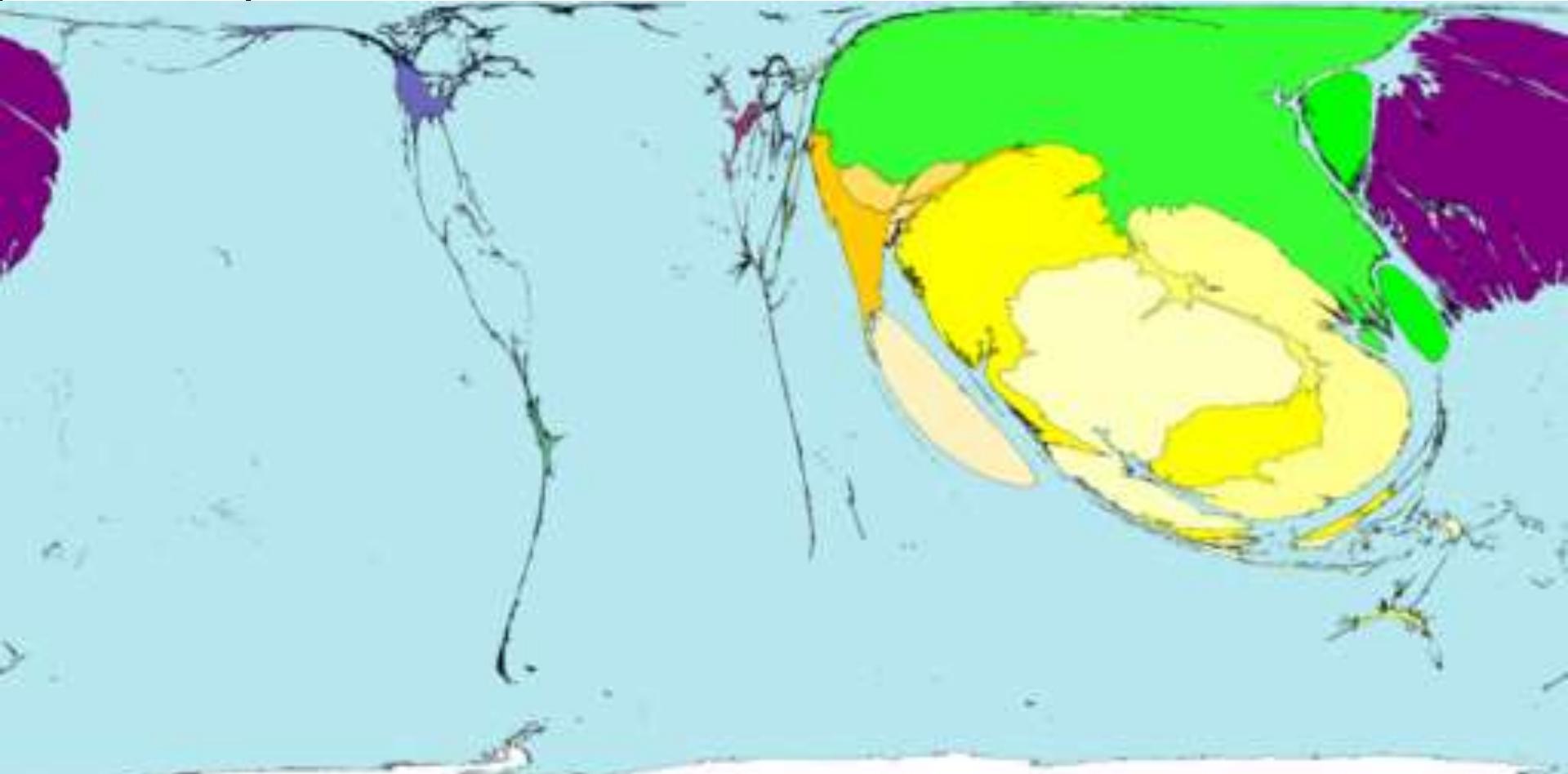
Buddhism

YHS 2017



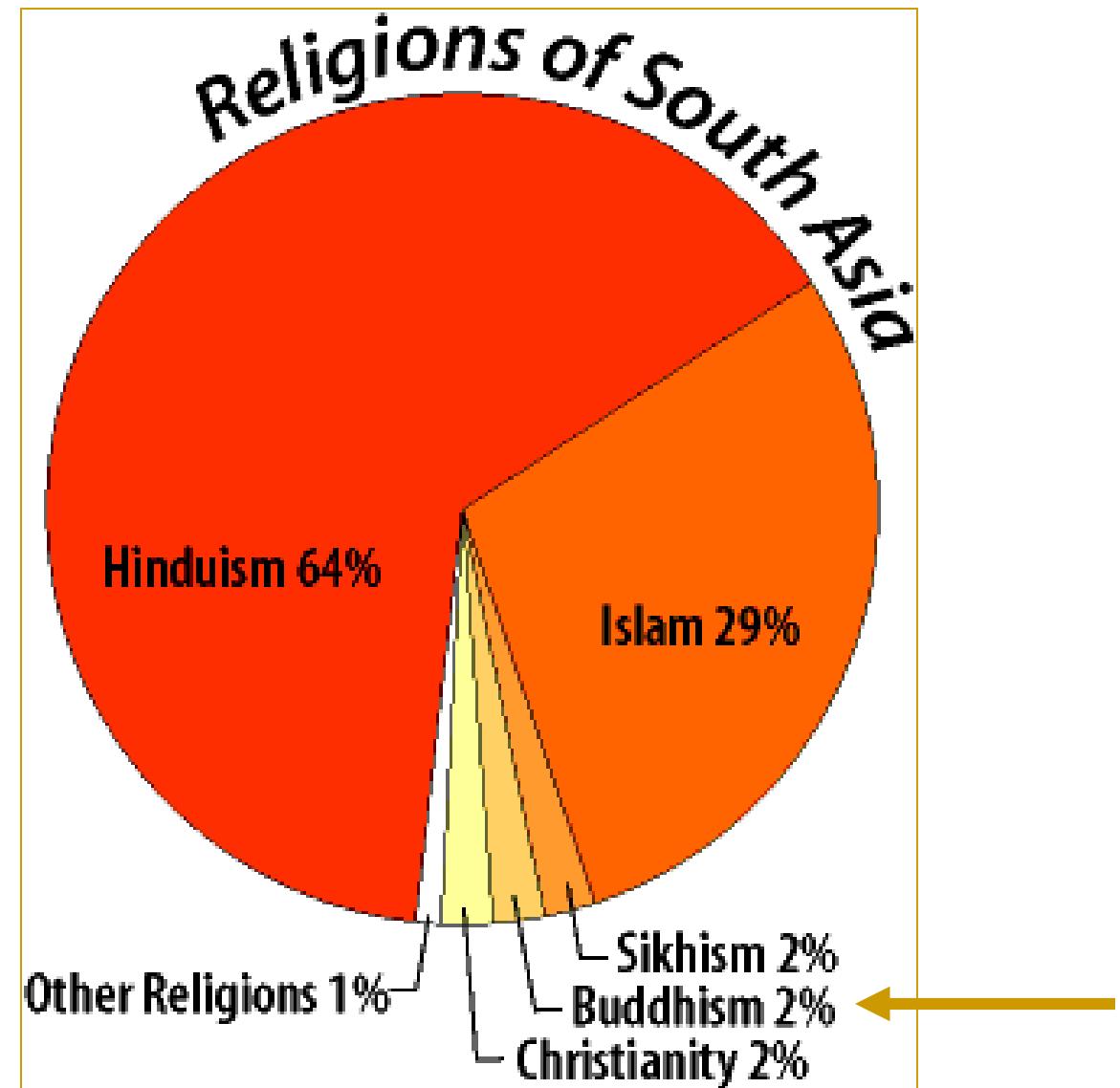


Buddhism



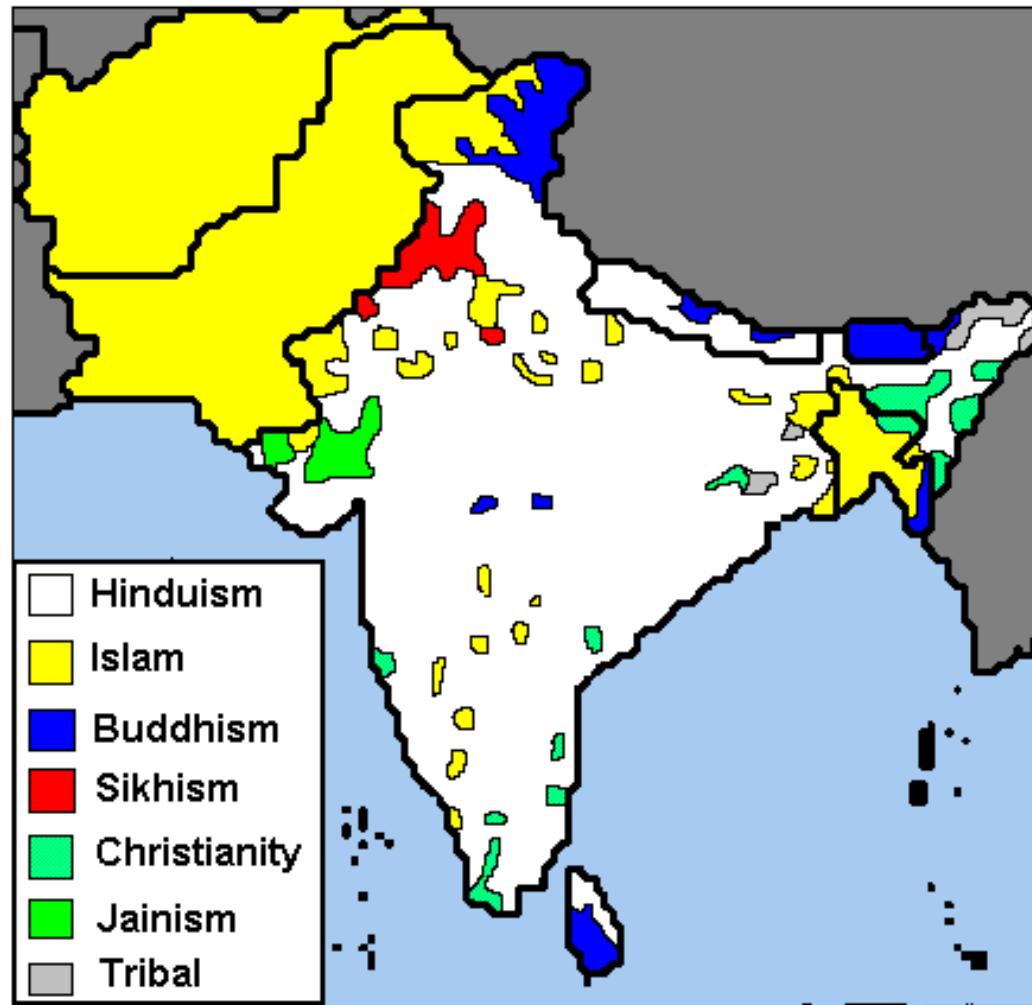


Religions of South Asia





Buddhism in the Subcontinent



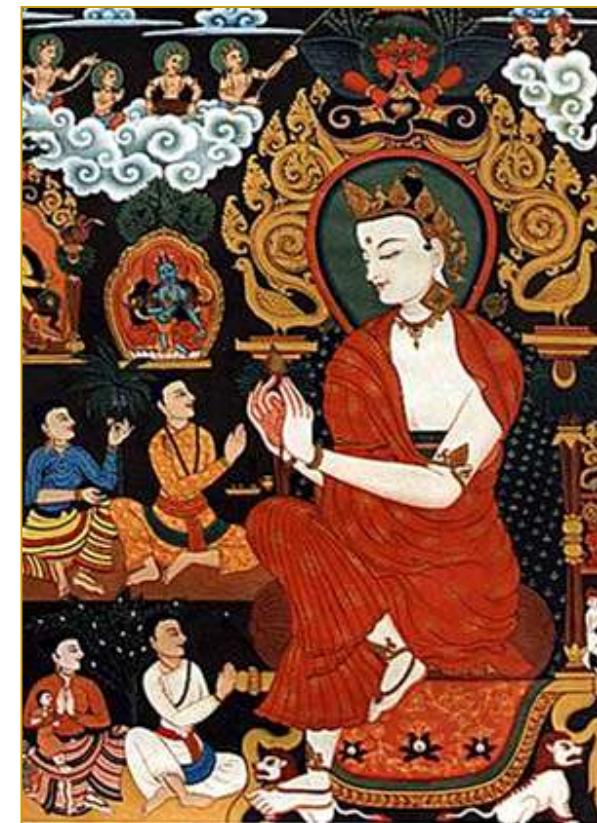


What is The essence of Buddhism?

- The “way of wisdom and compassion.”
- 2,500 year old tradition.
- The 3 jewels of Buddhism:
 - *Buddha*, the teacher.
 - *Dharma*, the teachings.
 - *Sangha*, the community.

Who is Siddhartha Gautama (563-483)

- ✿ Born in NE India (Nepal).
- ✿ Raised in great luxury to be a king.
- ✿ At 29 he rejected his luxurious life to seek enlightenment and the source of suffering.
- ✿ Lived a strict, ascetic life for 6 yrs.
- ✿ Rejecting this extreme, sat in meditation, and found *nirvana*.
- ✿ Became “The Enlightened One,” at 35.





What is the fundamental cause of all suffering?



Desire!

- ✿ Therefore, extinguish the self, don't obsess about oneself.



What are the Four Noble Truths?

1. There is suffering in the world. To live is to suffer. (**Dukkha**)



What are the Four Noble Truths



2. The cause of suffering is self-centered desire and attachments. (**Tanha**)





What are the Four Noble Truths?

3. The solution is to eliminate desire and attachments.
(Nirvana = “extinction”)

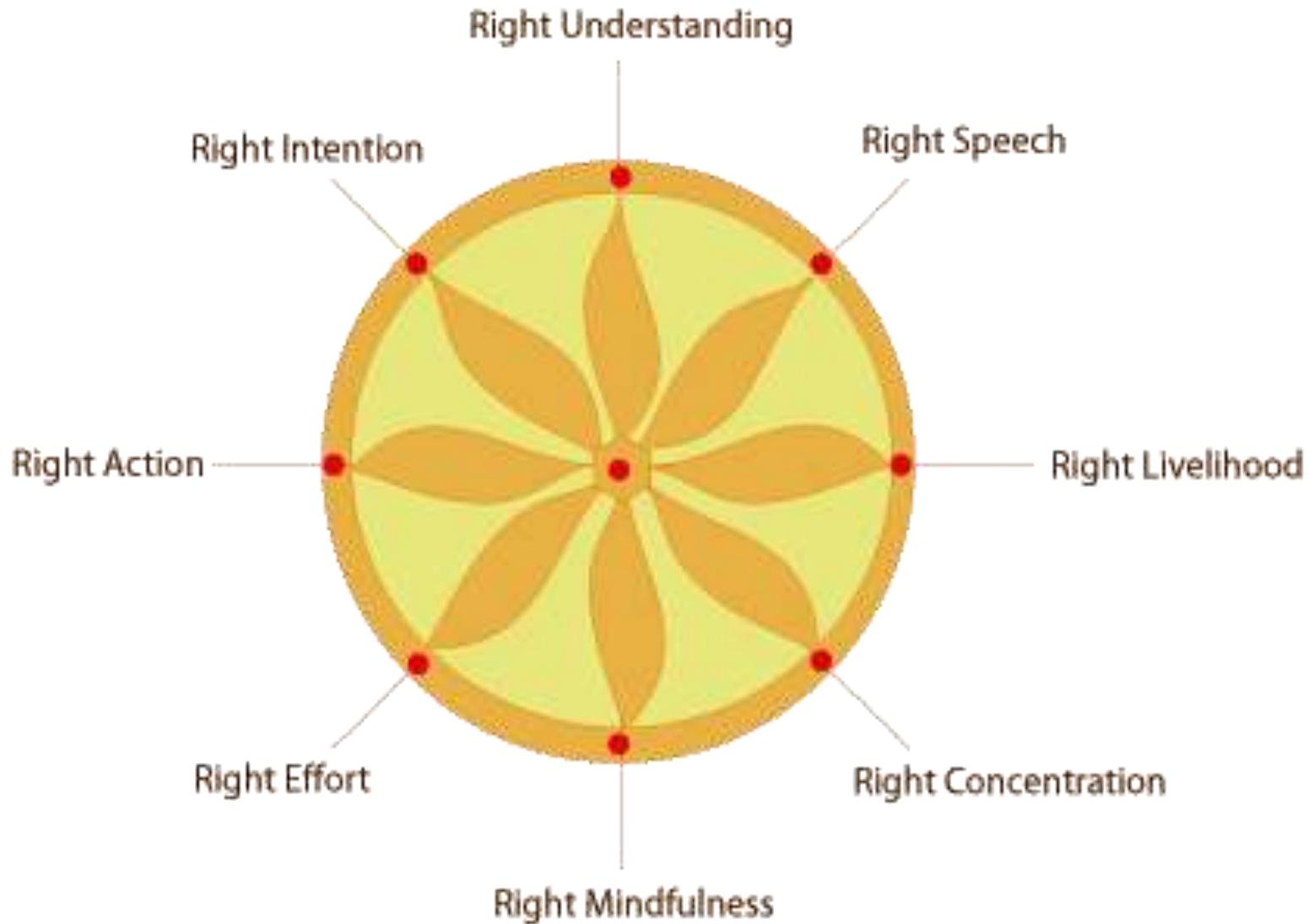


What are the 4 noble truths?

4. To reach *nirvana*, one must follow the Eightfold Path.



What is the eightfold path?





What is the Eightfold Path



Path

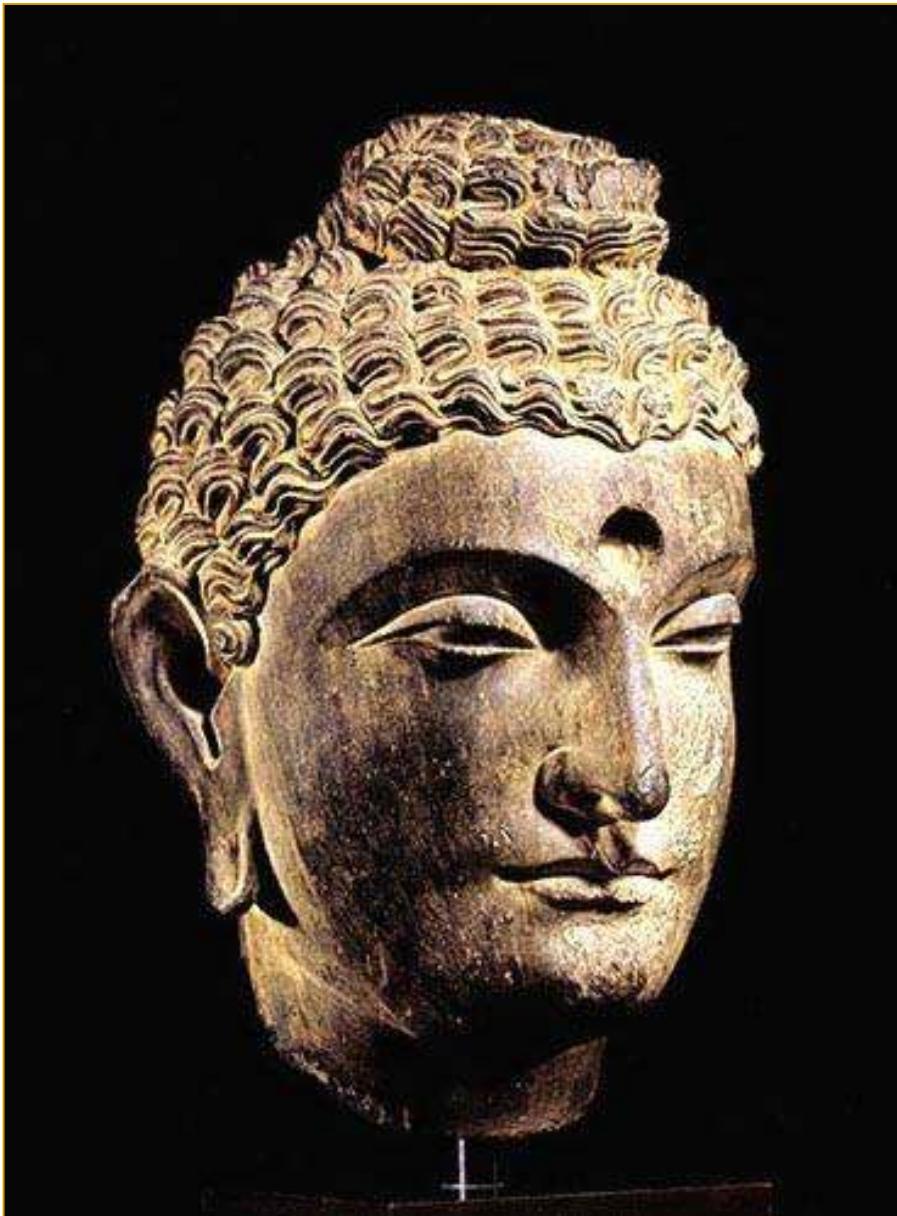


Nirvana

- ✿ The union with the ultimate spiritual reality.
 - ✿ Escape from the cycle of rebirth.
- 

Buddha – 19c





**Buddha's
head**
2nd.c
Pakistan

Mandala: Wheel of Life Motif

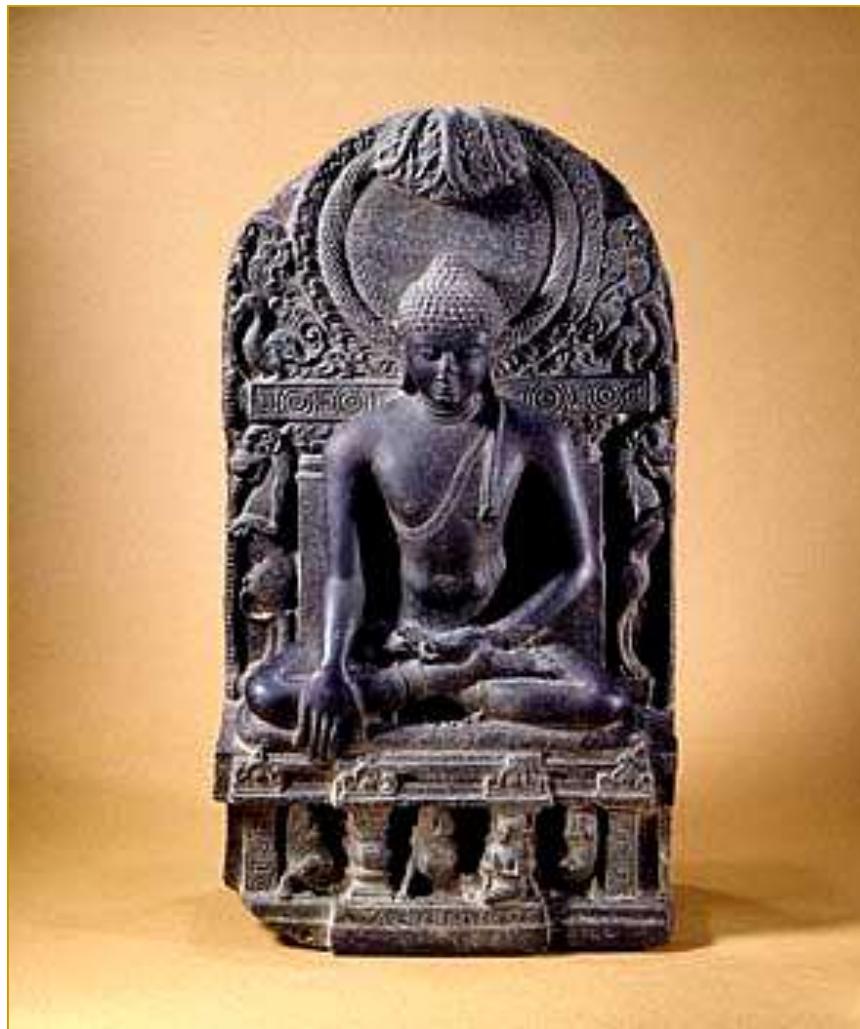




Mandala: Wheel of Life



Buddhist Altar





Types of Buddhism

- 
- **Theravada Buddhism**
 - **Mahayana Buddhism**
 - **Tibetan Buddhism**
 - **Zen Buddhism**
- 



Theravada Buddhism

- The oldest school of Buddhism.
- The “Way of the Elders” or the “Small Vehicle.”
- Found in southern Asia.
- The monastic life is the best way to achieve *nirvana*.
- Focus on wisdom and meditation.
- Goal is to become a “Buddha,” or “Enlightened One.”
- Over 100,000,000 followers today.



Theravada Buddhism





Mahayana Buddhism

- The “Great Vehicle.”
- Founded in northern Asia (China, Japan).
- Buddhism “for the masses.”
- Seek guidance from *Boddhisatvas*, wise beings.
- Goal: Not just individual escape from the wheel, but the salvation of all humanity through self-sacrifice of those enlightened few.



Mahayana Buddhism





Seated Bodhisatva – 16c Bhutan





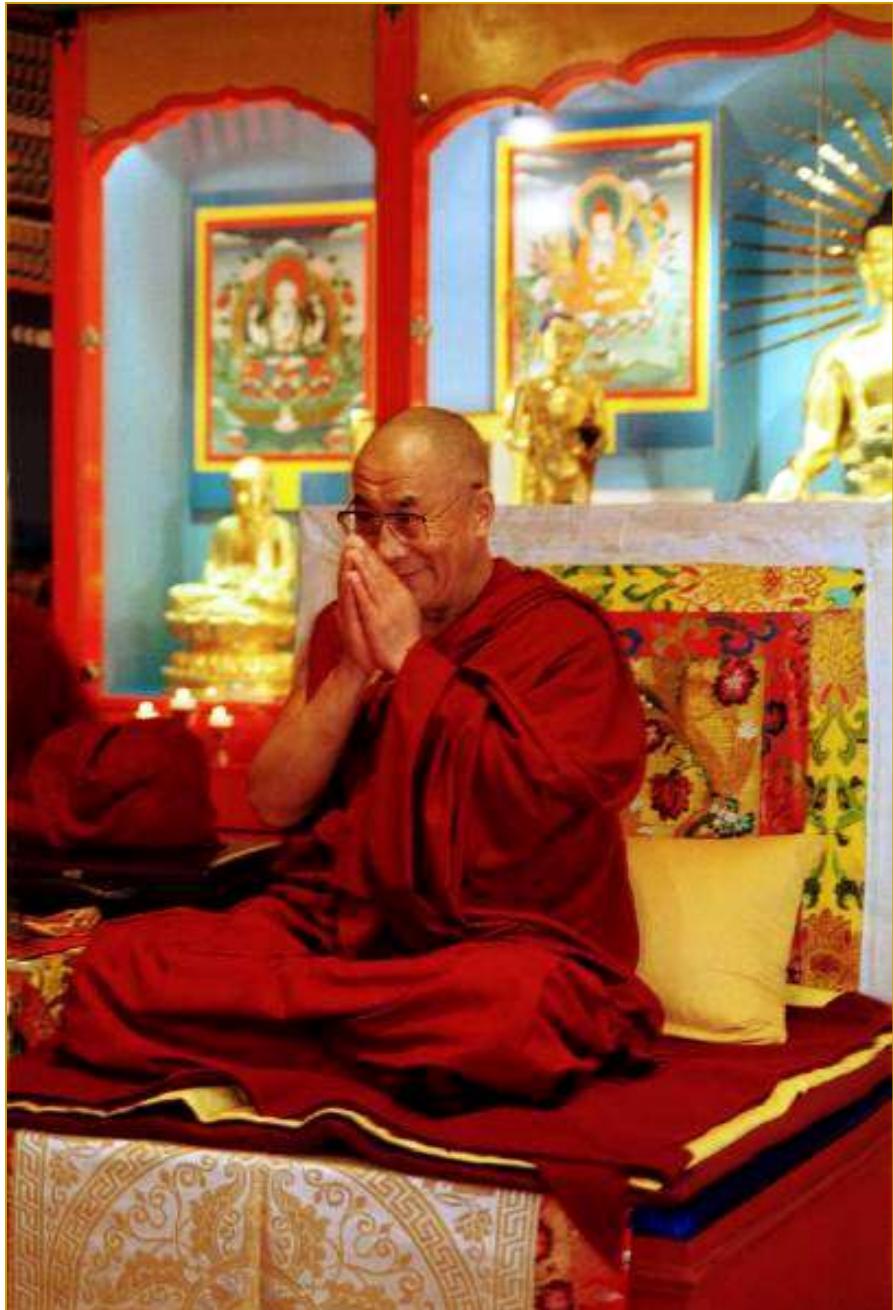
Tibetan Buddhism

- ✿ The “Diamond Vehicle.” [*Vajrayana*]
- ✿ Developed in Tibet in the 7c CE.
- ✿ A mix of Theravada and Mahayana.
- ✿ *Boddhisatvas* include Lamas, like the *Dalai Lama*.
- ✿ The Tibetan Book of the Dead [*Bardo Thodo*].





The Dalai Lama - video

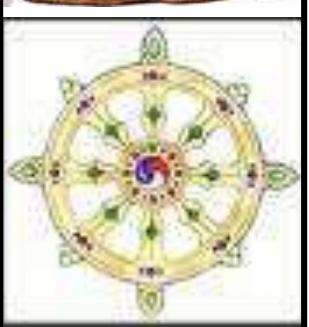




As I enter



- [Yoga breathing...sitting down](#)
- [Yoga for beginners](#)





zen Buddhism

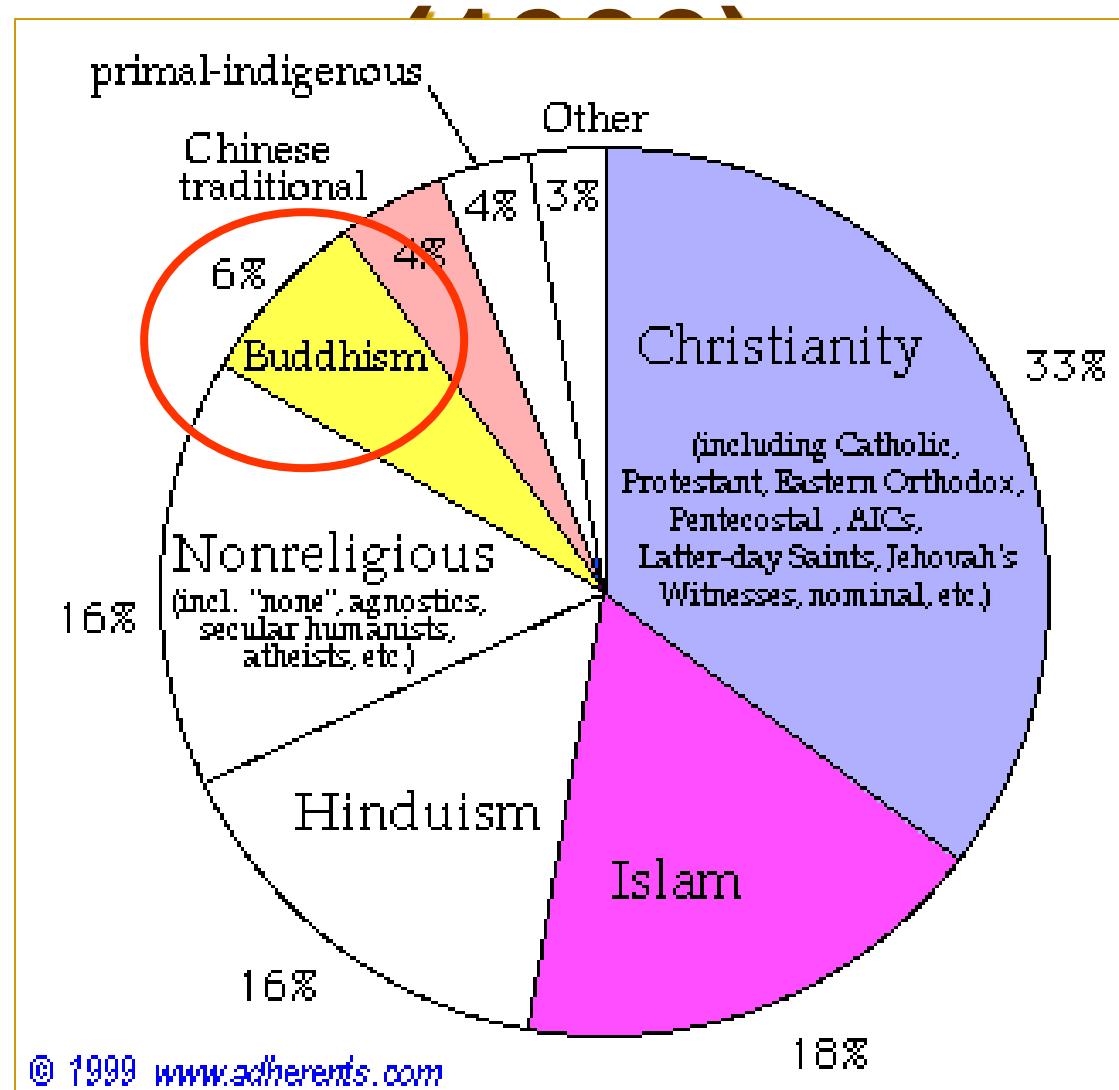


- The “Meditation School.”
- Seeks sudden enlightenment [*satori*] through meditation, arriving at emptiness [*sunyata*].
- Use of meditation masters [*Roshi*].
- Beauty, art, and aesthetics:
 - Gardens.
 - Archery.
 - Tea ceremony.
 - Calligraphy.



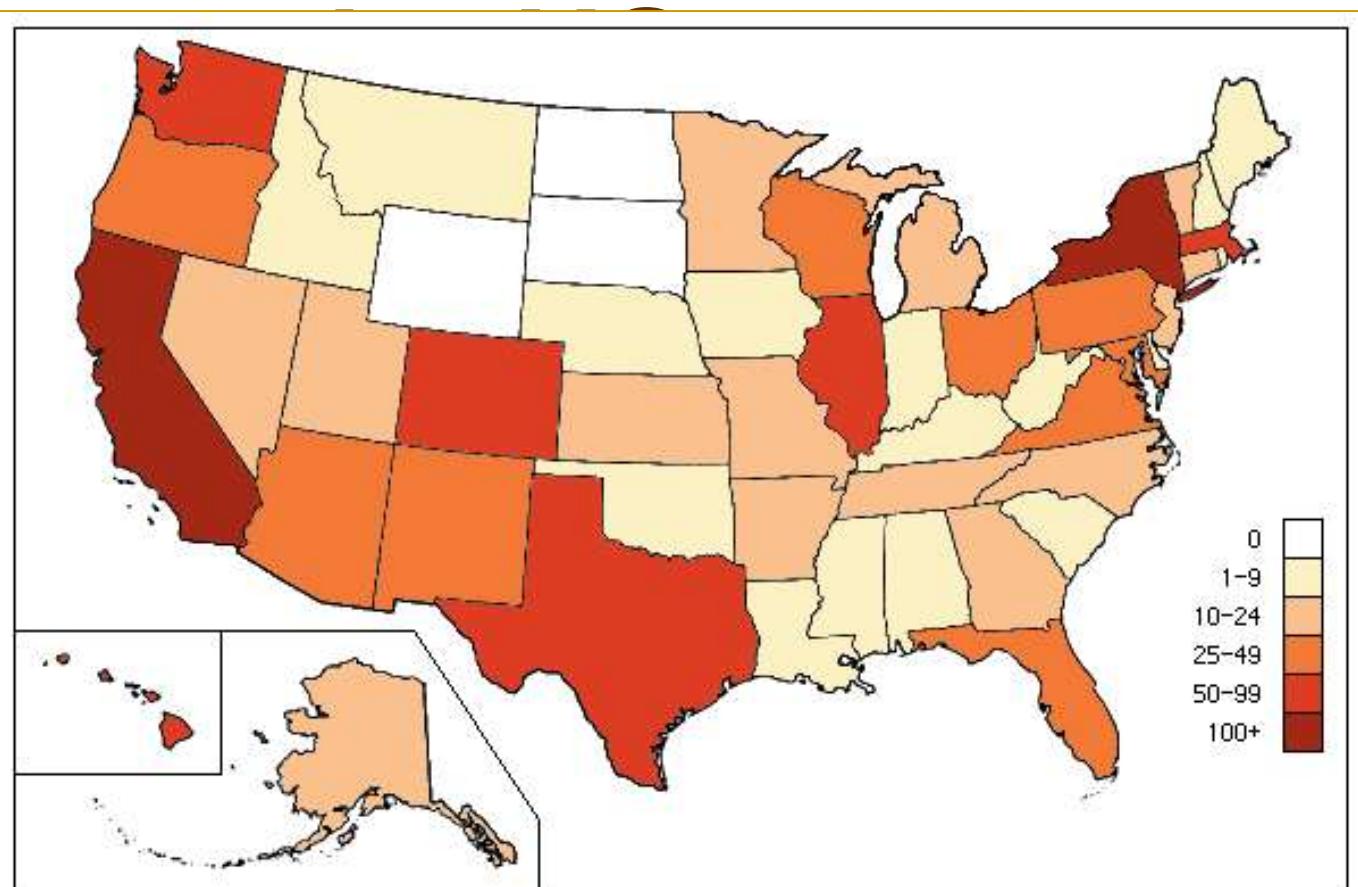


Buddhism in America





Distribution of Buddhism Centers in



Source - The Pluralism Project at Harvard University: Directory of Religious Centers
<http://www.pluralism.org/directory>

© 2001



10th Annual western buddhist monastic conference



California, 2004



Relieve Stress & Meditate: Get a *Mantra* !



Ohm...mani...padme...hung...

Hail to the jewel in the lotus!

- Exit slip:
- List one similarity between Buddhism and Hinduism

