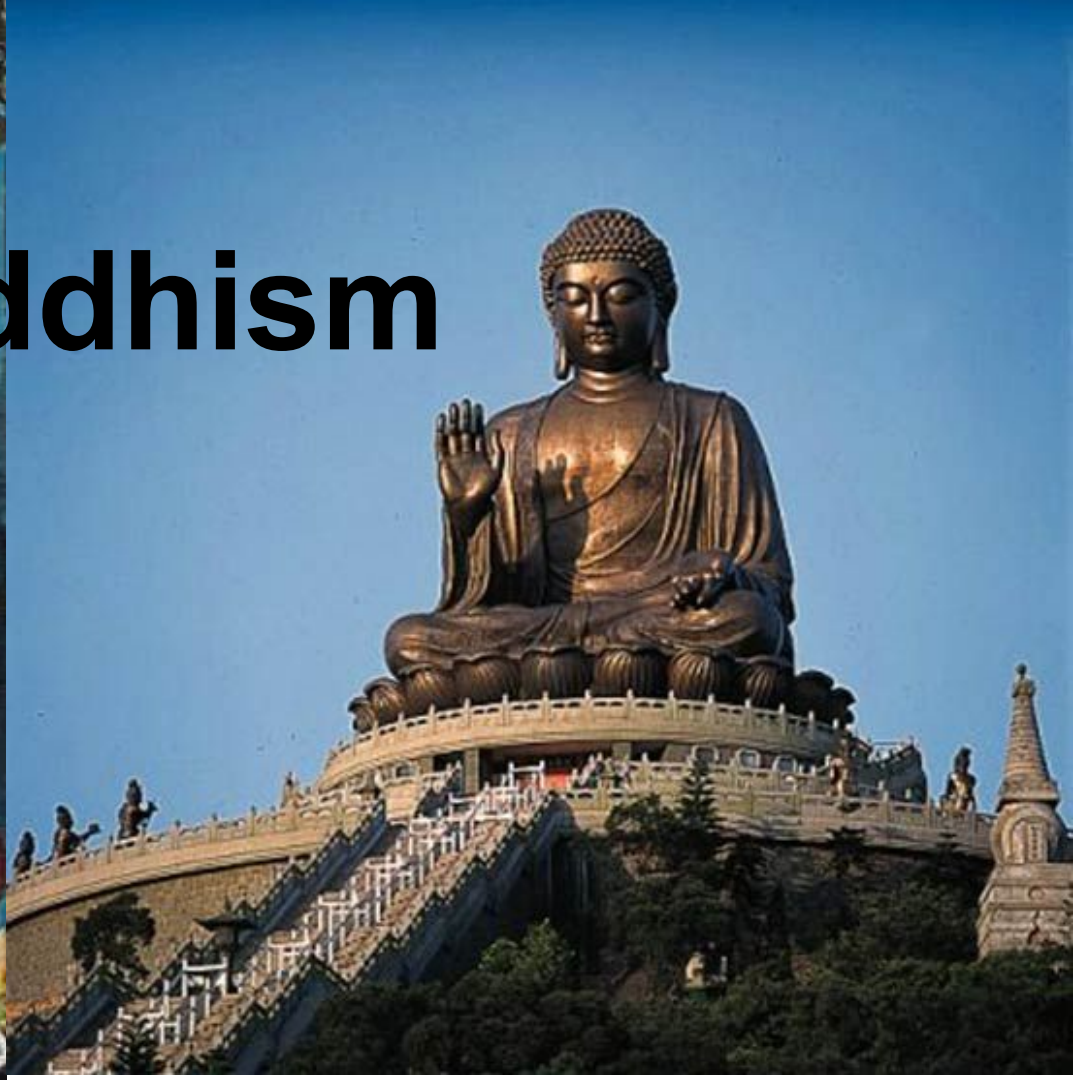




Buddhism



Buddhism began in Nepal in the 6th century.



Founding

Founder: Siddhartha Gautama

1. Mother had a dream where a white elephant pierced her side and disappeared.
2. 64 Brahmins were called to interpret the dream.
3. Two paths:
 - a. A great ruler and world conqueror
 - b. A holy man/ Ascetic

https://www.youtube.com/watch?v=6p_yaNFSYao

Siddhartha leaves home



Buddha= The awakened one or the enlightened one



4 Noble Truths

1. Life is suffering.
2. Suffering is caused by desire and attachment.
3. Eliminating desire and suffering is possible.
4. The only way to eliminate desire and suffering is through the eightfold middle path.

8 Fold Middle Path

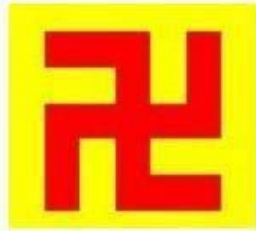
- | | |
|------------------------|------------------------|
| 1. Right Understanding | 5. Right Livelihood |
| 2. Right Thought | 6. Right Effort |
| 3. Right Speech | 7. Right Mindfulness |
| 4. Right Action | 8. Right Concentration |

The focus moved away from deities.

Vocabulary

The Goal: Nirvana = Release from selfishness and pain. Getting off of the wheel. The ultimate state of peace. Anyone can achieve Nirvana!

Bodhisattva= Someone who could have achieved enlightenment but chose to stay behind to help others.



**Buddhist
Swastika**

2553 years ago to present,
6th century BC

Religion based on understanding
suffering and how to end suffering.

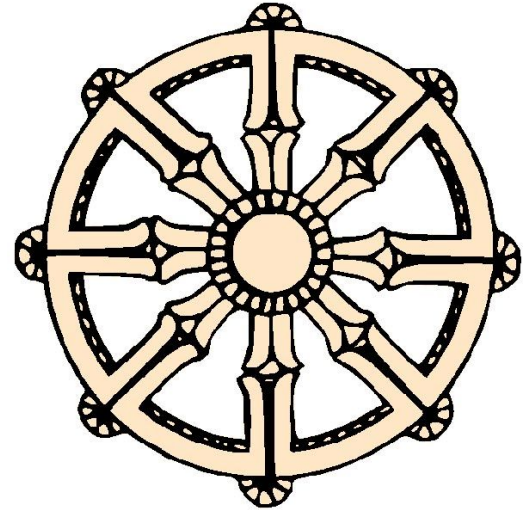


**Nazi
Hakenkreuz**

Feb. 24, 1920
thru




May 23, 1945

Dictatorship bent
on fascism and



Holy Books

The Tipitaka (3 Baskets)

Title	Purpose
Sutta 	Discourses, sermons given by the Buddha and some of his senior disciples.
Vinaya Pitaka 	Disciplinary code for the Order of monks and nuns.
Abhidhamma Pitaka 	Profound philosophy and metaphysics of the Buddha's teachings (Buddhist psychology).

Sects of Buddhism

- **Theravada:** “Orthodox” Buddhism - The Teachings of the Elders
 - Strict adherence to the Buddha’s original teachings
 - Focus on silent meditation and true understanding of the universe
- **Mahayana:** “Reformed” Buddhism - The Great Vehicle
 - An umbrella term for all other forms of Buddhism
 - Zen Buddhism, Yoga, etc.
 - Focus on a desire to be released from the cycle of rebirth

Dalai Lama & Tibetan Buddhism

He is believed to have the power to choose the body into which he is reincarnated.

Look for signs at his death.

Items owned by the previous Dalai Lama

Former friends have to approve

taken with his family to the **Drepung Monastery**

Except for the 4th Dalai Lama, who was born in Mongolia, the Dalai Lamas were all born in Tibet.



The Chinese invaded Tibet in 1949, and since 1959, when the Tibetan's national uprising was brutally suppressed, Tenzin Gyatso, the current Dalai Lama, has been in exile. He is quoted as saying that he will not reincarnate in a body that would reside in a country that is not free, and that no legitimacy should be given to a person chosen for political purposes, particularly by officials from the People's Republic of China. This has led to speculation that the next Dalai Lama may be born in Nepal, Bhutan or India, countries with somewhat similar cultures to Tibet.



Batuo and the Shaolin Temple

The Shaolin Temple was founded in 495 by the Indian monk Batuo who traveled to Cinha.

Batuo had two disciples named Sengchou and Huiguang, who were both martial artists before becoming monks. They were the first ones to bring martial arts to the temple.

Firebending

