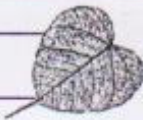


BUDDHISM



Introduction



What is Buddhism?



- Buddhism \approx *budhi*:
 - "To wake up" = the philosophy of awakening.
- Origins:
 - The experience of one man, Siddhattha Gotama.

What is Buddhism?



- The Teachings:
 - *Sutta Pitaka* (Basket of Discourses);
 - *Vinaya Pitaka* (Basket of Discipline); and
 - *Abhidhamma Pitaka* (Higher Teachings).

Who is the Buddha?



- Siddhattha Gotama:
 - Born 623 B.C. *624*
- Milestones:
 - Ages 5, 16, 29, 35 and 80.

Who is the Buddha?



- Age 5:



Who is the Buddha?

- Age 29:



Preliminary Concepts

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Who is the Buddha?

- Age 35:



Preliminary Concepts

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Who is the Buddha?

- Age 80:



Preliminary Concepts

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Frequently Asked Questions

The Buddha and Buddhism

- Is the Buddha, "God"?
- Is the Buddha, dead?
- Is Buddhism a religion?

Frequently Asked Questions

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The Buddha and Buddhism



Frequently Asked Questions

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The Buddha and Buddhism

- Where are the authoritative texts on Buddhism?



- How can we be sure that the Teachings are 'right'?

Frequently Asked Questions

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Buddhism in Practice

- Why is the Buddha depicted differently in statues, temple design, etc.?



Frequently Asked Questions

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Buddhism in Practice

- Are Buddhists idol worshippers?



Frequently Asked Questions

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Buddhism in Practice

- Why are there 'different' kinds of Buddhism and Buddhist practices?



Frequently Asked Questions

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Buddhism and Popular Culture



Frequently Asked Questions

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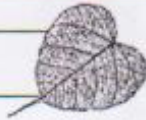
The Buddha and 'Others'



Frequently Asked Questions

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Becoming a Buddhist

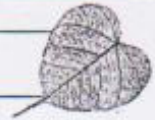


- How do I become a Buddhist?
- Do I need to change my religion?
- Do I need to change my lifestyle?
- Do I need to be a vegetarian?

Frequently Asked Questions

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Becoming a Buddhist

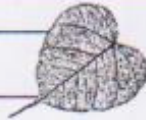


- Are there any 'special' rules or 'rituals' that I should observe in a temple?
- What is the Buddhist's attitude towards other religions?
- How do I practise Buddhism?

Frequently Asked Questions

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Becoming a Buddhist

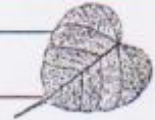


- What are the Buddhist views on:
 - Marriage/sex?
 - Childbirth?
 - Euthanasia?
 - Abortion?
 - War/violence?
 - Lawyers?

Frequently Asked Questions

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Practising Buddhism



Practising Buddhism



- The Buddha only taught one thing:
 - The cause of suffering and the way to end it.
- The essence of the Teachings:
 - *Not to do evil,*
 - *to cultivate good,*
 - *to purify one's mind,*
 - *this is the teaching of the Buddhas.*

Practising Buddhism

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Practising Buddhism

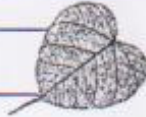


- Buddhism:
 - Self-purification + Self-realisation of the mind.
 - Self-purification: observing the Five Moral Precepts (*Panca Sila*).
 - Self-realisation: understanding the Four Noble Truths (*Ariya Sacca*).

Practising Buddhism

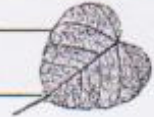
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The Five Moral Precepts



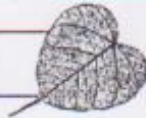
- Refrain from:
 - Killing
 - Taking what is not given
 - Sexual misconduct
 - False speech
 - Taking intoxicants

The Four Noble Truths



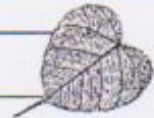
- The Noble Truth of:
 - Suffering
 - The cause of suffering
 - The cessation of suffering
 - The path leading to the cessation of suffering; i.e. the Noble Eightfold Path (*Ariya Atchangaika Magga*)

The Noble Eightfold Path



- Right Understanding
- Right Thought
- Right Speech
- Right Action
- Right Livelihood
- Right Effort
- Right Mindfulness
- Right Concentration

Preliminary Concepts relating to the study of Buddhism



Preliminary Concepts



- The *Kalama Sutta* :
 - The Buddhist spirit of free inquiry.
- Pali vs Sanskrit
- Theravada vs Mahayana