BUDDHISM BACKGROUND

• Founded by Siddhartha Gautama
• Wealthy prince
• Mom had vision of him becoming a wandering holy man
• Family locked him within palace walls
SIDDHARTHA GAUTAMA

- 29 yrs old, wandered outside palace, he ran into an old man, a sick person, and a dead body
  - Became aware of human suffering
- Left his family and riches behind in an attempt to find the realm in life where there is no suffering or death
- Followed Hinduism for a while, however he did not fully accept it
- Eventually began meditating and fasting
PRINCE SIDDHARTHA GAUTAMA SNEAKS OUT OF PALACE
BEGINNING OF BUDDHISM

• 49 days meditating under Bodhi tree
  • Eventually believed he understood cause/cure for suffering/sorrow
  • From this point on, known as the Buddha or Enlightened One
• Spent the rest of his life teaching and spreading what he had learned
THE ENLIGHTENED ONE MEDITATING
BASIC BUDDHIST BELIEFS

• Not about humanity’s relationship with god

• Main goal: reach nirvana (state of oneness with the universe)

• Worship and meditate at home or at shrines and temples

• The Four Noble Truths and the Eightfold Path are the core beliefs
REINCARNATION

YOLO
LOL!

SO THEN SHE SAYS
YOU ONLY LIVE ONCE
THE FOUR NOBLE TRUTHS

1. All life is full of suffering, pain, and sorrow
2. The cause of suffering is want
3. The only cure for suffering is to overcome want
4. The way to overcome want is to follow the Eightfold Path
THE 8 FOLD PATH

1. To have a right understanding
2. To have right thoughts
3. To use right speech
4. To do right actions
5. To deal with right livelihood
6. To give a right effort
7. To have a right mindfulness
8. To use the right meditation
BUDDHIST BELIEFS

- 4 Noble Truths & 8 Fold Path are essential
- Understood the Four Noble Truths + follow the 8 Fold Path = enlightenment & nirvana
- The Eightfold Path is the middle way between a life of self-pleasure and a life of self-denial
THE SPREAD OF BUDDHISM

• Religion, just like trade, customs, cultures of people spreads throughout Asia

• 2 sects form Buddhism
  1. Theravada (traditional)
  2. Mahayana (new age, easy to follow for “common folk”)

• Missionary
  • Followers of a religion who spread the message to attract more followers
EMPEROR ASOKA

• Mauryan Emperor Asoka was the first major ruler to actively encourage the spread of Buddhism
• Stopped eating most meats
• Limited animal sacrifices
• Sent missionaries (people sent on religious mission) through India to spread Buddhism
• Preached TOLERANCE of other religions
• Set up pillars across India offering moral advice and promising a just government
The Spread of World Religions, c. 500 BCE-600 CE
COMPARING HINDUISM AND BUDDHISM

- Both religions believe in Karma, Dharma, and reincarnation
- Buddhists reject the caste system, believe in equality for all
- Buddhists focus on meditation and the individual instead of priests like the Hindus
## COMPARISONS

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