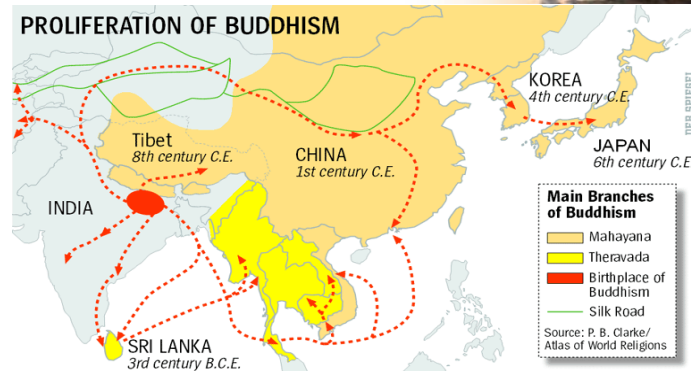


Buddhism began in 6th Century BC and continues today with over 500 million followers. Siddhartha Gautama was an Indian prince who became bored with his wealthy life style and set out on a journey to understand the truth about the world around him. He gave everything up and became a monk but in the end he found a middle path that provided the contentment he was looking for. He taught his way of life to others and after he died there were groups of people that followed his teachings.



BUDDHISM

ABR
AlwaysBeReady.com



The 5 Precepts/Buddhists Moral Code.

1. not to take the life of anything living
2. not to take anything not freely given,
3. abstain from sexual misconduct and sensual overindulgence
4. refrain from untrue speech
5. avoid intoxication or losing mindfulness.

Nirvana is the highest state that someone can attain, it is a state of enlightenment. Enlightenment is a state where an individual's desires and suffering go away placing them in a state of true happiness.



The Dalai Lama “the spiritual head of Tibetan Buddhism” is a leader among Buddhists. He is a respected teacher and has helped to spread Buddhism around the world. He has helped set up monasteries around the world bringing monks into the Western world. The monks live their lives working toward enlightenment and spread compassion, caring and kindness to local communities. They help all who are suffering and provide encouragement to those on the path to enlightenment.

Four Noble Truths

1. Suffering exists (Physical or Mental)
2. Cause of the suffering
3. An end exists (Death or Nirvana)
4. 8 Fold Path to end suffering.

Good moral conduct

1. Right Understanding
2. Right Thought
3. Right Speech

Meditation /Mental Development

4. Right Action
5. Right Livelihood
6. Right Effort

Wisdom/Insight

7. Right Mindfulness
8. Right Concentration

The spread of Buddhism began locally and as the ideas of the Buddha spread various sects developed. Theravada also called Hinayana is the most closely related to what was originally taught. Hinayana means small vehicle or one's self is needed to find nirvana. Mahayana was an offshoot of this stating that one was fully responsible for their destiny however they had a large vehicle it was thought that there were those out there to help us on our journey. Another is Vajrayana or the Tibetan Buddhism. This form incorporated local customs especially the idea that the evil demons were subdued and now served to protect Buddhism. The Dalai Lama is part of this sect and has helped to bring Buddhism to the world by being a symbol or a leader.

As the spread of Buddhism began and its popularity grew the Mauryan Emperor Ashoka became interested and established it as the religion of India. This instilled it among the people and it was incorporated into their cultures and current religion mainly Hinduism. Hinduism chose to accept the teachings and assimilate them into their own thus, no conflict was created. In the map above it can be seen that Buddhism spread along the Silk road as well as other trade routes with the help of merchants and missionaries. Buddhism is very cooperative as it is a way of life. It is about the self and once the true self is realized then it is believed that the rest of the world will fall into place.

Works Cited

- Monk photos
- <http://raise5.com/service-749>
-
- Prince photo
- <http://punjab2000.com/the-black-prince-staring-satinder-sartaaj/>
-
- Buddha photos
- <http://www.johnworldpeace.com/budjesus.asp>
- <http://alwaysbeready.com/buddhism>
-
- Dalai Lama Photo
- <http://tibet.net/2015/04/his-holiness-the-dalai-lama-gives-a-public-talk-at-souji-temple/>
-
- Map
- <http://khanlearning.weebly.com/classical-600-bce-600-ce.html>
-
- Definition of Nirvana
- www.vocabulary.com
-
- Definition of Dalai Lama
- <http://www.merriam-webster.com/dictionary/dalai%20lama>
-
- Information
- <http://khanlearning.weebly.com/classical-600-bce-600-ce.html>
- <http://www.buddhanet.net/e-learning/5minbud.htm>
- <http://www.pbs.org/edens/thailand/buddhism.htm>