

# “Christianity and World Religions”

– Buddhism

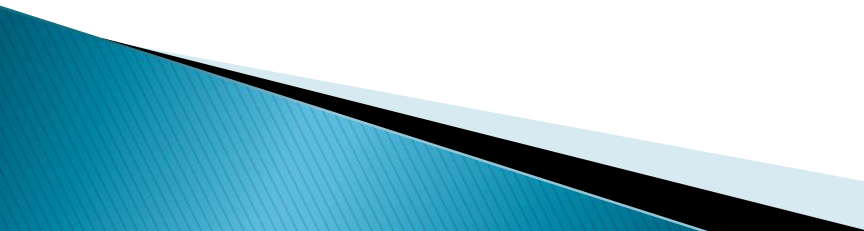
# Questions that people ask

- ▶ What things or imagines come to mind when you think about Buddhism?
  - Goal is to attain Nirvana ✓
  - Nirvana is a punk rock band from Seattle ✗
  - Founded by Gautama, a rich prince who thought there must be more to life ✓
  - Buddha is a fat bald guy ✗
  - Belief in reincarnation ✓
  - Worship idols ✗

# Lesson Goals

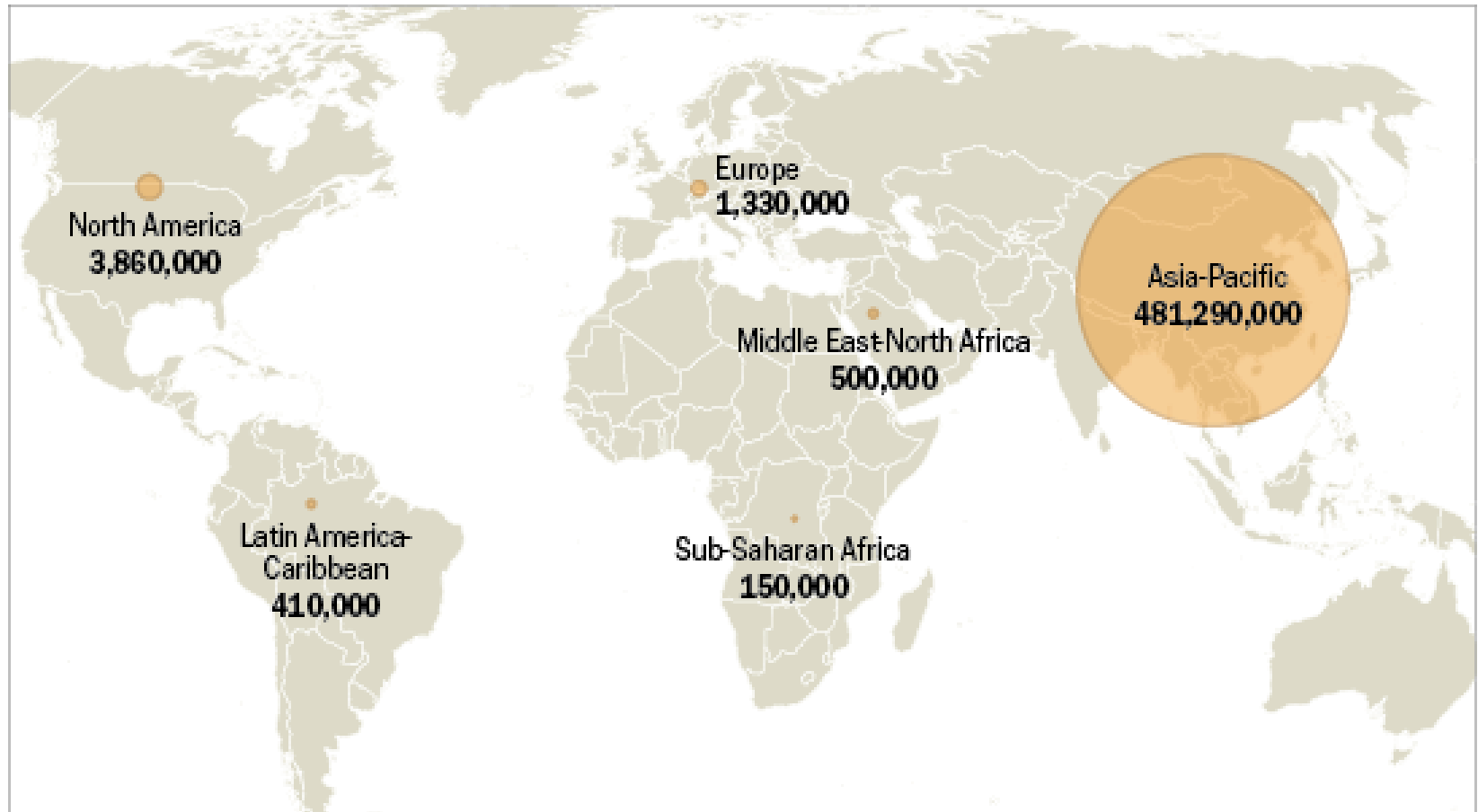
- ▶ Challenge your basic concept of religion
- ▶ Understand some of the most fundamental characteristics of Buddhism
- ▶ Learn how Buddhism as a faith emerged from one person's quest for answers to life's most puzzling questions
- ▶ Compare and contrast the basic tenets of classical Buddhism with those of Christianity
  - Belief in God
  - The nature of suffering
  - Life after death

# Buddhism “101” – Basics

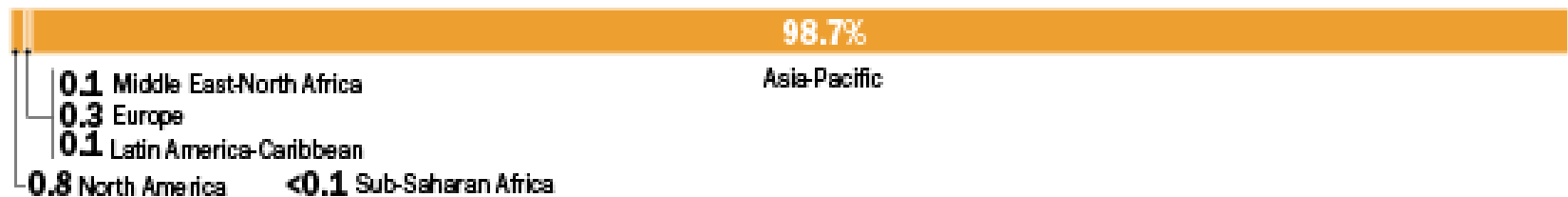
- ▶ Buddhism is a religion and practice that encompasses a variety of traditions, beliefs and spiritual practices largely based on teachings attributed to the Buddha.
  - ▶ Buddhism originated in India sometime between the 6th and 4th centuries BCE, from where it spread through much of Asia.
  - ▶ Now the 4<sup>th</sup> largest religion in the world with over 488 million followers.
  - ▶ The three major branches of Buddhism in the modern world are Mahayana Buddhism, Theravada Buddhism and Vajrayana (sometimes described as Tibetan) Buddhism.
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## Regional Distribution of Buddhists

Population by region as of 2010



Percentage of world Buddhist population in each region as of 2010



Population estimates are rounded to the ten thousands. Percentages are calculated from unrounded numbers. Percentages may not add to 100 due to rounding.  
Pew Research Center's Forum on Religion & Public Life • Global Religious Landscape, December 2012

# Borobudur Temple – Indonesia



# Bagan Temples – Myanmar



# Shwedagon Pagoda – Myanmar





# Mahabodhi Temple – India



# Jokhang Temple – Tibet



# Buddhist Temple Ceremony



# Buddhism Expression of Faith – the Triple Refuge

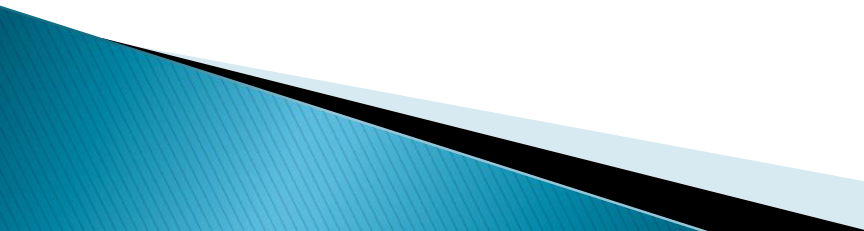
▶ A daily devotion:

1. “I take refuge in the Buddha” (the Awakened one)
2. “I take refuge in the Dharma” (his teachings)
3. “I take refuge in the Samgha” (the community of his disciples)

# Buddha – the “Awakened One”



# Dharma – (Teaching)

- ▶ The Four Noble Truths:
    1. The Truth of Suffering (Dukkha)
    2. The Origin of Suffering (Tanha)
    3. The Cessation of Suffering (Nirvana)
    4. The Truth of the Path to the Cessation of Suffering (Eightfold Path)
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# Life of the Buddha

- ▶ Born into a royal family in the region that is today southern Nepal ~563BCE/480BCE

# Birthplace – Lumbini, Nepal





भगवान बुद्ध जन्म स्मारक शिला  
MARKER STONE  
The Exact Birth Place of Buddha



# Life of the Buddha (cont...)

- ▶ Given name was Siddhārtha Gautama
- ▶ Shakyamuni Buddha – the sage of the Shakya tribe
- ▶ Miraculous events surround his youth
  - Chakravartin – “turner of the wheel”
  - Predictions he would be a King or a Sage

# The Dharmachakra



# Confronting Samsara (endless cycle)



- ▶ Reincarnation – fundamental ancient religious belief
- ▶ Shocking encounters outside the palace
- ▶ Ends his royal life and leaves the palace at age 29 to become a monk
- ▶ Adopts the Middle Path; avoiding extreme self denial and the extreme of self indulgence

# The “Awakening” – Nirvana



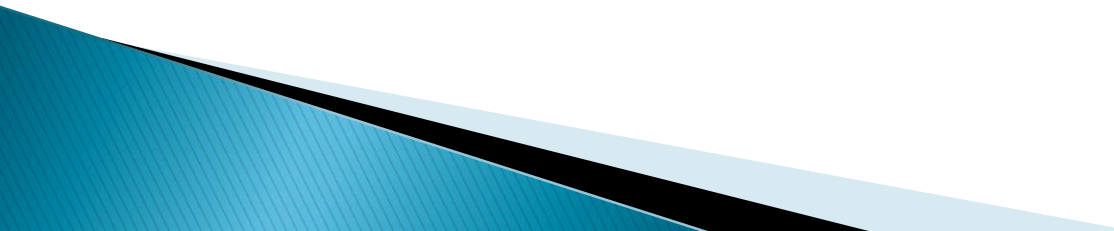
# Sarnath Stupa



# Parinirvana – “complete Nirvana”



# Dharma – (Teaching)

- ▶ The Four Noble Truths:
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# The Path to Nirvana

## ▶ Right:

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

## ▶ Summary:

- Sila – Moral Conduct
- Samadhi – Mental Concentration
- Panna – Wisdom

# If you'd like to know more...

- ▶ **“Great World Religions” – Buddhism**

Professor Malcom David Eckel Boston University  
(DVD & Guidebook)

- ▶ **Wikipedia (your modern “Cliffs Notes”)**

<https://en.wikipedia.org/wiki/Buddhism>

- ▶ **Sri Shirdi Sai Baba Temple of DFW**

<http://www.shirdisaidallas.org/home.php>

- ▶ **The Buddhist Center of Dallas**

<https://sites.google.com/site/dhammadagroupsite/>