

# Buddhism

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# Buddha's First Sermon

- After 49 days of sitting under the Bo tree, also called the Immovable Spot, the fully enlightened Buddha arose and began to walk over 100 miles toward India's holy city of Banaras.
- 6 miles before arriving at Banaras he stopped at a deer park in Sarnath where he gave his first sermon to only 5 ascetics who would later become his first disciples.
- His topic was the Four Noble Truths, key discoveries which had come to him during his quest to enlightenment

# The Four Noble Truths

- The first Noble Truth is that life is **dukkha**, suffering. The exact meaning is that life is dislocated, something has gone wrong or is out of joint. Buddha pinpointed 6 instances when life's dislocation becomes apparent.
  1. The trauma of birth
  2. The pathology of sickness
  3. The morbidity of decrepitude
  4. The phobia of death
  5. To be tied to what one dislikes
  6. To be separated from what one loves



# The Four Noble Truths

The second Noble Truth identifies the cause of life's suffering which is **Tanha**, the desire for private fulfillment or selfishness that seeks to fulfill the ego.



**DHARMA THE CAT SAYS**

Humans tend to miss the point.

# The Four Noble Truths

- The third Noble Truth says that if the cause of life's suffering is selfish desire then its cure lies in the overcoming of selfish desire.
- The fourth Noble Truth states to overcome selfish desire one must follow the Eightfold Path.





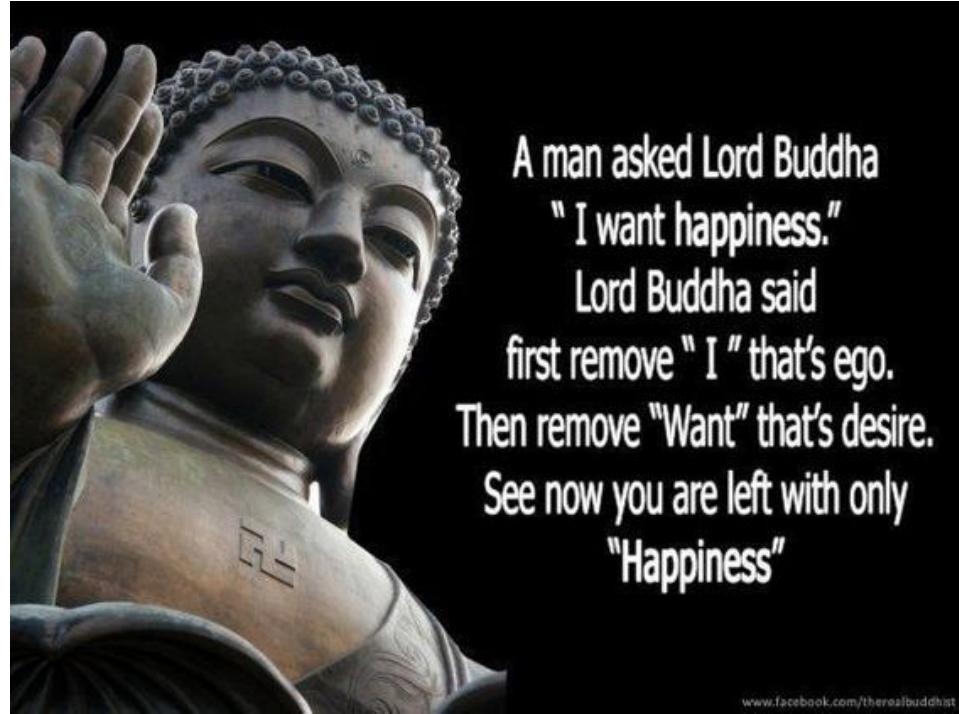


## ***Buddha's Four Noble Truths:***

- 1. Life has inevitable suffering***
- 2. There is a cause to our suffering***
- 3. There is an end to suffering***
- 4. The end to suffering is contained in the eight fold path***

# The Eightfold Path

- The Eightfold Path is a way of intentional living with a series of changes designed to release the individual from ignorance, impulse and selfish desire.
- Just as working out is a training routine for any sport, the Eightfold Path is a training routine for life.
- Buddha said “Happiness he who seeks may win, if he **practice.**”



A man asked Lord Buddha  
" I want happiness."  
Lord Buddha said  
first remove " I " that's ego.  
Then remove "Want" that's desire.  
See now you are left with only  
"Happiness"

# The Eightfold Path

- Preliminary step: **Right Association**. Buddha believed that we are highly influenced by the company we keep.
- Associate yourself with “Truthwinners”
- “Without visible evidence that success is possible, without a continuous transfusion of courage, discouragement is bound to set in.”



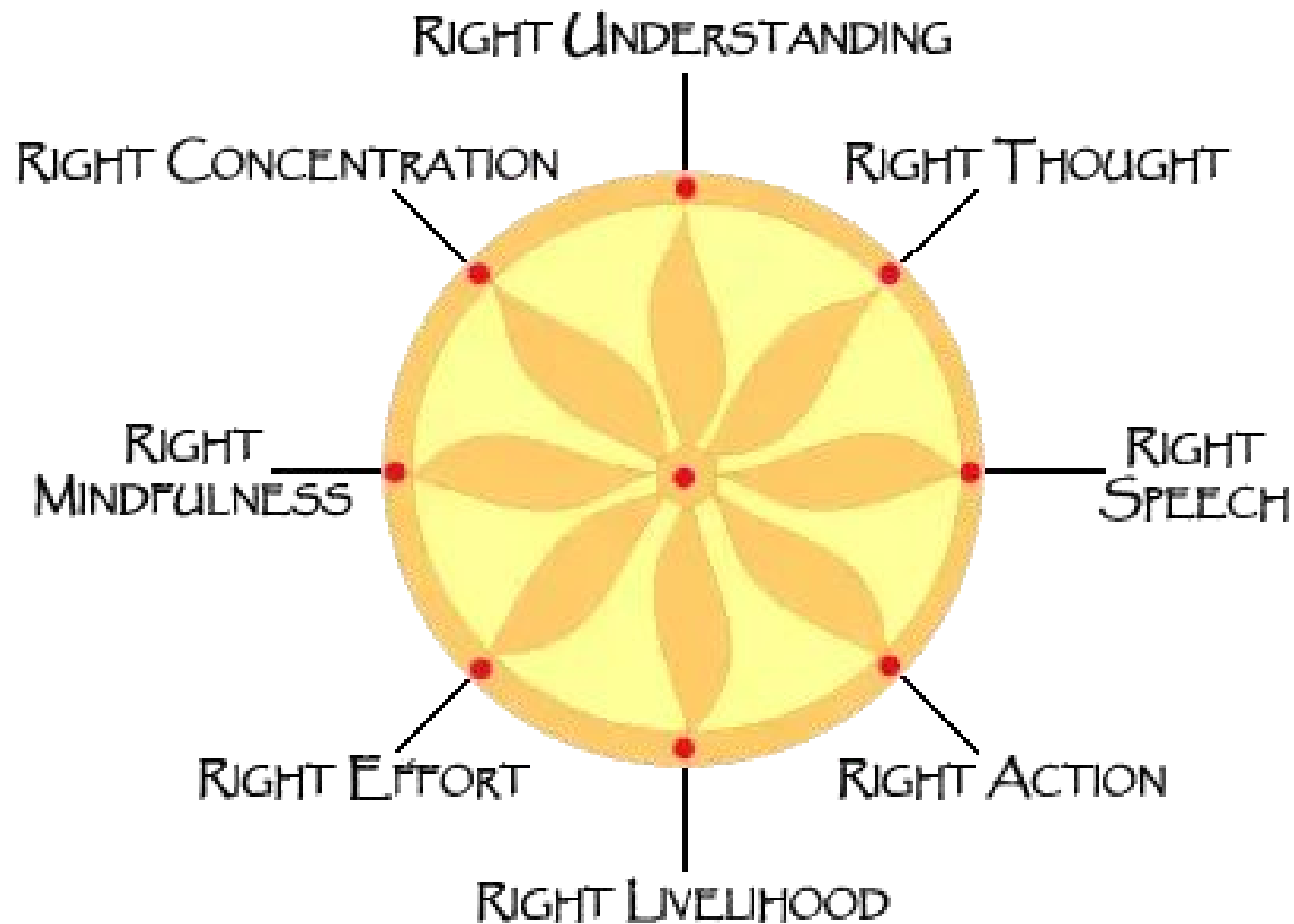


# The Eightfold Path

1. **Right Views:** Beliefs & an intellectual orientation which acts as a blueprint or map of the mind, the 4 Noble Truths provide this.
2. **Right Intent:** What do our hearts really want? Enlightenment? Or do our affections swing from this to that?
3. **Right Speech:** First become aware of what causes you to deviate from the truth or speak unkind. Then try to improve your speech.
4. **Right Conduct:** Become aware of what causes your behavior. Reflect on how much generosity or self-seeking was involved in your actions. Then work to improve it. Right conduct includes the Five Precepts: Do not kill, Do not steal, Do not lie, Do not be unchaste, Do not drink intoxicants

# The Eightfold Path

5. **Right Livelihood:** Engaging in occupations that promote life instead of destroy it and that are conducive to spiritual progress.
6. **Right Efforts:** Reaching the goal of enlightenment takes much effort. Buddha had more confidence in the slow steady pull over a quick spurt.
7. **Right Mindfulness:** Awareness of your every action and thought. Buddha believed that freedom (liberation from the unconscious) is achieved by self-awareness. “All we are is the result of what we have thought” “All things can be mastered by mindfulness”
8. **Right Concentration:** This involves the techniques of *raja yoga*, it's main object is to keep the body from distracting the mind.



# Meditation & Monkey Mind

Mingyur Rinpoche a Tibetan Buddhist Master gives a lesson on how to meditate



# Basic Buddhist Concepts

- **Nirvana:** life's goal, our final destiny. Buddha said Nirvana is "incomprehensible & indescribable" it is a state of ultimate bliss.
- **Anatta:** no soul. Buddha denied the idea of Atman, described as a spiritual substance that retains a separate identity from the physical body.
- **Reincarnation & Karma:** Although Buddha rejected the idea of a soul he believed in reincarnation through Karma. "A chain of causation threading each life to those that have lead up to it and those to follow" So each life is in it's present state because of what happened in past lives.
- **Free Will:** Karma shapes the hand we have been dealt but it is up to us on how we play those cards. "The present is influenced but not controlled"



