



BUDDHISM

“The true Buddha is not a human body – it is Enlightenment. A human body must die, but the Wisdom of Enlightenment will exist forever in the truth of the Dharma, and in the practice of the Dharma.” – Buddha



“BE THE MASTER OF YOUR OWN MIND.” - Buddha

Deconstruction of... Self.

Origins, Roots,
Nature of... Suffering.

This requires one to be aware;
to be mindful.

Major question: Is this a religion or something else?

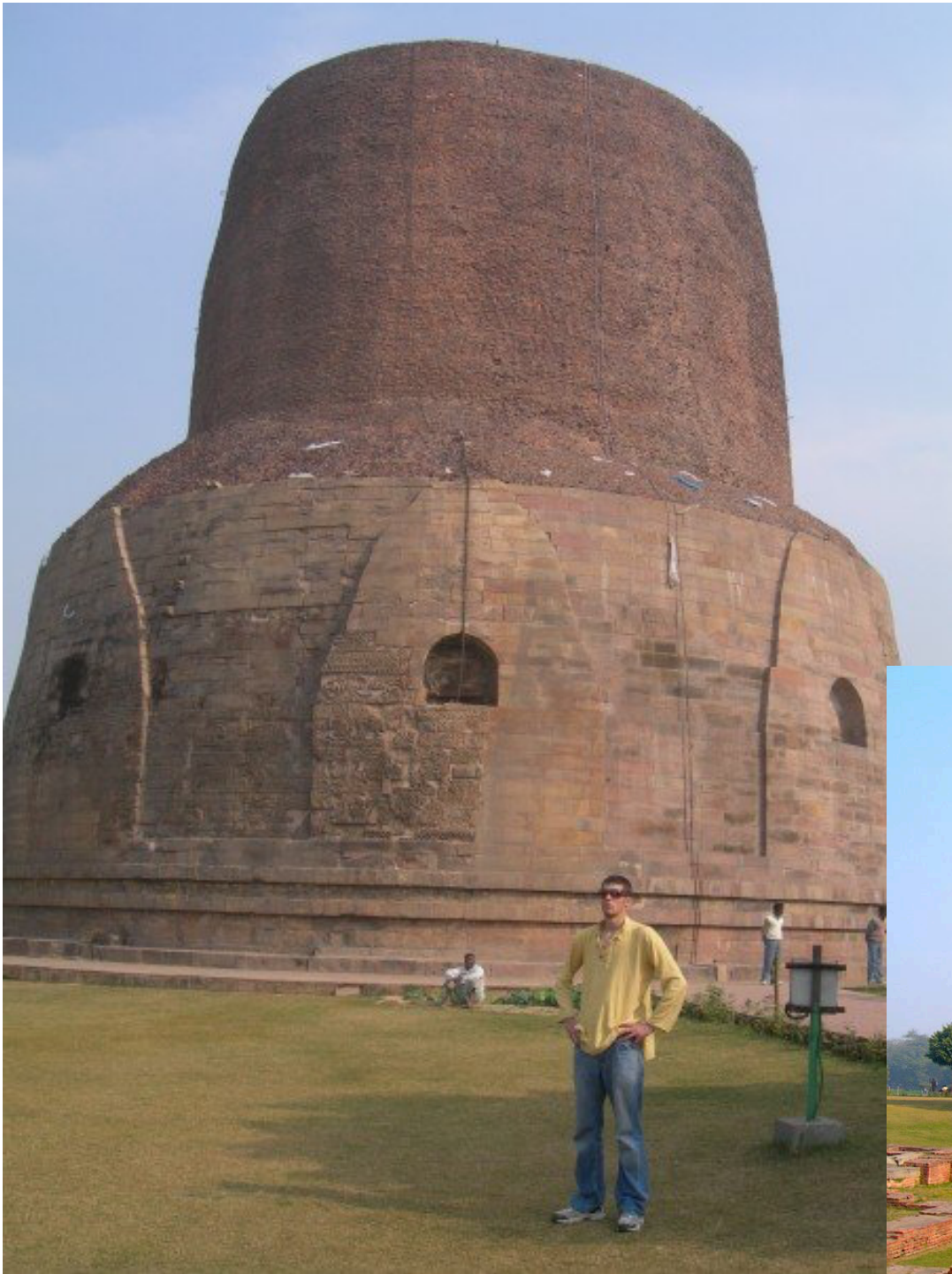
KEY BUDDHIS PRINCIPLES

1. Law of impermanence
2. Enlightenment
3. Mindfulness of Thoughts & Actions
4. Compassion
5. Meditation
6. Self Reflective Quality of Mind & Self Knowledge
7. Middle Path
8. Lack of ritual – Abandonment of Brahmin rites & gods...
9. No supernatural elements
10. Egalitarian – Reject caste system

Sarnath

Buddha first taught followers here in the Deer Park

Spent decades walking all around Northern India teaching... (about 45 years)



BUDDHA – 563-400 BCE



To give you an idea...

Hebrew Prophets 8th- 6th Centuries BCE

Upanishads Written – 6th – 2nd Centuries BCE

Socraties/Plato – 427-327 BCE

HISTORIANS

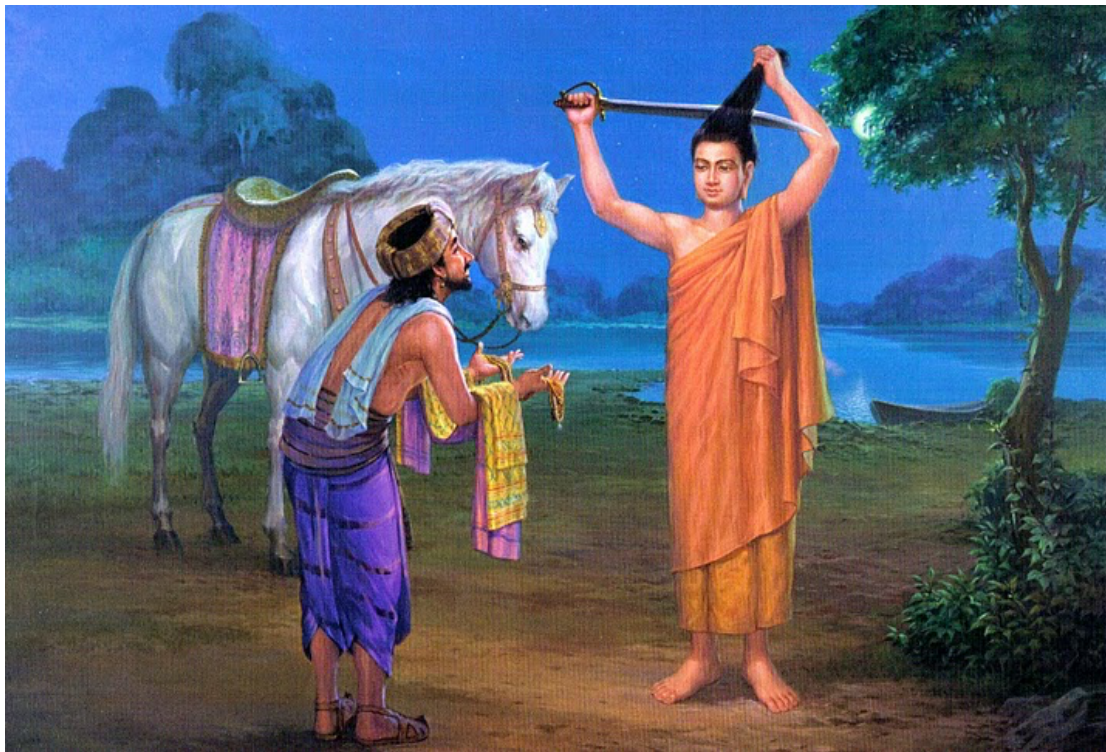
- Disagree on actual birth date...
- All we have of his life are his teachings...
- Believed to be born in Northern India

The Four Sights



Buddha's Life Review (Cont.)

leaves both his wife and son so he can personally have a spiritual experience (does not even kiss them goodbye, leaves while they're sleeping)



joins a group of five other people; engaging in **asceticism** (body denying → starvation, acts of tremendous pain) for five years

Buddha's Life Review (Cont.)

goes into **asana** (sitting meditation position) →
looking inwardly under Bodhi tree



THIS IS JNANA/RAJA
YOGA HYBRID

says he is going to sit
there until he achieves
enlightenment

Buddha's Life Review (Cont.)

Meets Devil Within Himself (Mara)



- Offers Giant Army
- 3 Good Looking Women (sexual desire)
- Renounces these...
- Becomes the BUDDHA
- Decides to stay and teach others how to become enlightened

*BUDDHISM ASKS TWO
QUESTIONS:*

1) WHO AM I?

*2) How can I experience enduring
happiness?*

THE FOUR NOBLE TRUTHS

*Buddha pierces the quiddity -
The essence of ultimate reality -
And discovers a way out of suffering.*

First one must recognize and accept:

1st noble truth: Life is suffering

*Is life made up mainly of suffering?
Or is it filled with more joy?*

1st noble truth declares - there is an existence of suffering (Dukkha). Dukkha means dislocation, the bone is out of the socket; the wheel is off center.

Suffering is helpful. How?

- *Suffering brings many people to religion.*
- *Need suffering for something larger: a greater truth.*
- *Without suffering you can not grow; you also can not run away from it.*

Dukkha - malaise in mind/body. 3 types:

- 1) *Pain, unpleasant feelings*
- 2) *Inevitability of decay - law of impermenence (core to religious doctrine)*
- 3) *Suffering created by change - constant flux of things*

Ok... now what?

Recognize suffering when it is present; hold on to it, talk to it.

What does suffering come from?



2nd Noble Truth: Origin of Suffering = Craving.

“When we are selfless we are free.” – Difficult to maintain that state. Tanha (thirst) is the force that ruptures it, all forms of selfishness.

“Our duty to our fellows is to understand them as an extension, other aspects, of ourselves – fellow facets of the same Reality.”

“Instead of linking our faith and love and destiny to the whole, we persist in strapping these to the puny burros of our separate selves, which are certain to give out and stumble eventually. We lock ourselves inside our skin-encapsulated egos and seek fulfillment through their intensification and expanse. We imprison ourselves and we are fools to believe that that brings release, true lasting joy.”

“Tis the self by which we suffer. The ego strangles – more it swells, the tighter it shuts off free-flowing circulation on which health depends, more pain increases.”

2nd Noble Truth:
SUFFERING IS CAUSED BY DESIRE.

- 1) Tanha – craving, thirst, desire – desire for personal fulfillment, which leads to separation.
- 2) Wrong views – ignorance – worries. What do you worry about – get to the root of it...
- 3) Anger, suspicion, arrogance – what you dislike... this is the struggle to survive, to prove our existence.

*When you are aware of suffering - it
can show you the way out...*

Origin, roots, nature, creation or arising of suffering?

Caused by maya and avida.

Where problems come from?

How we are at war with ourselves?

- 1) Thinking
- 2) Habits
- 3) Forgetful
- 4) Strong emotions

3rd Noble Truth:
We can cure suffering!!!

If the cause of life's dislocation is selfish craving, its cure lies in overcoming of such craving.

“If we could be released from the narrow limits of self-interest into the vast expanse of universal life, we would be relieved of torment.”

HOPE!! We can end suffering by controlling and eventually eliminating desire (tanha)

- Healing is possible
- Well-being is possible
- Awareness & Mindfulness are essential

Buddha did not deny existence of joy and happiness.
Compassion must include OTHER PEOPLE. Must overcome egoistic drive for separate existence.

THE CHALLENGE

WE MUST DWELL HAPPILY IN THINGS AS THEY ARE (awareness/mindfulness). Examples?

The question is what makes me happy AND what nourishes joy in others?

- Mindfulness
- Understanding
- Love
- Acceptance

EPIPHANY!

Realizing our suffering IS NOT worth suffering for:

Calm body & Mind: Let's try it

- 1) Recognition
- 2) Acceptance
- 3) Embracing
- 4) Loving deeply – examining causes – How?
 - Face difficulties, you can become happier.
 - Resting meditation

**BASICALLY – FACE DIFFICULTIES, DON'T RUN AWAY.
CALM MIND & BODY.**

4th Noble Truth: The Eight-fold Path

The path of practices which leads us to stop doing things which causes suffering. This is the path which leads to well-being.

The Buddha is a physician – so are we – when we are awake and aware.

When we look deeply into any of the noble truths – we see the other 3

- Truth of suffering
- How it came to be
- How to end it
- Efficacy of 8-fold path

*A TEACHER CAN'T GIVE YOU
TRUTH, THE TRUTH IS ALREADY
IN YOU.*

8-Fold Path

