

categories.

1. The Four Noble Truths

The teachings of Buddha can be summarized under the category of Four Noble Truths which are as under:

- a) Suffering is common - Birth, Sickness, Old age, Death etc.
- b) Cause of Suffering - ignorance and greed.
- c) End of Suffering – to cut off greed and ignorance.
- d) Path to end Suffering - the Noble Eightfold Path is the way to end suffering.

2. The Noble Eightfold Path

The teachings of Buddha goes round and round like a great wheel that never stops, leading to the central point of the wheel, the only point which is fixed, Nirvana. The eight spokes on the wheel represent the eight parts of the Noble Eightfold Path which are as follows: 1) Right View; 2) Right Thought; 3) Right Speech; 4) Right Conduct; 5) Right Livelihood; 6) Right Effort; 7) Right Mindfulness; 8) Right Concentration.

The Panchshila

All the religions of the world are based on the fundamental principles of good conduct and prohibit their followers to indulge in the misconduct and misbehavior that may harm the society at large. So, the Panchshila of Buddha is comprised of the basic teachings of conduct which are as under:

- | | |
|---------------------------------------|-----------------------------|
| 1. No killing | Respect for life |
| 2. No stealing property | Respect for others' |
| 3. No sexual misconduct nature | Respect for our pure |
| 4. No lying | Respect for honesty |
| 5. No intoxicants mind | Respect for a clear |

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Founder of Buddhism

Siddhartha Gautama, the founder of Buddhism who later became known as “the Buddha,” lived during the 5th century B.C.

Gautama was born into a wealthy family as a prince in present-day Nepal. Although he had an easy life, Gautama was moved by suffering in the world.

He decided to give up his lavish lifestyle and endure poverty. When this didn't fulfill him, he promoted the idea of the “Middle Way,” which means existing between two extremes. Thus, he sought a life without social indulgences but also without deprivation.

After six years of searching, Buddhists believe Gautama found enlightenment while meditating under a Bodhi tree. He spent the rest of his life teaching others about how to achieve this spiritual state.

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Over the next few centuries, Buddhism began to spread beyond India. The thoughts and

Four Noble Truths

The Four Noble Truths, which Buddha taught, are:

- The truth of suffering (dukkha)
- The truth of the cause of suffering (samudaya)
- The truth of the end of suffering (nirhodha)
- The truth of the path that frees us from suffering (magga)

Collectively, these principles explain why humans hurt and how to overcome suffering.

Eightfold Path

The Buddha taught his followers that the end of suffering, as described in the fourth Noble Truths, could be achieved by following an Eightfold Path.

In no particular order, the Eightfold Path of Buddhism teaches the following ideals for ethical conduct, mental discipline and achieving wisdom:

Types of Buddhism

Today, many forms of Buddhism exist around the world. The three main types that represent specific geographical areas include:

- **Theravada Buddhism:** Prevalent in Thailand, Sri Lanka, Cambodia, Laos and Burma
- **Mahayana Buddhism:** Prevalent in China, Japan, Taiwan, Korea, Singapore and Vietnam
- **Tibetan Buddhism:** Prevalent in Tibet, Nepal, Mongolia, Bhutan, and parts of Russia and northern India

Each of these types reveres certain texts and has slightly different interpretations of Buddha's teachings. There are also several subsects of Buddhism, including Zen Buddhism and Nirvana Buddhism.



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Over the next few centuries, Buddhism began to spread beyond India. The thoughts and philosophies of Buddhists became diverse, with some followers interpreting ideas differently than others.

In the sixth century, the [Huns](#) invaded India and destroyed hundreds of Buddhist monasteries, but the intruders were eventually driven out of the country.

[Islam](#) began to spread quickly in the region during the [Middle Ages](#), forcing Buddhism into the background.

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Today, many forms of Buddhism exist around the world. The three main types that represent

- Some scholars don't recognize Buddhism as an organized religion, but rather, a "way of life" or a "spiritual tradition."
- Buddhism encourages its people to avoid self-indulgence but also self-denial.
- Buddha's most important teachings, known as The Four Noble Truths, are essential to understanding the religion.
- Buddhists embrace the concepts of karma (the law of cause and effect) and reincarnation (the continuous cycle of rebirth).
- Followers of Buddhism can worship in temples or in their own homes.
- Buddhist monks, or bhikkhus, follow a strict code of conduct, which includes celibacy.
- There is no single Buddhist symbol, but a number of images have evolved that represent Buddhist beliefs, including the lotus flower, the eight-spoked dharma wheel, the Bodhi tree and the swastika (an ancient symbol whose name means "well-being" or "good fortune" in Sanskrit).

- Right understanding (Samma ditthi)
- Right thought (Samma sankappa)
- Right speech (Samma vaca)
- Right action (Samma kammanta)
- Right livelihood (Samma ajiva)
- Right effort (Samma vayama)
- Right mindfulness (Samma sati)
- Right concentration (Samma samadhi)

Buddhist Holy Book

Buddhists revere many sacred texts and scriptures. Some of the most important are:

- **Tipitaka:** These texts, known as the “three baskets,” are thought to be the earliest collection of Buddhist writings.
- **Sutras:** There are more than 2,000 sutras, which are sacred teachings embraced mainly by Mahayana Buddhists.
- **The Book of the Dead:** This Tibetan text describes the stages of death in detail.

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Buddhism Beliefs

Some key Buddhism beliefs include:

- Followers of Buddhism don't acknowledge a supreme god or deity. They instead focus on achieving enlightenment—a state of inner peace and wisdom. When followers reach this spiritual echelon, they're said to have experienced nirvana.
- The religion's founder, Buddha, is considered an extraordinary man, but not a god. The word Buddha means "enlightened."
- The path to enlightenment is attained by utilizing morality, meditation and wisdom. Buddhists often meditate because they believe it helps awaken truth.
- There are many philosophies and interpretations within Buddhism, making it a tolerant and evolving religion.
- Some scholars don't recognize Buddhism as an organized religion, but rather, a "way of life" or a "spiritual