

## Video Notes 5.6 - Buddhism

Buddhism is the 4th largest religion in the world with half a billion followers.

Siddhartha Guatama was born in 563 BCE in Nepal. Born to a noble Hindu family. Mother has a dream that his birth is going to be the coming of a "Great One", an enlightened human being. He will either be a great ruler or great spiritual leader.

Parents protect him from any suffering or pain and he is unaware of the real nature of life.

At age 29 he make 4 trips out of the palace and is disturbed by what he sees:

Old age, sickness, death and happiness in poverty.

He leaves the palace to find answers. His dharma requires him to find answers about the meaning of life.

Spends years learning to meditate and denying himself everything to find answers.

He comes up with thousands of teachings that he shares with a growing following. His followers called him the "Buddha" or the enlightened one.

Buddhism abandons the caste system and focuses the self and escaping the endless cycle of rebirth in reincarnation

The Four Noble Truths:

1) Dukkha - Life is Suffering. (Wanting what you have, not what you don't).

2) Samudaya - Wanting things creates suffering (Your suffering originates in your mind).

3) Nirodha - Stop the Dukkha to create nirvana (wanting things creates a karma that keeps you trapped).

4) Magga - Eight fold Pathway is the way out.

Eightfold Path is the "middle way" between desire and suffering.

Right Understanding

Right Thought

Right Speech

Right Action

Right Livelihood

Right Mental Effort

Right Mindfulness

Right Concentration

Buddhists learn to control their minds to achieve nirvana.