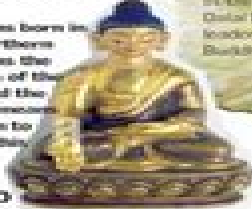


Buddhism

Is one of the major world religions. Buddhism is characterized by a conception of life based on self-confidence, tolerance and nonviolence.

WHO WAS BUDDHA?

Siddhartha Gautama was born in the Ganges Valley in northern India in 560 B.C. and was the son of King Suddhodana of the Shakyas tribe. He reached the state of Buddha, which means "enlightened" and began to preach the message of this religion.



PHILOSOPHY AND HABITS

Buddhism preaches the pursuit of a state of "perfect vacuum" that leads beyond pain and desire. It is not considered a sacrifice to give up material things and to live a simple life, instead a form of liberation and approach to knowledge.

INSTRUMENTS OF PRAYER

PRAYER WHEEL

When the prayer wheel is turned, six mystical syllables are pronounced belonging to the sacred mantra (prayer).

THE GREAT MANTRA

Mantra, written on strips of rice-paper, are placed inside the wheels.

Each turn of the wheel represents a recitation of the prayer inside to be repeated in the heart.



DHARMADHARA, INDIA

50 km north of the Dalai Lama, spiritual leader of Tibetan Buddhism.

BODHI GAYA, INDIA

Where Buddha received the perfect "enlightenment". Main destination of pilgrimages.

CHINA

TIBET AUTONOMOUS REGION

LHASA

NEPAL

INDIA

PAKISTAN

AFGHANISTAN

IRAN

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Tibetan Buddhism is one of the main branches of the religion.

Tibet was occupied by the Republic of China in the early 1950s. Tibet was incorporated into China as an autonomous region in 1952.

THE FOUR TRUTHS

Was the first sermon of Buddha, and is still the core of his message.

1. Existence involves suffering.
2. Suffering is caused by desire.
3. The suppression of desire will abolish pain.
4. Detachment, leading to salvation, can be attained by the elimination of desire.

BASIC PRACTICES

Head shaving is practiced to get rid of personal vanity.

Robe is used as a symbol of renunciation.



A "perfect vacuum" can be achieved in the quiet of the mind. The practice of vegetarianism as a way of respect for living things.

VAJRA OR DORJE

(Sword)

This scepter symbolizes the indestructible diamond, symbol of male generative principle.

OM

Is the mystical syllable containing in itself all the sounds. It represents the divine principle and is used as "key" for meditation.

alaram

TIBETAN PRAYER BELLS
Are used during meditation.

Mantra engraved in Sanskrit.

The bowls are made from an alloy of seven metals to achieve the sound Om.



Fundamentals Of Buddhism

ZHAO PUCHU



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Fundamentals of Buddhism Dr Peter D. Santina, 2024-04-30 Buddhism has long been an important part of the cultural heritage of South East Asia. The monuments of Angkor Wat in Cambodia and Borobudur in Indonesia are just two of countless testimonies to the former greatness of Buddhism in this region. In Singapore too, Buddhism is an important element in the cultural heritage of the people. The fact that a large section of the Chinese Community as well as the small but influential Srilankan Community acknowledge Buddhism as the primary force shaping their religious ideals and moral values is more than proof of this. Nonetheless, it is certain that if Buddhism is to continue to exercise a positive influence upon present and future generations, it cannot remain content with the achievements of the past. **Fundamentals of Buddhism** Peter D. Santina, 2024-10-01 Buddhism has long been an important part of the cultural heritage of South East Asia. The monuments of Angkor Wat in Cambodia and Borobudur in Indonesia are just two of countless testimonies to the former greatness of Buddhism in this region. In Singapore too, Buddhism is an important element in the cultural heritage of the people. The fact that a large section of the Chinese Community as well as the small but influential Srilankan Community acknowledge Buddhism as the primary force shaping their religious ideals and moral values is more than proof of this. Nonetheless, it is certain that if Buddhism is to continue to exercise a positive influence upon present and future generations, it cannot remain content with the achievements of the past. **Fundamentals of Buddhism** Nyanatiloka, 1994 The Foundations of Buddhism Rupert Gethin, 1998-07-16 In this introduction to the foundations of Buddhism, Rupert Gethin concentrates on the ideas and practices which constitute the common heritage of the different traditions of Buddhism: Theravada, Tibetan and Eastern, which exist in the world today. *Fundamentals of Buddhism* Peter Della Santina, 1995 **Fundamentals of Buddhism** Nyanatiloka (Bhikkhu.), 1949 *Fundamentals of Buddhism* Yasuji Kirimura, 1982 The Basics of Buddhism Lama Chuck Stanford, 2013-09-11 Originally used as a study guide, *Basics of Buddhism* explores the 2,500-year-old tradition that teaches us how to end pain and suffering for ourselves and others in this lifetime. Learn basic Buddhist teachings including the Four Noble Truths and the Eight Fold Path. Explore the life of the Buddha and the three schools of Buddhism. Develop a personal meditation practice to make life calmer, cultivate compassion, and increase your ability to concentrate. Topics covered include: Mindfulness and Meditation, Life of the Buddha, Basic Buddhist Teachings, Three Schools of Buddhism, Varjyana and the Afflictive Emotions, Five Skandhas, Anatta and Enlightenment, Eight Worldly Concerns, Six Paramitas and the Five Hindrances, Karma, Death, Rebirth and Dependent Origination, Shunyata, Bodhicitta and Buddha Nature, Developing a Personal Practice. **Fundamentals Of Buddhism** Davina Craiger, 2021-07-05 Although Buddhism has been practiced in the West since the early 19th century, it is still alien to most westerners. And it is still frequently misrepresented in popular culture in books and magazines, on the Web, and often even in academia. That can make learning about it difficult. About Buddhist Diversity, Understanding Dukkha, The Four Noble Truths, The Eightfold Path, Panna (Wisdom) and Ethical Conduct, Sam

dhi Concentration Nibbana Blown Out Much much more *Buddhism* Among Sasithorn, 2014-02-05 If you wish to learn about Buddhism this book will be your perfect starting point The chapters of this book will show you the path towards awakening and ultimately enlightenment Chapter 1 What is Buddhism A religion without God does that sound interesting for you In this chapter you will learn the fundamentals of Buddhism and what it is truly about Chapter 2 Getting to Know Siddhartha Gautama The first Buddha deserved the highest ups and the lowest lows Would you believe that Siddhartha Gautama the founder of Buddhism was a royal born who decided to be a pauper He decided to leave his old life upon meeting an old man a sick man and a corpse But did you know that he did not find the truth in both This led him to craft the middle path which we know now as Buddhism Chapter 3 The Four Noble Truths Learn more about the essential teachings of Buddhism The Four Noble Truths should be remembered because these are the Buddhist's foundation of morals and wisdom Chapter 4 The Eight Fold Path If you wish to reach the destination called Nirvana you should follow a specific path The roadmap that should be followed is the Eight Fold Path Chapter 5 The Five Precepts The five precepts should not be taken as imperatives These are not commands rather they are simple recommendations to lead a healthy and happy life Chapter 6 How to Become a Buddhist Where do I start This is a common question for beginners Know exactly where you should position yourself by reading this important chapter of the compendium Tags Buddhism Buddhism book Buddhism guide Buddhism for beginners Buddhism philosophy Buddhism religions Buddhism history Buddhism for non Buddhists Buddhism teachings Buddhism for dummies **Buddhism** Joan Duncan Oliver, 2019-04-30 A modern guide to the teachings of Buddhism Buddhism An

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