

Buddhism

An extension of Hinduism

Siddhartha Gautama

- In _____ BC Siddhartha was a prince in his father's castle
- Bribed a charioteer to take him outside the castle walls where he saw illness, poverty, and death
- It bothered him so much he left his royal life, wife, and child, and began a _____ to find answers. He was _____.
- Does this remind you of any other stories we have heard (think _____)

Finding Answers

- Siddhartha became an _____ = one who rejects worldly things
- After _____ years of suffering with no food, a home, or clothes, he sat under a _____ (fig) tree to try and understand
- Here, he realized he was no happier having nothing than he was having everything

Buddha becomes the “_____”

- This is when Siddhartha became the “_____” aka Buddha is a real person
- The _____ is what he believe brought him happiness
 - In between poor and rich
- It is how people will reach _____

Four Noble Truths

1. Life is suffering
2. Suffering comes from wanting things (desire)
3. People can end suffering
4. They must seek to end suffering

Eightfold Path

People can end suffering by seeking the Eightfold Path. It consists of eight “Right” attitudes.

1. Right View
2. Right Intentions
3. Right Speech
4. Right Actions
5. Right Livelihood
6. Right Efforts
7. Right Mindfulness
8. Right Concentration

Buddha’s Legacy

- Buddha lived till he was 80
- Buddhism is the world’s 4th largest religion.
- Buddhism is now one of the world's fastest growing religions
 - Why?
- Buddhism teaches “Ahimsa” which means **Do No Harm**
- Buddha believed in Karma and Nirvana

Extension

- Zen Buddhism was started in China, but drifted to Japan
- Samurai warriors used Zen Buddhism to find inner peace and conquer fear
- George Lucas who created Star Wars is a Buddhist Methodist.
 - There’s a lot of Buddhist symbolism and language in the movies