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# UNIT 4: PANTHEISM

## LESSON 4: BUDDHISM

## THE FOUR BIG QUESTIONS

- Creation: I have always been; I am going through a cycle of karma. The physical world was not created; it is an illusion
- Fall: Mara is the force of desire in the world, the root of all suffering. Dukkha (illusion) is the cause of suffering.
- Redemption: one must realize everything is an illusion and suffering comes from your desires produced by illusion. You must follow the eightfold path
- Eternity: achieve enlightenment and escape earthly desires; nirvana

## KEY DEFINITIONS

- **Mara:** the force of desire in the world; the root of all suffering
- **Buddha:** means “Enlightened One”
- **Nirvana:** the state in which there is no illusion, no constant change, and no suffering. A state of total permanent bliss because there is no desire. Each Buddhist’s goal is to reach nirvana and be reincarnated no more.
- **Dukkha:** illusion; the cause of suffering

## BASICS OF THE BUDDHIST WORLDVIEW

- Buddhists believe that Buddhism has always been the truth
- Siddhartha Gautama advanced Buddhism 2500 years ago by searching for the meaning of life and the reason for suffering.
- The root of all suffering is mara; the force of suffering in the world.



## FOUR NOBLE TRUTHS OF BUDDHISM

- Existence is suffering and illusion
- Suffering is caused by earthly desires
- It is possible to escape earthly desires in nirvana
- To realize nirvana, one must follow the Eightfold Path.

# EIGHTFOLD PATH

- Right understanding
- Right thinking
- Right speech
- Right action
- Right Livelihood
- Right effort
- Right mindfulness
- Right concentration