UNIT 4: PANTHEISM

LESSON 4: BUDDHISM

THE FOUR BIG QUESTIONS

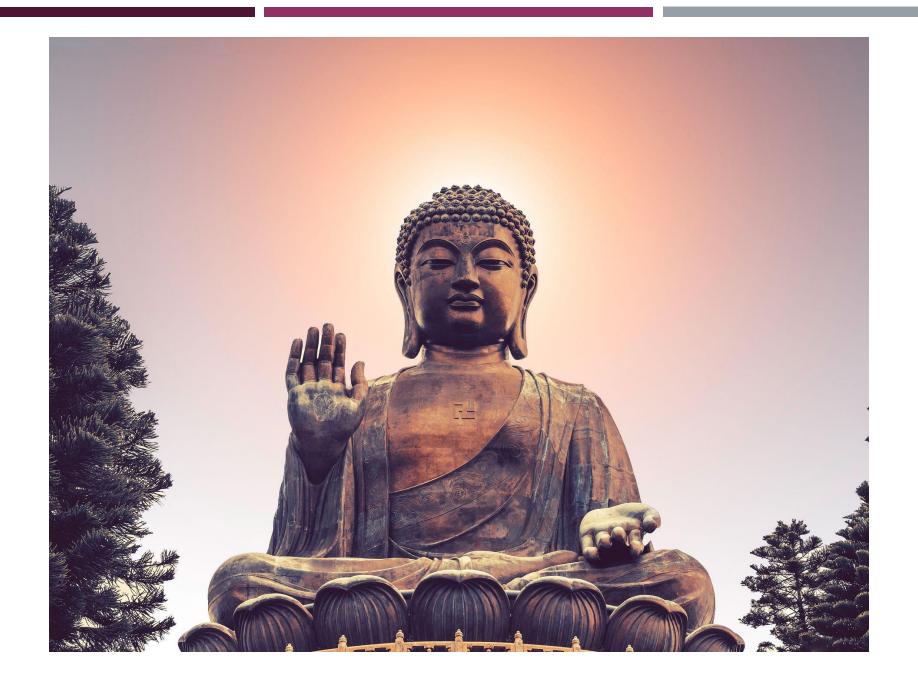
- Creation: I have always been; I am going through a cycle of karma.
 The physical world was not created; it is an illusion
- Fall: Mara is the force of desire in the world, the root of all suffering.
 Dukkha (illusion) is the cause of suffering.
- Redemption: one must realize everything is an illusion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