

History Seminar: Major World Religions

Buddhism

Buddhism's History: *Where Did It Come From?*

- C. 563 BC: The Birth of and Prophecy Concerning Siddharta Gautama
- C. 528 BC: The “Awakening” and Ministry of Gautama Buddha
- C. 483 BC: The Death of Gautama Buddha and Spread of Buddhism

Buddhism's Theology: *What Do They Believe?*

- **Hinduism Holdovers:** Similarities between Hinduism and Buddhism
 - **Dharma:** *Duty to Perform Your Station in Life*
 - **Karma:** *Merits of Demerits for How One Lives*
 - **Samsara:** *Reincarnation*



- **Nirvana:** *Highest Degree of God-Consciousness*

- **The Middle Way:** *Four Noble Truths*
 - The Scope of Suffering: *Universal*

 - The Cause of Suffering: *Selfish Desire*

 - The Cure for Suffering: *Eliminating Selfish Desire*

 - The Way to Cure Suffering: *8-Fold Path*

- **The Noble Eightfold Path:** *How to Achieve Salvation*
 - **Right Viewpoint:** *Understanding Truths of Existence*

 - **Right Intention:** *Being Willing to Achieve Enlightenment*

- **Right Speech:** *Saying Only What's Required*
- **Right Action:** *Doing Only What's Required*
- **Right Occupation:** *Being a Monk*
- **Right Effort:** *Directing One's Energy Properly*
- **Right Mindfulness:** *Meditating Properly*
- **Right Concentration:** *Maintaining Continuous Focus*

Buddhism's Distinctives: *What Do They Practice?*

- **Hinayama (Theraveda) Buddhism:** *The Lesser Way*
 - **Location:** Dominant in Sri Lanka and Southeast Asia (Thailand, Laos, etc.)



- **Offer of Salvation:** Attainable by monks alone. Laity can only hope for a better reincarnation.

- **Essence of Salvation:** Liberation to Lose Oneself in Absolute Void

- **Method of Salvation:** Keep the Ten Precepts (Laity Keep First 5)
 - *Take No Life*

 - *Do Not Steal*

 - *Do Not Commit Sexual Immorality*

 - *Do Not Lie*

 - *Do Not Drink*

- *Do Not Eat in Excess After Noon*
- *Do Not Attend Entertainment*
- *Do Not Decorate with Cosmetics*
- *Do Not Sleep on High or Wide Beds*
- *Do Not Touch Silver or Gold*
- **Savior:** Yourself. Buddha just a wise teacher.
- **Mahayana (Zen) Buddhism:** *The Greater Way*
 - **Location:** Dominant in Nepal, China, Tibet, Japan, Vietnam, and Korea.
 - **Offer of Salvation:** Attainable by all.
 - **Essence of Salvation:** Liberation to Find Oneself in Absolute Compassion



