



Buddhism

The Basics II

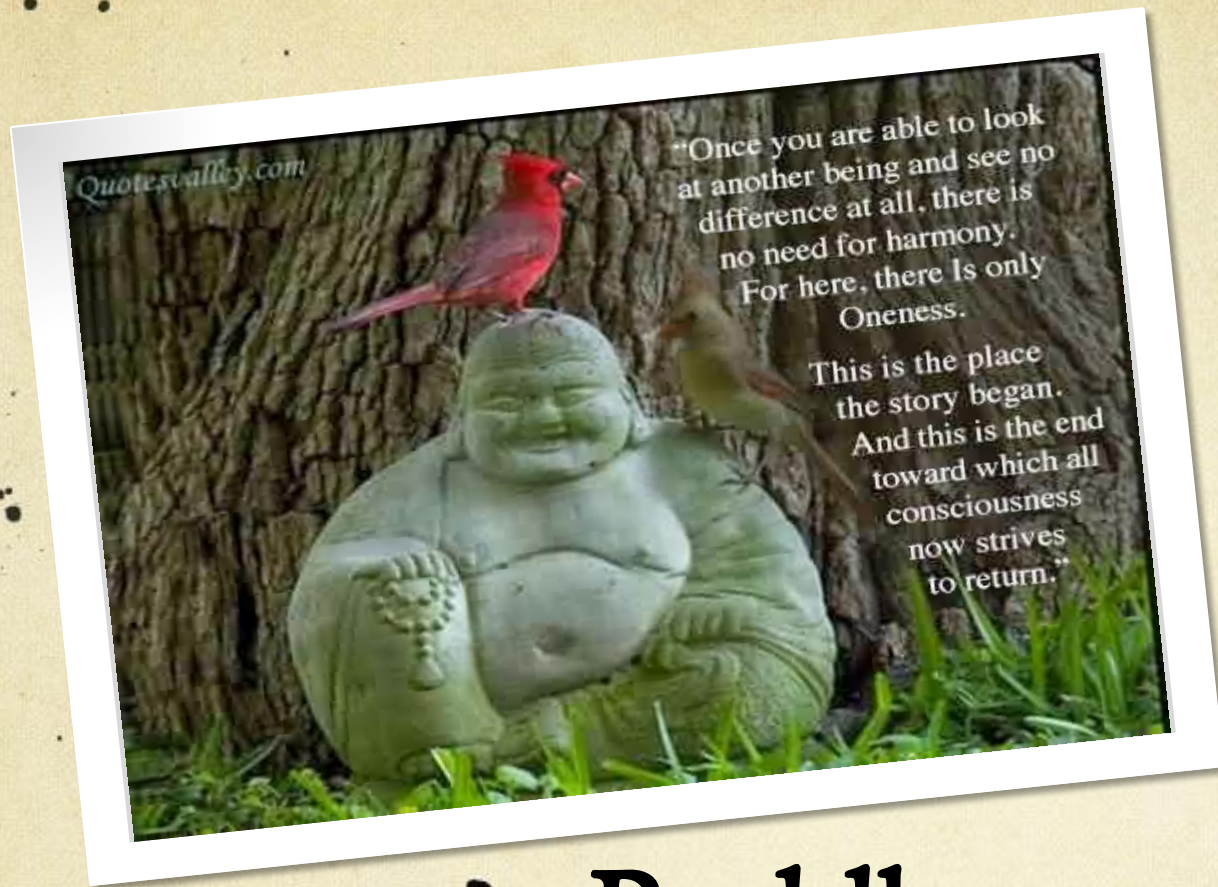
Goals

- (Quick) Recap
- The Four Noble Truths
- The Eightfold Path



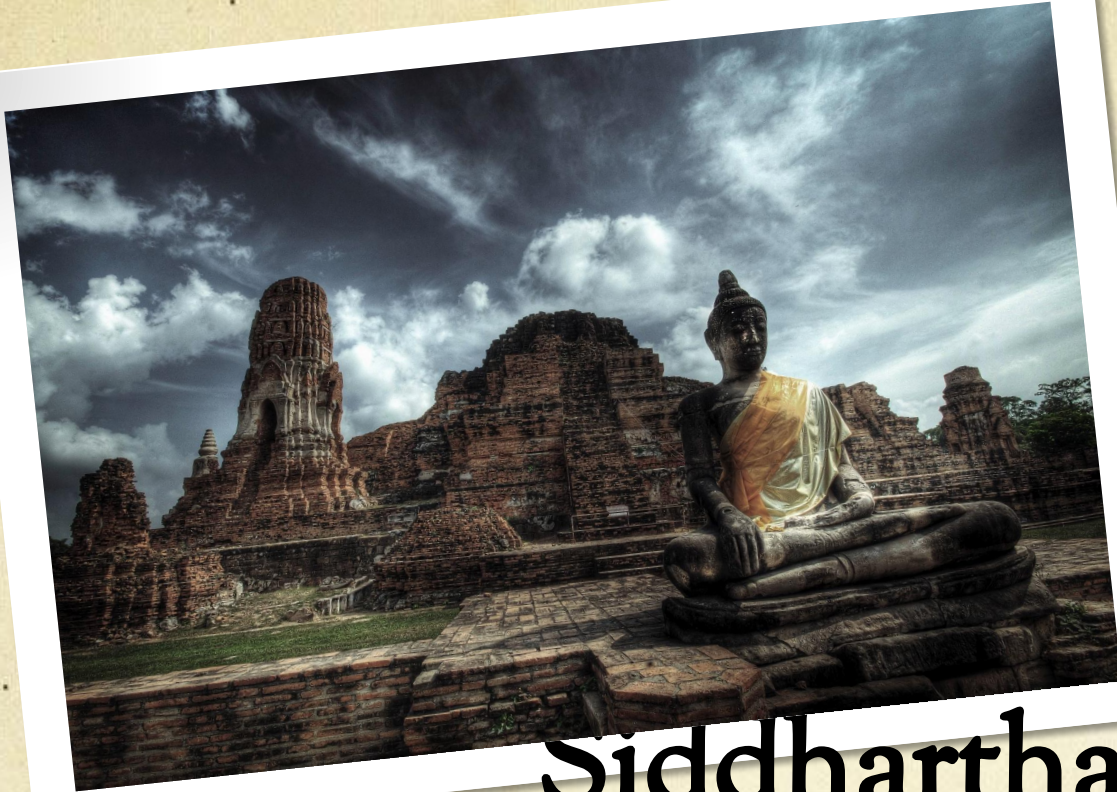
Recap

- Around 500 million followers
- Founded around 600-500BC in India
- The philosophy and teachings of Siddhartha Gautama (The Buddha)



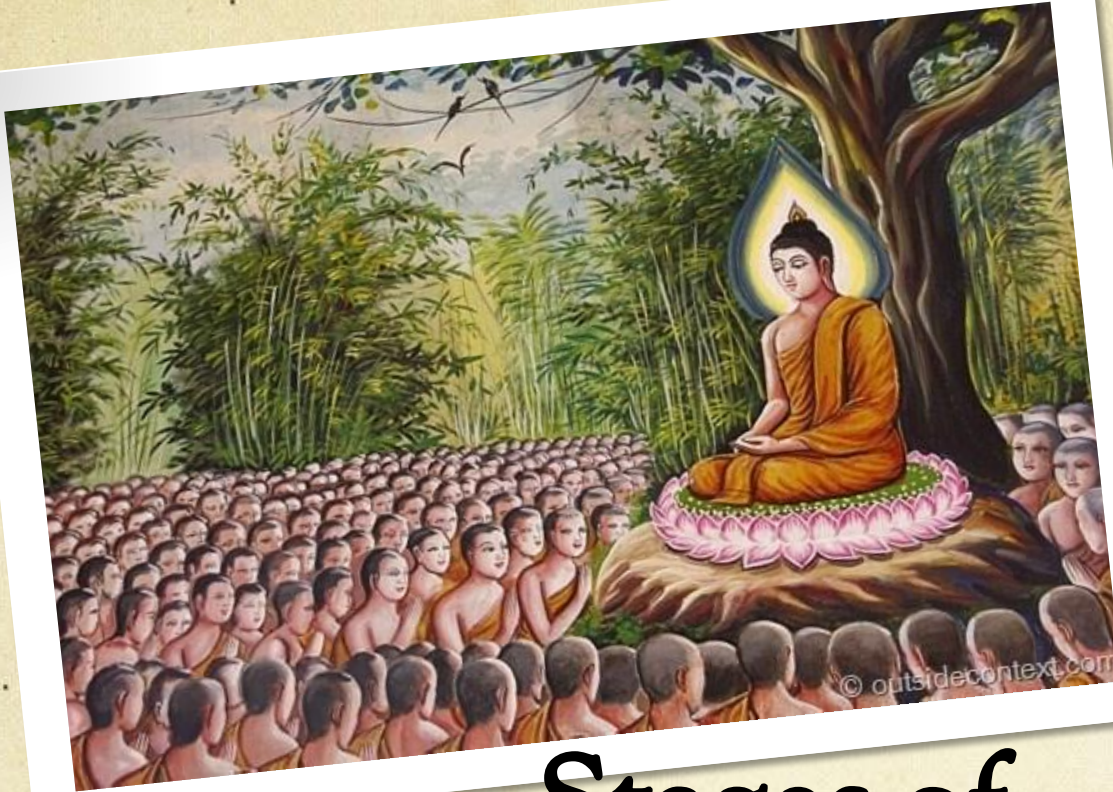
Buddha

- Means “Enlightened One”
- Born around 624-563 BC as the son of a king
- Unite India or Enlighten the world?
- What 4 observations motivated Siddhartha’s journey?



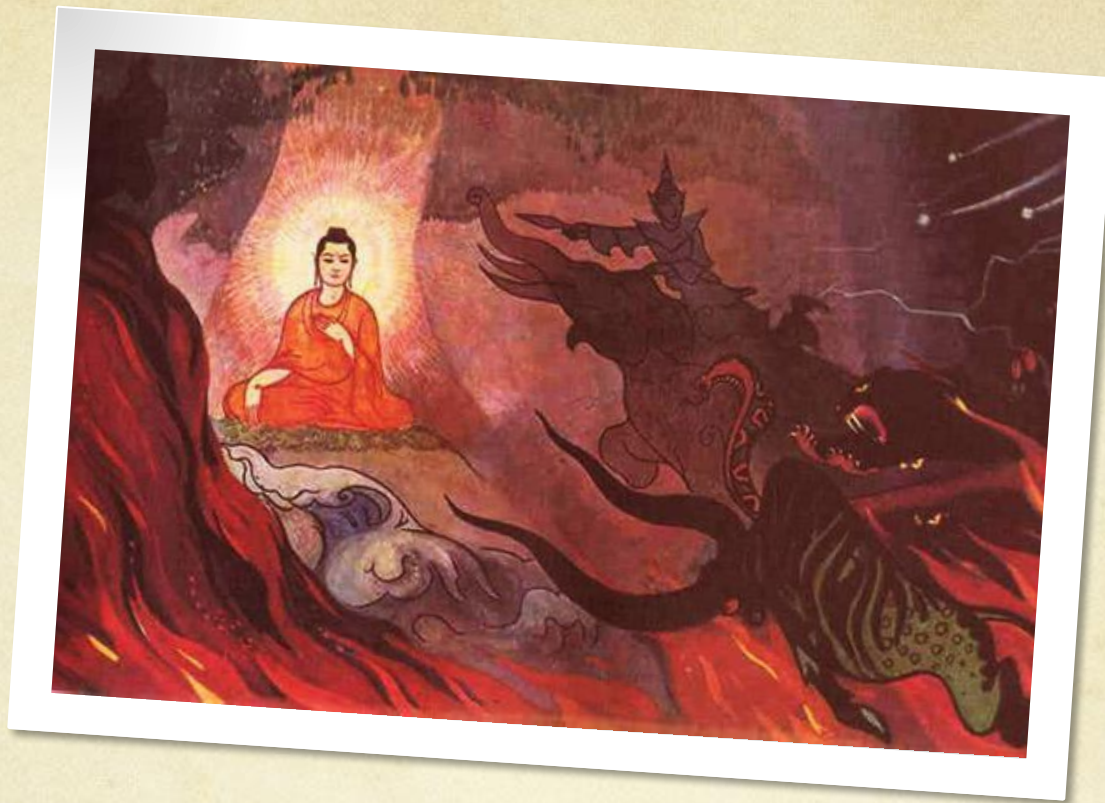
Siddhartha's Response

- The physical world is nothing but suffering and death.
- Is there a plane where suffering doesn't exist?
- Task: To dissolve material pleasures and



Stages of Siddhartha's Journey

- (1) Student: Learns Raj Yoga from Hindu masters.
- (2) Asceticism: Learns the "Middle Way".
- (3) The Bo Tree: Reaches enlightenment



The Final Challenge of Mara

- How can you teach what cannot be taught?
- How can you show what can only be experienced?
- Why deal with ignorant others?
- Buddha's Response: There will be some who understand.



Life as Buddha

- Founded temples, schools of monks and nuns
- Challenged Brahmin society (Priest Class)
- Balance of public/private life
 - 9 months on, 3 months off
 - Daily Meditation
- Buddha's last meal (483BC)

"A tamed mind brings peace and happiness.
As difficult as this is to attain, always inspire
yourself to the practice of taming your mind."

~ The Buddha



What are some keys to Buddhism?

- Cool Head, Warm Heart
- 6 Pillars of Religion
 - What are they? Buddha's Response?
- 7 Points of Buddhism
 - What are they?

When the student is ready,
the teacher will appear.

-Buddhist Proverb



Getting a Sense of Buddha

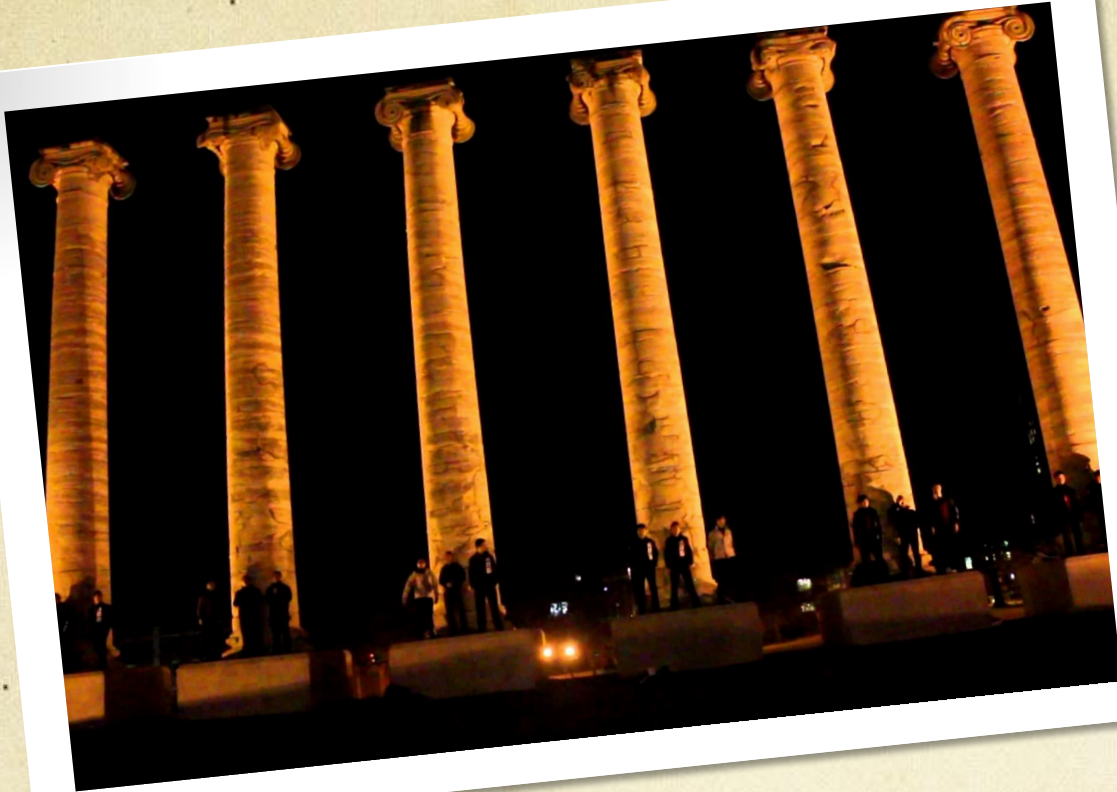
- Cool Head: The Rationalist
- Warm Heart: Compassion and Humility For All.
- Not God: Just here to teach The Path of Enlightenment.

No one saves us but
ourselves. No one can and no
one may. We ourselves must
walk the path. - Buddha



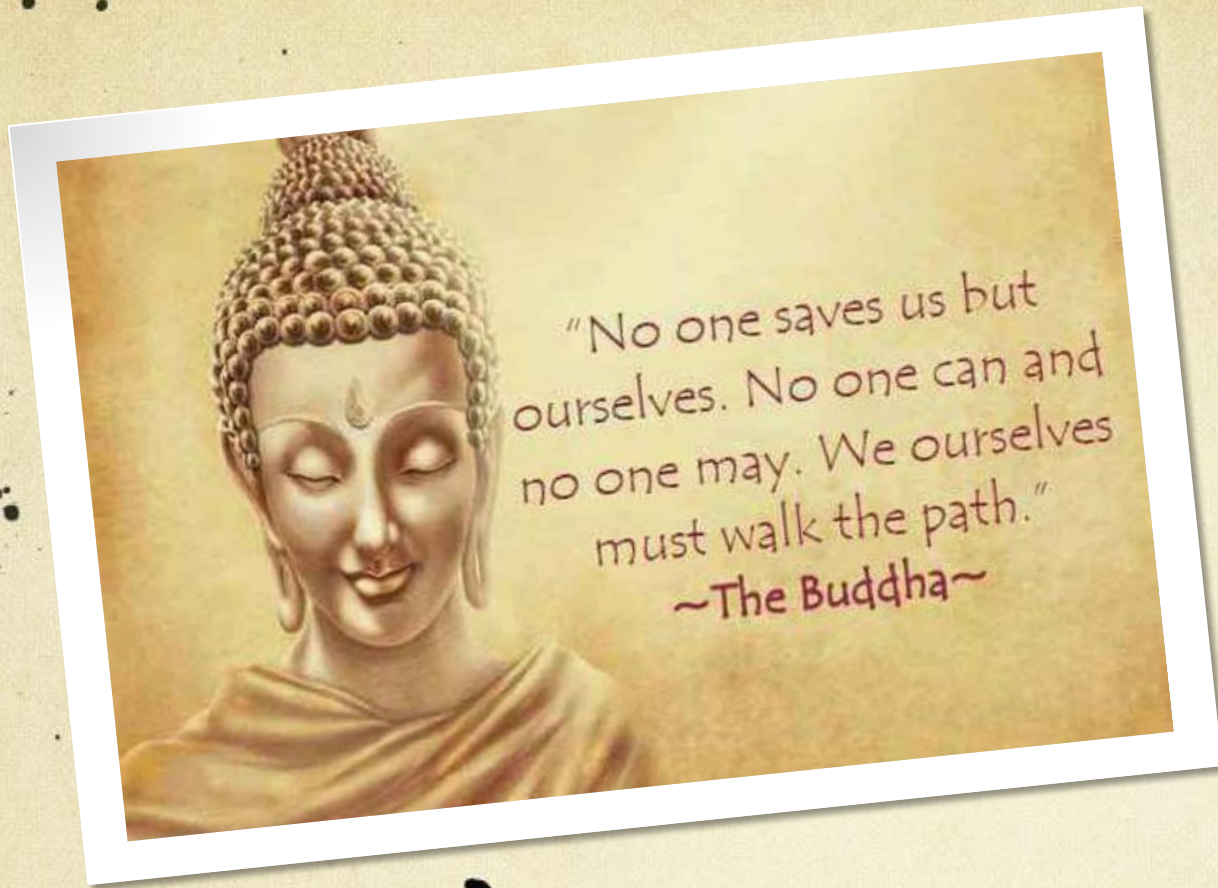
Buddha's Mission

- Humanity has lost its way and needs guidance
- My task: To light the path of enlightenment
- Your task: “Work out your own salvation with diligence”



6 Pillars of Religion

- Authority
- Ritual
- Speculation
- Tradition
- Grace
- Mystery (Supernatural)



7 Points of Buddhism

- If Buddha rejected the 6 pillars of organized religion, what did he offer instead?



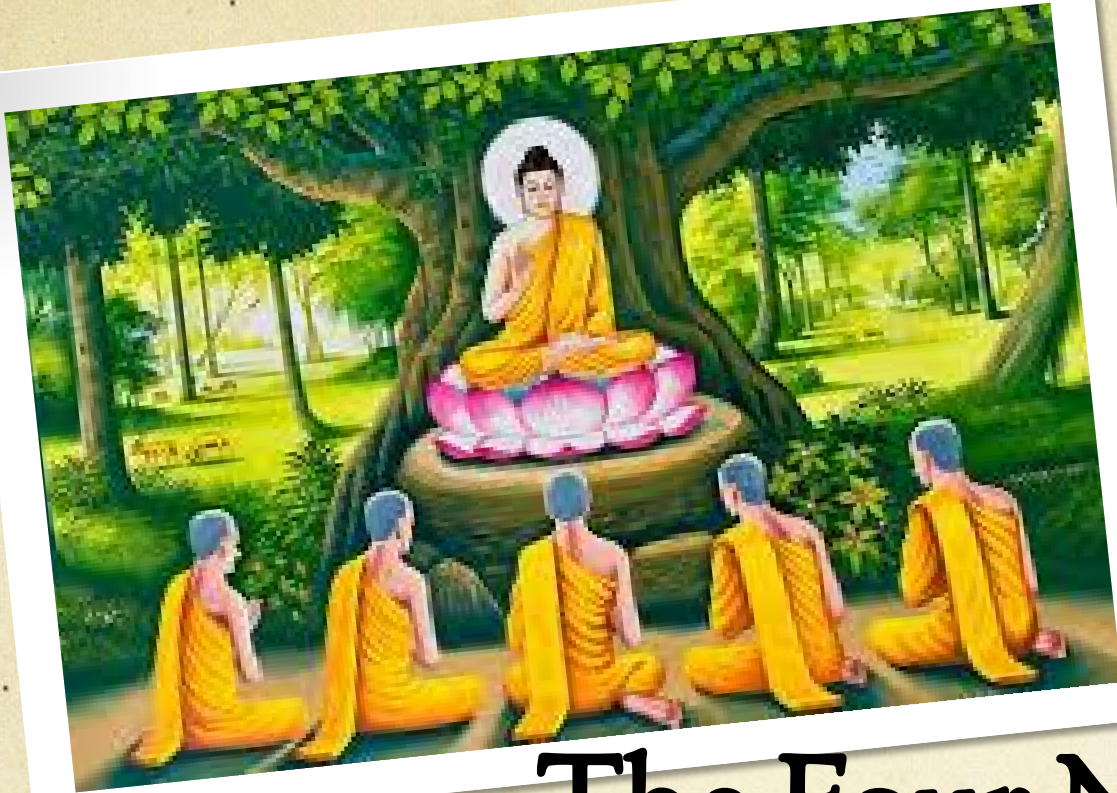
7 Points of Buddhism

- Empirical
- Scientific
- Pragmatic
- Therapeutic
- Psychological, not metaphysical
- Egalitarian (Equal and Fair)
- For Individuals



The Four Noble Truths

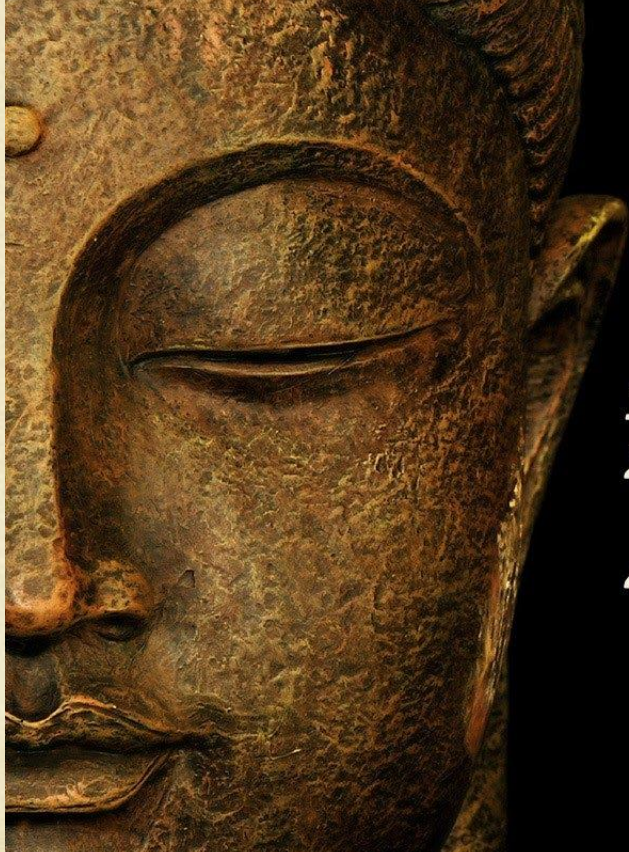
“Be lamps unto yourselves...Hold fast as a refuge of Truth. Work out your own salvation with diligence (Smith, 99)”



The Four Noble Truths

- So, what is truth?
- What is the reality we seek?

The Four Noble Truths (NT)



Buddha's Four Noble Truths:

- 1. Life has inevitable suffering*
- 2. There is a cause to our suffering*
- 3. There is an end to suffering*
- 4. The end to suffering is contained in the eight fold path*

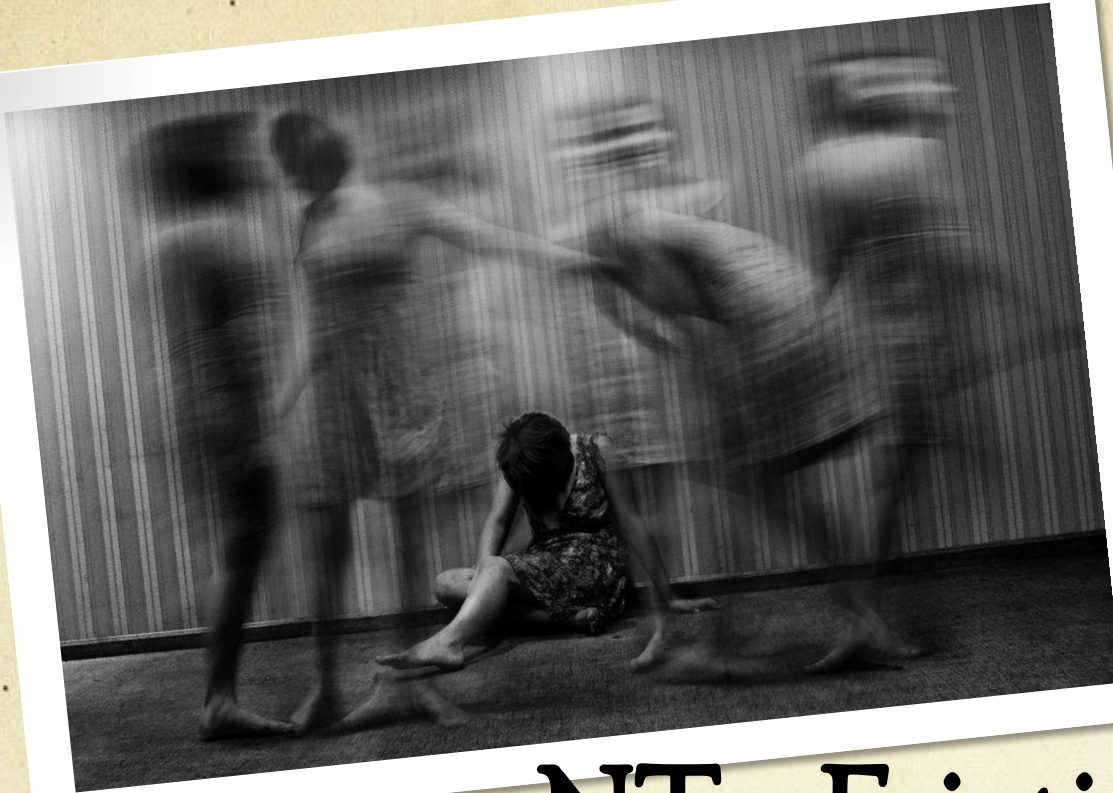
NTI: Life is Suffering





NT1: Life is Suffering

- Not just pessimism...remember: Is this it?
 - Lots of false joy in the world and we sense it.
- Not “life is pain”.
 - More like “life is disconnected”.
 - Since life is disconnected, it produces lots



NTI: Friction

- We are anxious at birth. We get sick and old.
- We worry about physical decline and and death.
- We worry about ourselves, our status and others.



disconnected

- All of what we consider life (bodies, minds, hopes, fears, etc.) cause physical, spiritual and psychological suffering.
- This is because life is out of whack.
- Our task: To put things back in place.

NT2: Tanha (Desire) Causes Life's Suffering

- “Tanha” = Desire for private fulfillment.
- When we are selfless = We are free.
- Most spend life trying to satisfy private desires...Example?



NT2: Tanha (Desire) Causes Life's Suffering

- The cost of satisfying private desire = More important forms of life...
- Examples?
- This is what puts life out of whack.



NT2: Tanha (Desire) Causes Life's Suffering



- Tanha takes us away from enlightenment.
- It places focus on our desires instead of the truth.
- We get caught up in the illusion of “ego-self”.
- We become easy targets for Tanha.



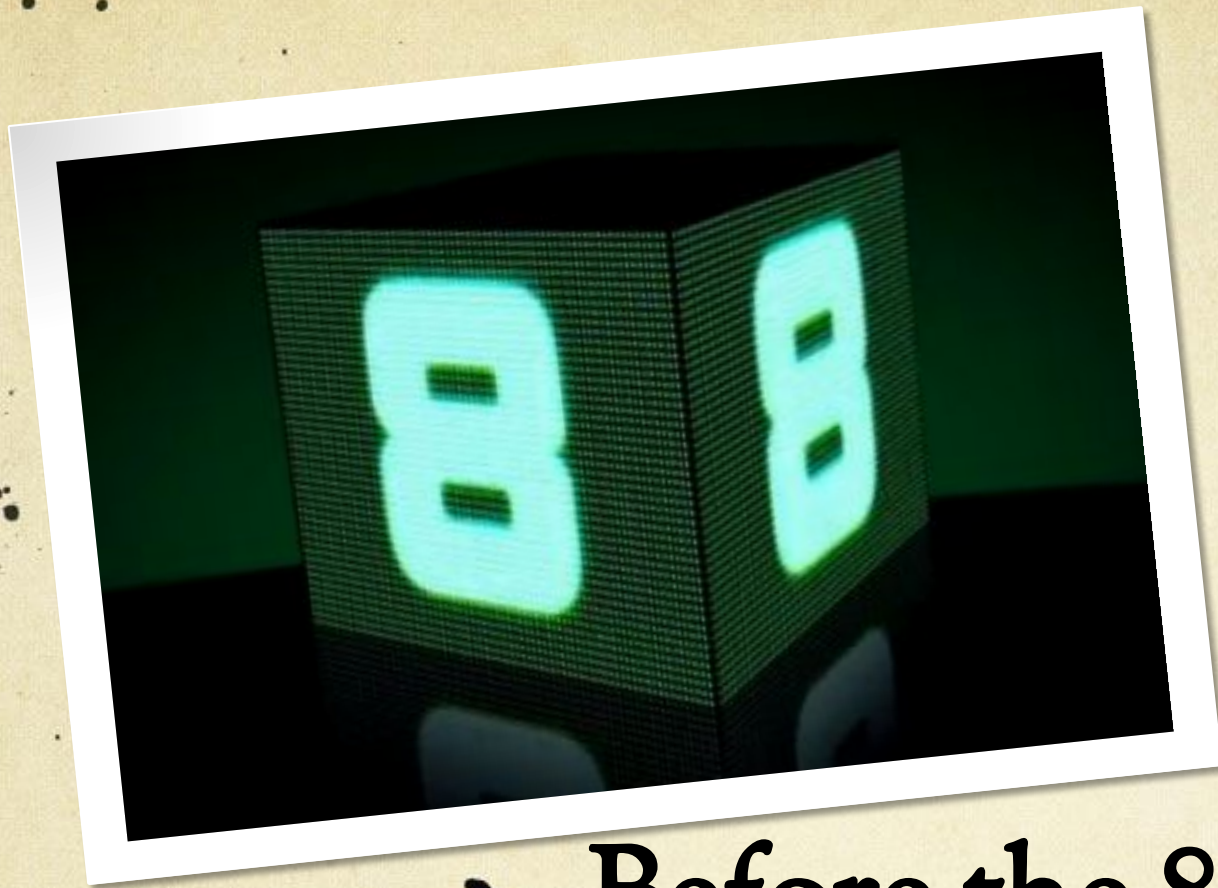
NT3: Removing Tanha Cures Suffering

- Let's do a little reasoning:
- If the problem of life is selfish desire, the cure is overcoming selfish desire.
- Simple, right? So how do we overcome Tanha?



NT₄: We Remove Tanha Through the Eightfold Path





Before the 8 Steps

- Surround yourself with good people.
- Buddha: We should seek out relationships with “truth winners” and learn from them.
- Without this, our journey down the path of enlightenment is harder and has more obstacles.



The Eightfold Path

Step 1: Right Views

Step 2: Right Intent

Step 3: Right Speech

Step 4: Right Conduct



The Eightfold Path

Step 5: Right Livelihood

Step 6: Right Effort

Step 7 Right Mindfulness

Step 8 Right
Concentration



(Have) Right Views

- Good Life = Good Action
- No living thing acts without some reason to act.
- Therefore, Good Life = Good Action and Good Action = Right Reasons to Act.
- Example of Right vs. Wrong Reasons?



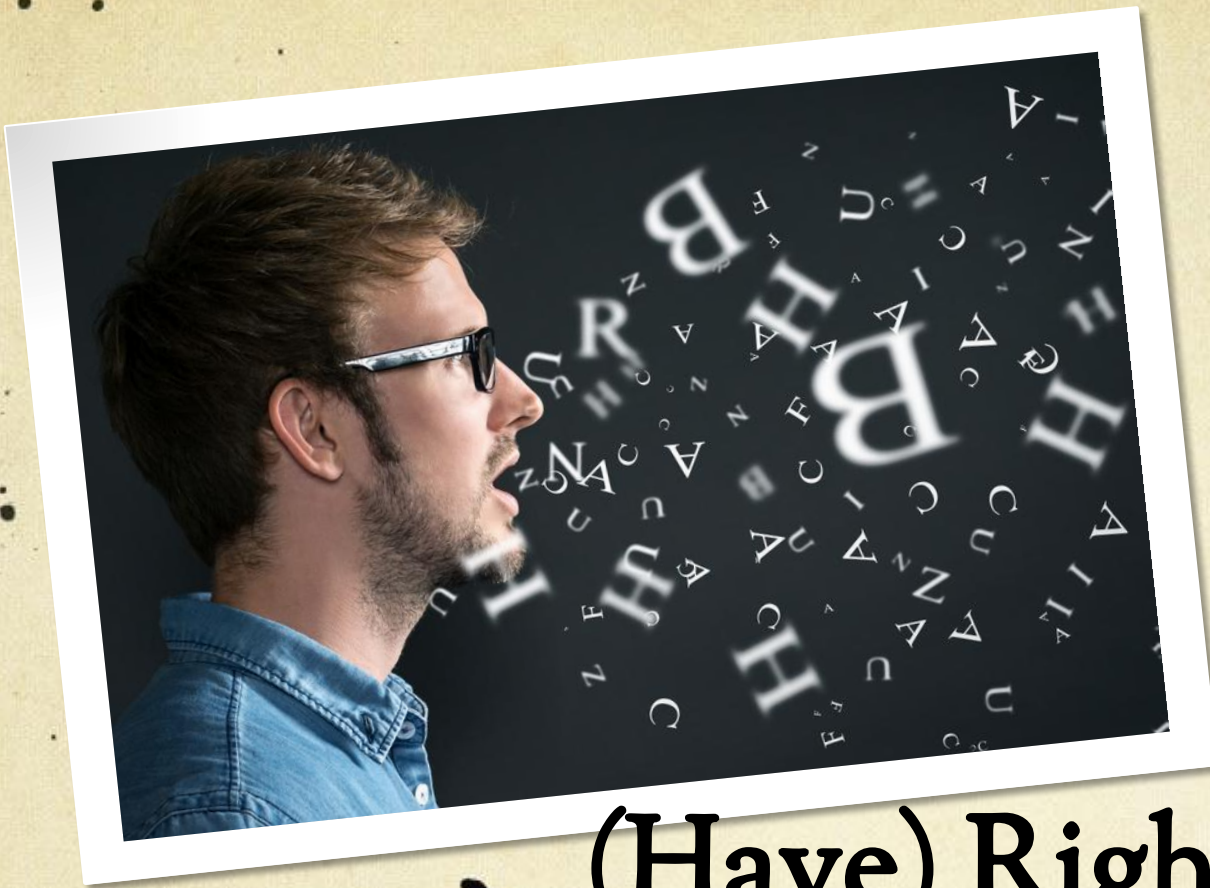
DO *EVERYTHING* WITH
GOOD INTENTIONS

(Have) Right Intent

- Without strong intentions, we stray.
- With strong intentions, we stick.
- So we need strong intentions to walk the path.



GOOD INTENTIONS
bad results



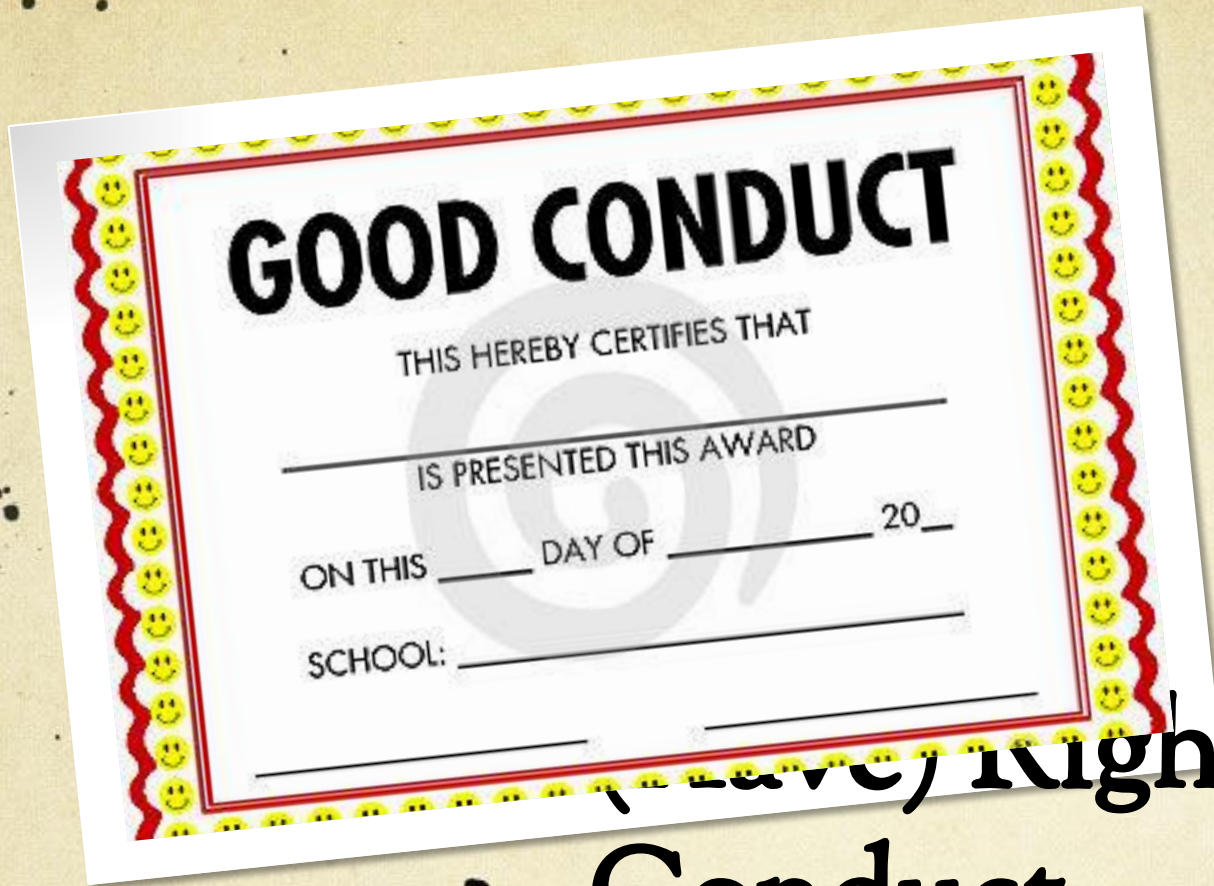
(Have) Right Speech

- Never telling a lie is hard.
- Reasonable goal: When I lie, notice it and reflect (why did I lie?).
- Reasonable goal: When I speak poorly of others, notice it and reflect (What caused this?)
- Solution: Practice speaking truth without slander.



• (Have) Right Speech

- Q: What would Buddha say when you only have something bad to say about someone?
- A: ?

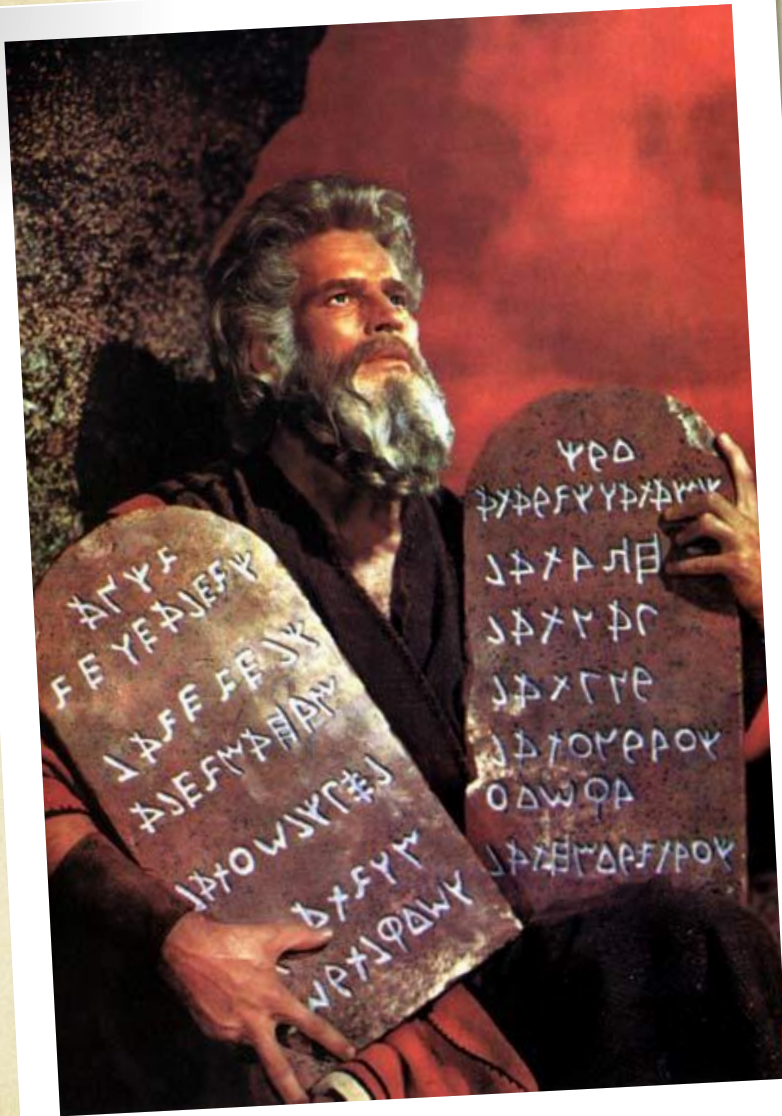


Have, Right Conduct

- Always doing what's best is hard.
- Reasonable goal: When we don't, notice it and reflect.
- Ask ourselves: Am I being generous? If so, are my intentions good?

Right Conduct: 5 Precepts of Buddhism

- Do not kill
- Do not steal
- Do not lie
- Do not be unchaste
(Respect your body)
- Do not intoxicate





(Have) Right Livelihood

- Our jobs say a lot about us. It reveals our goals*.
- Does my work harm others? Am I working only to satisfy Tanha?
- Material goods cannot be our focus. We make



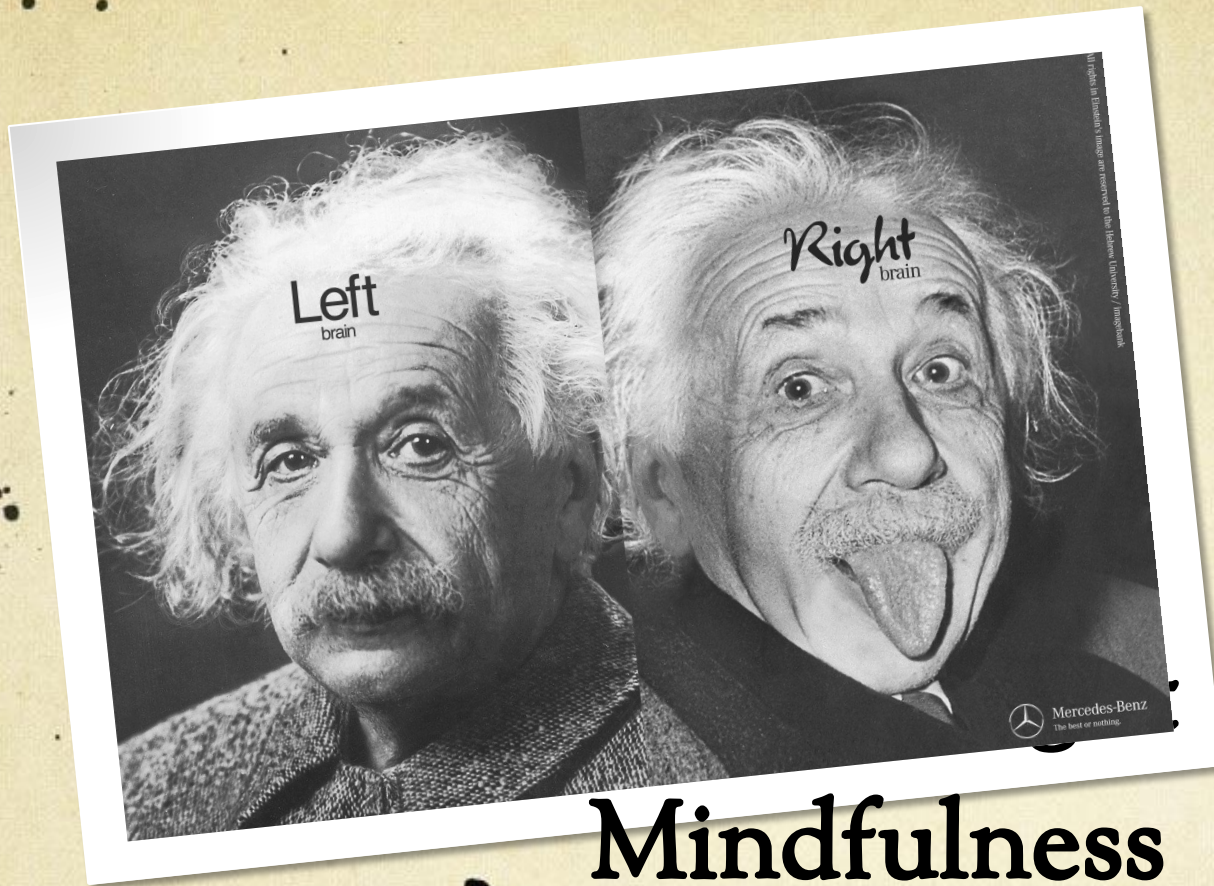
• **(Have) Right Livelihood**

- Most of us: Try and find balance.
- Some of us: Become a monk.



(Have) Right Effort

- Be steady...eyes on the prize.
- Being in a hurry teaches bad habits.
 - Impatience
 - Mistakes
 - Improper skills and timing.
- Buddha: Be the ox.
- Us: Be the tortoise.



Mindfulness

- Self-Awareness leads us to liberation.
- We must be mindful of our minds, bodies, actions.
- This doesn't just mean "don't do X".
- This means, "Why did I do X instead of Y? What does this show me?"



• Mindfulness

- We don't just practice this when we need help.
- We practice this daily and steadily. Eyes on the prize.
- Chodron*

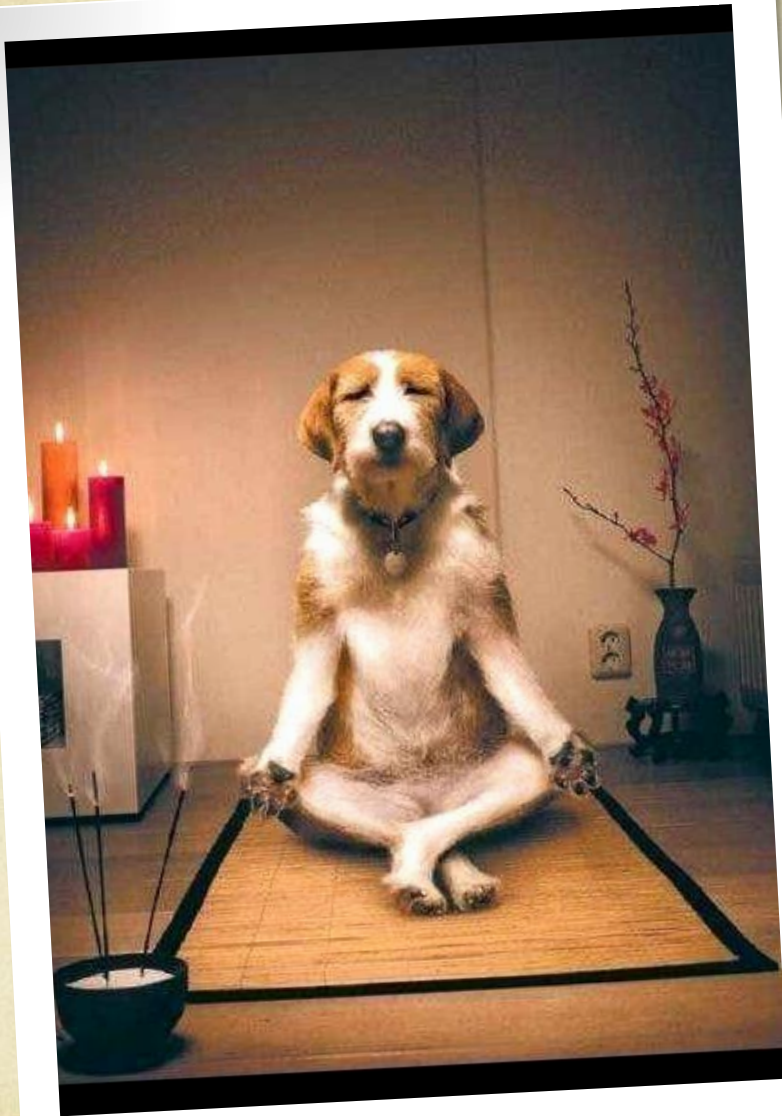


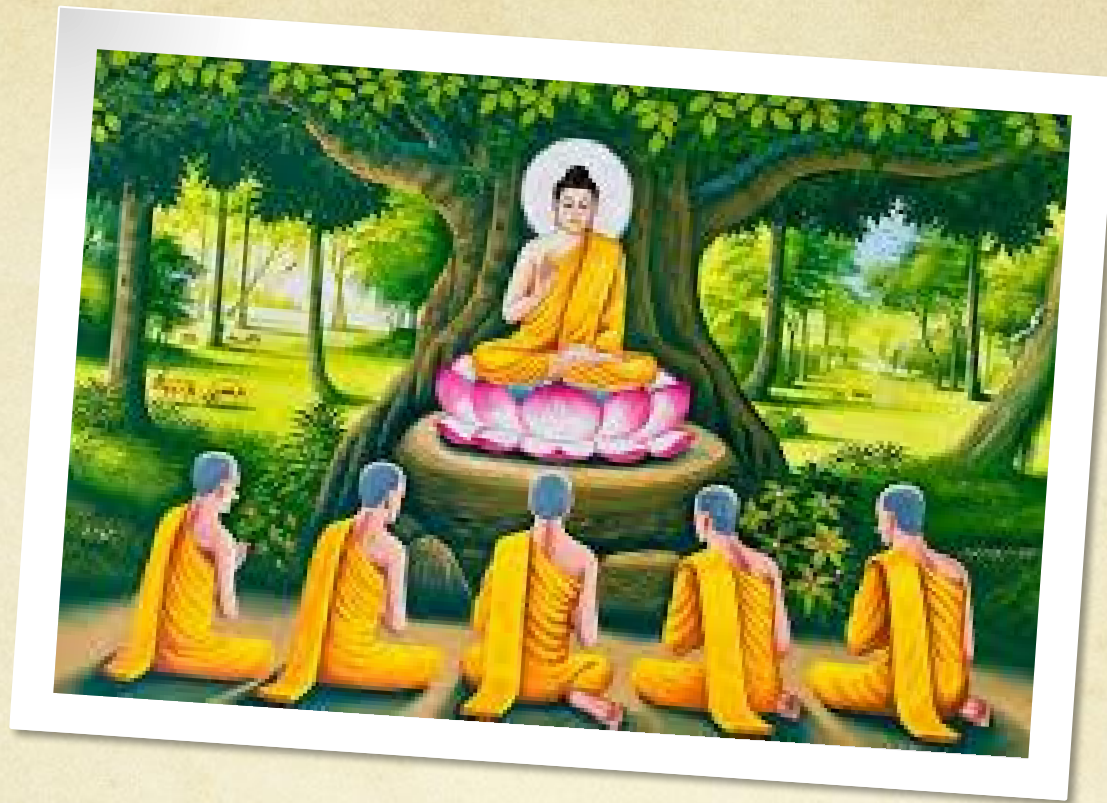
Concentration

- Meditation takes us where we need to go.
- Proper mediation transforms us.
- Q: How does mediation change us?

How does meditation change us?

- We remove Tanha
- We remove our ego
- We get clear on the truth
- Clarity: We see the world in a new way
- Clarity: We live in connection with the new way
- Clarity: Lights the path to enlightenment

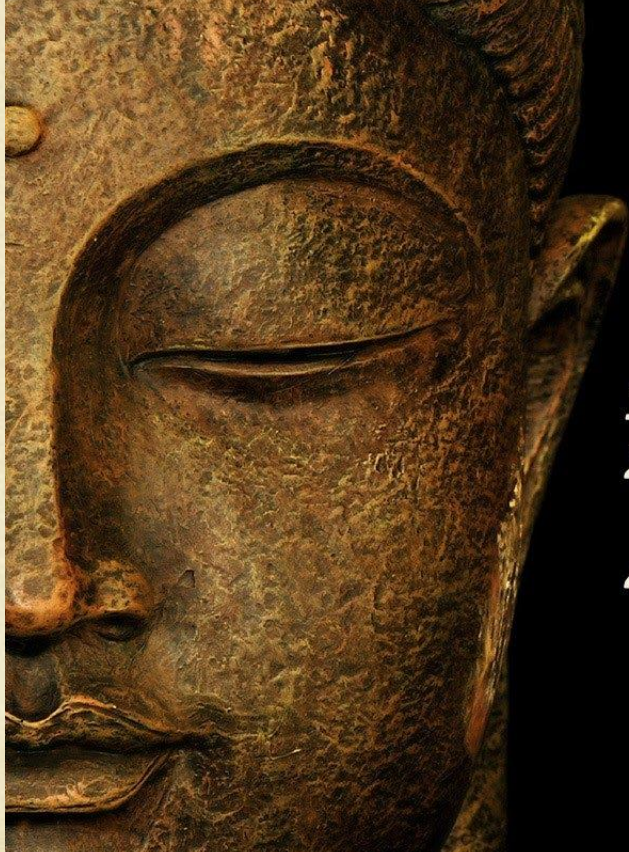




Recap

- The Four Noble Truths
- The Eightfold Path

The Four Noble Truths (NT)

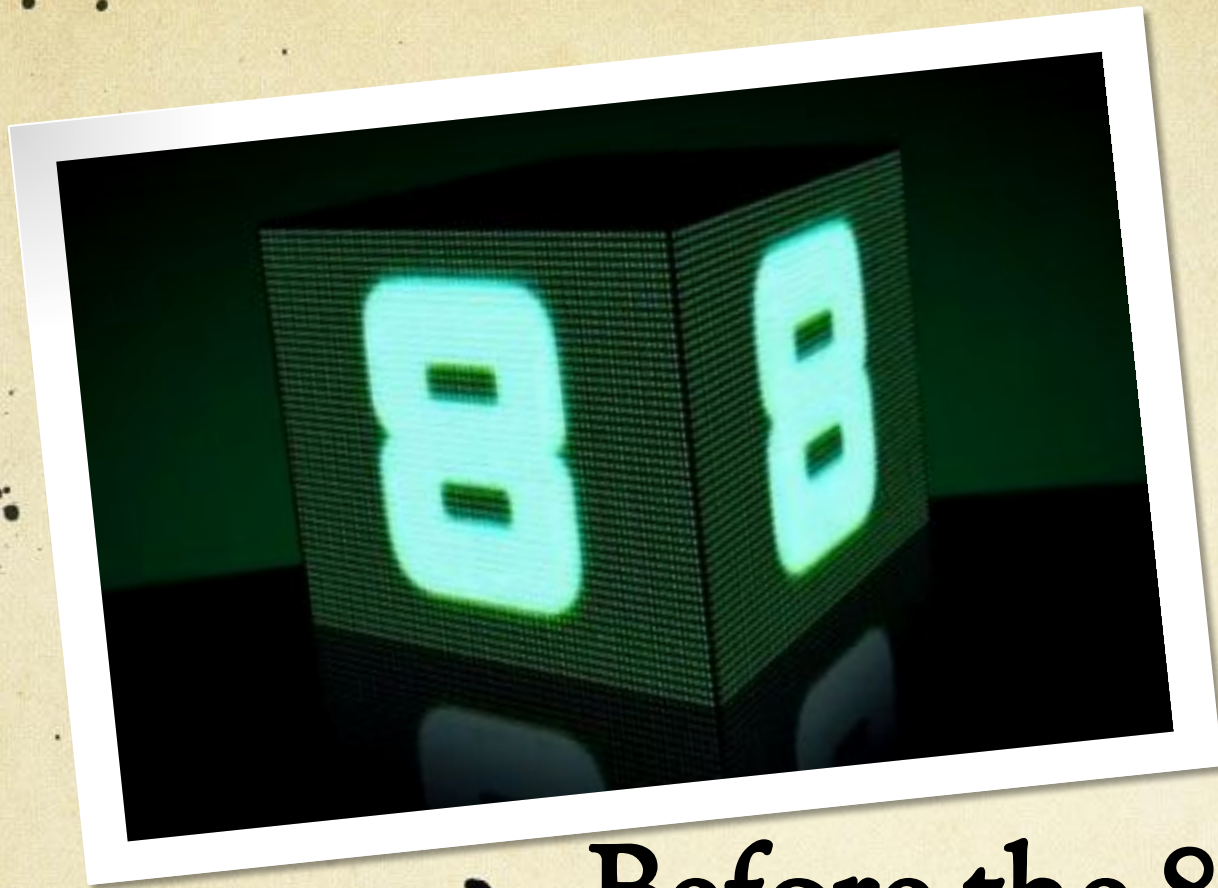


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End of Buddhism II

