The Life of the Buddha

Birth	-Born in Lumbini
	-Described as a prince
	-Lived in a Palace
	-Shielded from Suffering
	-Lotus flowers appeared behind him after he took a few steps just after birth
Family Background	-Born into a ruling family
	-Most of the place they ruled over was controlled by tribal groups
Intended career	-Intended to be a king
	-Told he would be a king or a religious leader (religious leader if he ever saw suffering
What he saw age 29	-He was not satisfied, he thought there must be more.
	-Escaoed the castle during the night
	-Saw the 4 sights, illness, death, old age, a holy man.
His response	-Decided to rid himself of luxuries
	-Trained in meditation
	-Joined a group of ascetics and lived as an ascetic for 6 years.

The 5 Aggregates/Skandhas

Form	Raw materials like earth, fire, body etc.
Sensation	Emotional response
Perception	What we become aware of
Mental Formation	What we decide to do, how we process things
Consio-usness	Awareness of being alive

- The 5 Aggregates/5 Skandhas relate to Anicca and Anatta because your thought processes change and what we are aware of changes. This relates to anatta because of the idea that the 5 aggregates make up a person, so there is no fixed self.

-This causes Dukkha because sometimes what we are aware of causes us to suffer. Our emotional responses also cause sadness or dissatisfaction.

The 5 precepts

Harming Living Beings

Taking things not freely given

Sensual misconduct

False speech

Intoxicating drinks and drugs

MONKS AND NUNS / THOSE CONSID-ERING JOINING MUST ALSO ABSTAIN FROM

Taking untimely meals

Dancing, singing, music and watching grotesque mime

Use of garlands, perfumes and personal adornment

Use of high seats

The 5 precepts (cont)

Accepting gold and silver

The 5 precepts are recommendations, not commandments. The individual is encouraged to interpret them in the best way they can.

Variations in Buddhism

After the Budhha died the first council agreed on the accuracy of the Buddha's teachings.

100 years later, the second council discussed rules for monks and nuns, with a debate on whether the rules were too rigid or even essential.

Sometime later, the Buddhist community split into Theravada and Mahayana Buddhists. Theravada Buddhists believed the rules should be strictly followed, whereas Mahayana Buddhists adopted a more progressive reading of the rules.

Over the next 300 years, there were more separations and by the end of the 1st century (Year 0) there were 18 or 20 Buddhist sects.

- Vajrayana developed within Mahayana
- Theravada Buddhists think they are closest to the original meaning of Buddhist teachings
- Pure land Buddhists aim to be reborn into this realm
- Zen Buddhism was set by the Buddhist Bodhidharma.

Self

Identity and the idea of a fixed self is an illusion.

Your body is made up of what it intakes (food, air etc.)

Your body is one with your environment. They can't be separated.

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Self (cont)

Constant change links to no fixed self because identity is also in a state of impermanence.

This leads to suffering because we become attatched to things that will change.

Rupa's

- Rupa: Images of the Buddha
- 3 Main forms of Rupas;
o Sitting
👇 Often sat in lotus position or on lotus flower
👇 May be sat on a throne
o Standing
👇 [FIND OUT]
o Lying Down
👇 Represents the buddha giving is last sermon, reclining and passing away into nirvana

Long earlobes are symbolic of the heavy gold jewelry the Buddha would have worn had he not left the royal lifestyle. It is to remind people what he gave up.

The bump on the top of the Buddha's head is a symbol of wisdom. It is also seen as a reminder of his royal lifestyle in terms of headgear.

The 3rd eye symbolises the inner eye. 'The Buddha sees with his mind'.

The snake represents the fact that a snake protected the Buddha from being tempted.

The Enlightenment of the Buddha

Meditated under a tree

Visited by a devilish character (Mara)

Mara attacked the Buddha (Siddhartha) with wind, rain, rocks etc.

The Enlightenment of the Buddha (cont)

Mara sent 3 daughters to tempt the prince. They were called Lust, Thirst and Discontent. They were sent to emotionally attack the prince.

Siddhartha experienced intimidation, greed and doubt.

Mara challenged the prince's right to sit by the tree, claimed it belonged to him.

When Siddhartha was enlightened, it happened in 4 stages known as the 4 watches.

Watch 1 : He remembered all his past lives

Watch 2 : He saw the cycle of rebirth (not reincarnation) as a result of karma

Watch 3 : He understood what kept poeple and creatures trapped and how to overcome those things.

Watch 4 : He was enlightened.

The Questions of Kind Melinda

- As a chariot is simply made up of an axel etc, a human is simply made up of body parts and the 5 aggregates

- The king asks if there is no self to be apprehended, why does it matter if someone does something bad. If 'someone' were to kill, there would be no 'one' to endure the consequence.

- Buddhist teachings suggest that if you light a candle from a lit candle, the new flame is neither new nor the same as the first one. The same concept is true for consciousness in rebirth.

- A name is a conceptual term. The 5 aggregates ARE you.

Bodhisattvas

- The Mahayana image of someone who is unenlightened
- Acts entirely out of compassion and selflessness
- Bodhisattva = 'Enlightenment being' one who wants to become enlightened
- Someone who in order to achieve enlightenment, delays it to help other achieve it. This is so they can achieve it quicker. [THIS IS A PARADOX]
- Free from the 3 poisons
- Can be a lay person or a monk or nun
- Takes a vow to continue to be born into samsara until all sentient beings find enlightenment

1. Intention-
o Must be sincere in search for enlightenment
o Intention + sincerity are important because they provide determination
2. Vow-
o 'Fixation'
o Whatever the mind fixes itself on becomes real
o 2 Vows:
👇 To become a Buddha
👇 To lead all beings to enlightenment
3. The course of the Bodhisattva-
o Developing the 6 Perfections;
👇 Charity
• Perfection of giving
👇 Morality
• Perfection of goodness
👇 Patience
• Perfection of composure
👇 Vigour
• Perfection of energy

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Bodhisattvas (cont)

- Meditation
- Perfection of concentration
- Wisdom
- [FIND OUT]

4. Buddhahood –
   - [FIND OUT]

The 8 Fold Path

The Way of Wisdom	Right View
	Right Intention
The Way of Morality	Right Speech
	Right Action
	Right Livelihood
The Way of Mental-Training	Right Mindfulness
	Right Concentration
	Right Effort

Places of Worship

Buddhists can worship at home or at a temple, as long as they have a shrine.

All Buddhist temples contain a picture or statue of the Buddha

Temples are designed to represent the elements;

- Fire
  - [FIND OUT]
- Earth
  - Square Base
- Air
  - [FIND OUT]
- Water
  - [FIND OUT]
- Wisdom
  - Pinnacle on top of the temple

Mudras



Mudras are gestures performed by the hands of Buddha images.

Shrines

Vegetation	Normally Flowers. Symbolise impermanence (anicca) and eternity.
Water	Offring water is a symbol of respect and reverence
Candles	Light up the area around it, symbolise enlightenment.
Insense	Purify the air. Symbolises the Dharma being spread around the world
Bell	Used to separate sections of ceremonies. Sometimes placed on a lotus shaped cushion as the lotus is a symbol of cause and effect.

3 Marks of existence

Anicca	The idea that things are constantly changing, nothing will stay the same. Everything is in a state of impermanence.
Anatta	The idea that there is not fixed self. No permanent identity. The idea that all beings are interdependent. When applied to humans it means that as conditions change, people will too. Understanding this is a key to enlightenment.
Dukkha	Suffering and dissatisfaction. If life is always changing, everything we know an love will eventually cease to exist. People cannot have the permanent suffering they seek. Dissatisfaction with life.

4 Noble Truths

Dukkha	All life involves suffering
Tanha	The cause of suffering is craving. Craving is the 3 poisons; Greed, Hatred and Ignorance.
Niroda	To overcome Dukkha you must overcome Tanha
Magga	The way to overcome Tanha is the middle way. Just as followed by the Buddha, the middle way between luxury and hardship.

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Meditation

- Legends state that the Buddha had a natural inclination to meditation and was highly skilled from a young age.
- One story says that the buddha and his father attended an agricultural ceremony where they saw worms being killed by small birds, who were then killed by bigger birds. The buddha reflected on this, which turned into a deep meditation.
- After leaving the palace the buddha was taught more advanced meditation
- The Buddha's disciples practiced meditation daily. Each 24 hours was split into 6 4 hour slots, starting at sundown;
o Period 1 – In Seated Meditation
o Period 2 – Sleeping
o Period 3 – Seated meditation
o Period 4 – Washing, Working, meditating and going out to receive food
o Period 5 – Eating then sitting in meditation to digest
o Period 6 – Meditation with the buddha

Types of Meditation

Samatha Meditation:
- Meditation where you have something to focus on
- One type of Samatha meditation that suits everyone is that where the focus is our own breath
- You can do this meditation while walking
Brahma Viharas:
- Means 'Sublime State'
- By meditating upon the Brahma Viharas, a person develops feelings of love, compassion, joy and peace towards all living things.

Types of Meditation (cont)

The 4 Sublime States:
- Metta:
o Loving kindness
o The person wishes themselves good will first then spreads positive friendly thoughts
- Karuna:
o Active compassion
o Understanding the nature of suffering
o Sharing others suffering
- Mudita:
o Sympathetic Joy
o Sharing the happiness of all other beings
- Upekkha:
o State of peace and serenity

Arhats

A perfected being who has overcome the 3 poisons and broken out of the cycle of samsara

When someone becomes Arhat, they are no longer reborn when they die.

Must be a monk or nun

A wise and compassionate being

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