

• quotes are backup.  
↳ then explain the text

• NO DESIRES ONCE  
you get rid of the "eye"

NAME

• Don't use long quotes

- How difficult it is to get rid of  
the eye"

TITLE

• Dhammapada [quote 215]

- 2 different ones REL 351

BUDDHISM

3 Jewels → Buddha,  
Dharma,  
SANGHA

• UDANA → [Pg. #]

First Take-Home Essay

Due Thursday, October 13, 2016 in class

LIST ALL ESSENTIAL

Purpose of Buddhism

↑

• ENLIGHTENMENT, NIRVANA, SUFFERING

2 support Buddhism

• NO SOUL/self • SPIRITUAL ECONOMICS: giving monks receiving good karma

This essay will describe in your own words the beliefs and practices of Theravada Buddhism. In order to do so, you will need to choose one aspect of Theravada Buddhism that interests you and use it as the focal point of your essay. I do not want you, however, to simply describe this specific element of Buddhism. Instead, I want you to use this element as the starting-off point for a comprehensive explanation of Theravada Buddhism. Be a bit creative. The essay should include a general description of the beliefs, rituals, and practices—using examples where possible. You can draw on readings and class lectures. You must include two quotes in your paper from the Dhammapada (WTBT, pages 125-136), in an appropriate place, and a quote from the Udana, also in an appropriate place. Both quotes must be explained. If you want to reinforce a point with information obtained from an outside source, you must cite the source. I should easily be able to find any outside source using the information provided in the Bibliography.

Importance of NO self - • IMPERMANENCE

• NO DESIRE

Writing the Essay

3 Pitikas

• 4 NOBLE TRUTHS → SKANDHAS → 3 categories of 8 fold path

You should aim to write a well-written, clear, and concise essay. Your essay should be 4 to 5 pages, typed, one-inch margins, double-spaced, appropriately documented, and substantively correct. You must have a thesis statement. **The thesis statement must be underlined.** This statement should indicate how the particular element of Buddhism on which you chose to focus relates to Theravada Buddhism. ("Understanding the Buddha is the key to understanding Theravada Buddhism."). Remember that this essay is on Theravada Buddhism; therefore, do not incorporate a Mahayana understanding of Buddhism into this essay. Your essay should have an appropriate title, an introduction that guides the reader through your argument and educates your reader about the focus of your essay, and a conclusion that provides a summary and general explication of the essay. **I want to enjoy reading your essay!** Therefore, please edit it for content, flow, and the mechanics of writing (spelling, a consistent style of referencing your source—including page numbers for books). Include a bibliography if you use sources other than your notes. The bibliography is not one of the 4 to 5 pages. Revise! Revise! Revise! And then revise one final time before you hand it in.

3 categories of 8 fold path

3 Jewels

★ What's a religion? → unique to the individual (New concept 200 years ago)  
 ↳ is lineage of believers (Prof) <sup>because we connect our self to the past</sup>

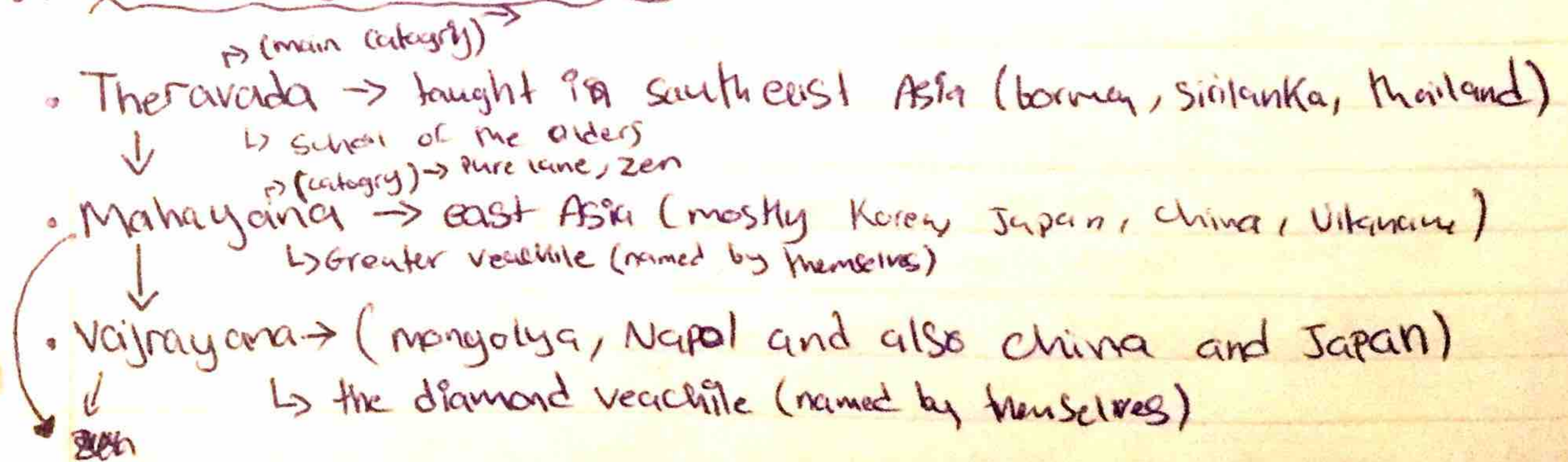
- Value that you follow
- Practice
- belief
- ~~is~~ tied to culture
- a way of life
- teaching of values
- moral compass
- discipline
- a way of explaining reality
- belief of the after life
- Reason to live morally
- Support system
- Moral change within time period

★ every def means different in different religion!

Buddhism → has no god (they exist in Buddhism)

- God ~~bees~~ for a long time (Re-born) they become animal to learn why they suffer. (Karma) natural way not decide or not judge.
- ~~many~~ Gods have a bit of Power

★ 3 main type of Buddhism



Zen  
Shijon  
Tibetan

Buddhism has no a ritual to come a buddhist  
 "one thing in common declaration of faith"

## ★ Refuge → 3 Jewels

- Budha: awakened one
- Dharma: Sanskrit, Pali (first language <sup>written</sup> for budha) "Teaching of the budha" "teachings"
- Sangha: "his followers"

M	W
pm	ow

i take refuge in all 3

## Buddhism

why take Refuge in those 3 above?

Trust (3 jewels)

Buddhism → awakened

began in Nepal & India

↳ Hinduism "westerners"

want have buddhism if we dont have Hinduism

## ★ what is Hinduism?

① ~~wants~~ the caste system

born in a caste, and goal in life to be the best in your caste

Good Karma Stay in your caste (you'll move up your caste depending on your Karma)

Brahmin is the top caste, they run the temples, their job is to do everything Right  
↳ goal to be a Brahma

Atman; is a soul after your re-born as Brahma  
u cant move up until you die and re-born again to move up

lower caste (do everything no one wants to do) "uncleaned" "untouchable"

they have to be the happiest untouchable to re-born in a higher caste

(H)

Buddha  
 Siddhartha "first name"  
 Gautama "last name"  
 Shakyamuni // stage Shaky caste  
 cakravartin "important spiritual leader/world leader"  
 Tathagata "one who has come"  
 Bodhisattva "one who to be a buddha"

3. Biography

① what is a sarkid biography?

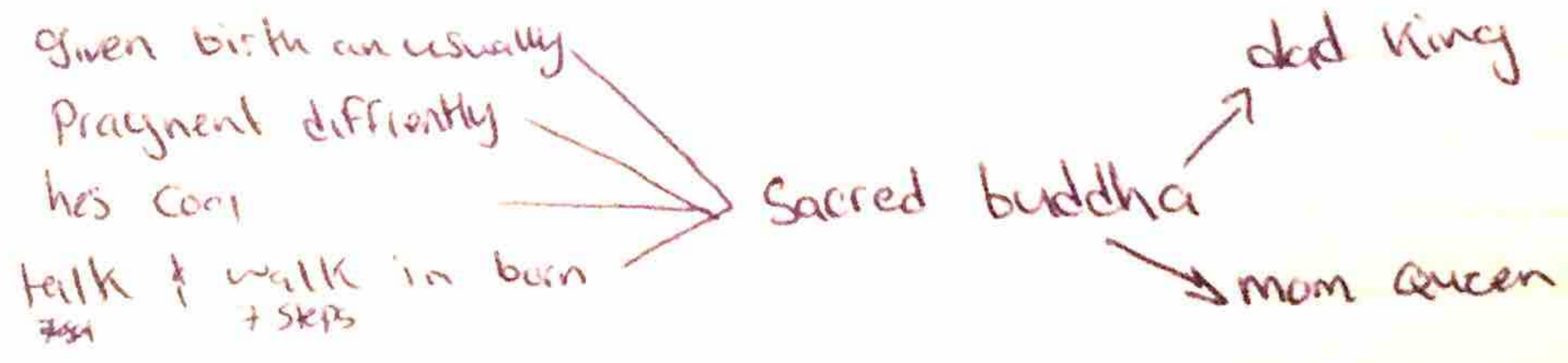
"about someone who is important in a religious figure"

"story told by someone story to be written"

"buddha has many biography (culture that written in) different things in each biography"

Buddha time start

566 - 485 BCE  
 448 - 368 BCE  
 485 - 405 BCE



mom died after birth in 7 days

Future reader → said he will be a leader

Father (dad) decided to do something = Siddhartha stay in Palace

3rd: dad said yes to leave  
 the Palace, cleaned a spot in town  
 with all beautiful people for him to see  
 in a horse

guarded by best, good education  
 learned quickly, beautiful people  
 and when he's old enough to get  
 married (beautiful) best life, wanted to leave  
 palace (dad no) twice and the third time ←

Brama "top God" saw Siddhartha, and all beautiful people, he brought down an old people, and he was shocked for not knowing them old people. went back to the palace and the father was upset. he asked dad again to go out 3 times. Brama send sick person, because Siddhartha never saw a sick person (we all get old & sick) he want back to palace, he wanted to go out again. Asked dad 3 times. the father made sure nothing bad happens. Brama sends a dead body. asked what's wrong (he dead body no longer alive) (we all get old, sick & die) went back to the palace and thought. he wanted to go out and search about the freedom of suffering → Purpose of Buddhism

↳ Father said NOT to leave at all

left the palace after the girls sleep. he left with his retainers to a point where he continued alone (switch clothes) started visited people. visited a King (what you do for suffering?) (we do sacrifices). he run go to Nalanda (to meditation) because he will be Brama.

Suffering in this life (but you have to live that over, over and over again).

mandants → they don't clean  
→ they don't eat stuff (rice)  
→ they don't do pleasure  
5 to separate your mind to your body

↳ he went with them and try what they do "for 6 years"  
he left house (2nd) his wife was pregnant

(35) didn't find answer "causing more suffering" he went in a river and clean himself. a young guy with rice milk, goat milk, after drinking he was rebast again. "think" I will sit under the tree until he found out about

Suffering. a day, a week, 49 days, Mara the <sup>god</sup> King of bad stuff depends not sure.

decides if he find end to suffering (not happy about this) send Army to get him out of the tree. Siddhartha has arrows to his direction and they turn to flowers. he send his daughter to seduce him "dance" to get him to not look for suffering. didn't work, he decided to ended suffering. in the last day the star came up "he understand freedom from suffering" in which he became a buddha.

what should i do?

① go out by myself and keep glowing "no one"

② im not a teacher

Brama come down told the buddha "for suck of the world you have to teach the world"

Brama told him he has to become a teacher, for hindu. meaning that you need to convert (hindu → buddhisms).

Siddhartha started to walk into an Holly city he saw the (5). the buddha had crisma so they listen to him and told his story about his enlighting.

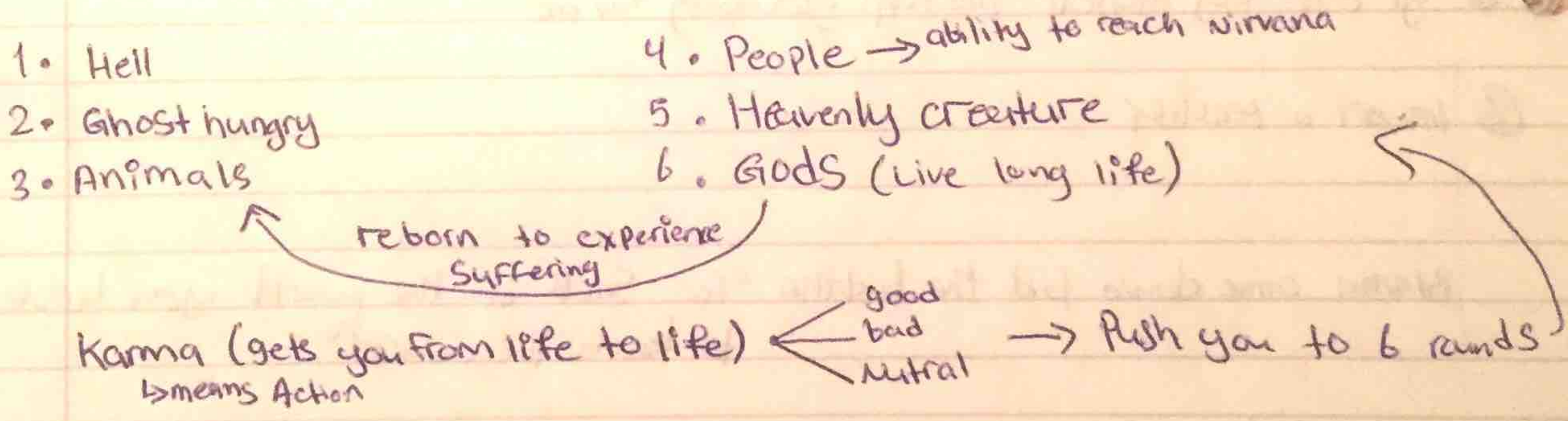
left hand → looking in the end of suffering  
 Middle path → not getting everything he want  
 Inflightend → boldy tree (day, 7 days, 49 days)  
 venus → morning star  
 brahma convinced him to teach  
 ↳ had god, buddha is right

Lesson 1

Buddha teaching → Dharma  
 ↳ theres no begining, theres no end (only anyone becomes inflightend)

★ 4 noble truths (begining middle path)

- ① life is suffering (sick, old, die) (no pleasure)
- ② desire (wanting of stuff) material stuff (Pain is natural to human)  
 emotional Pain. being unsatisfied is suffering
- ③ Nirvana (way out of suffering) out side the cycle  
 Life of suffering is called (Samsara) inside the cycle  
 ↳  
 (Nirvana isit Samsara)



causing suffering to you and people gets you Karma

④ Path to Nirvana (8 Fold Path) why? because thats how its taught

- ↳ Need to Perfect (Right) Shorted to ③
- ① morality ~~right speech~~ → prevent from bad Karma
  - ② Right Speech → Say the right things only
  - Bad Lively hoods → drugs, criminals, soldiers, meat eaters, any harm
  - Action "Pre-saps" Guide post → do it (good karma) • NO Kill Saint beings
  - Stealing
  - Lie
  - Sexual mis conduct
  - NO intoxicant
- ↓  
 no personal use money  
 no sleeping on high  
 public Intermment X  
 no eat at night
- desire X  
 suffering

## ② Perfection of mental ability

① right effort → making yourself to do thing you need to do (effort create with yourself)

② right mindfulness → Vipasyana insight meditation  
tries to catch all feeling, mind doing being aware of what you doing  
Halt body mind

③ right concentration → SAMATHA meditation to quite the mind and not stop the mind (easy: no)  
breath (easiest) (1-10) not more

## ③ wisdom (two aspect)

① Right Intention

do right thing to reach Nirvana (in enlightenment)  
"DANA" Jenarastu

② Right views (Noble truth)

① Suffering "understand" to understand

② to understand, everything is impermanent (samsara)  
permanent (Nirvana)

③ NO-SELF (the Soul) NO soul in buddhism.

~~② NO-SELF~~ Anatman

the ~~secret~~ Re-birth (your Karma Pusli) you into another life.

homework

- ① p. 97 madisota  
buddha feeding  
about like kindness  
97-98
- ② 125 - drama book  
125-136  
p. 2 that you  
find interesting

## Skandha - heaps

- ①. Form (grow)
- ②. Feelings (change)
- ③. Perception (change)
- ④. Karma "Action"  $\Rightarrow$  re-action (Karma)
- ⑤. Consciousness

Buddhas  $\rightarrow$  end of suffering (the truth, wisdom, no self)  $\rightarrow$  Inlightend  
 $\rightarrow$  monk

what do you need to get rid of ignorants?  
Inlightened  $\rightarrow$  Nirvana

our exists?

Samsara (infire universe)

willing to go?

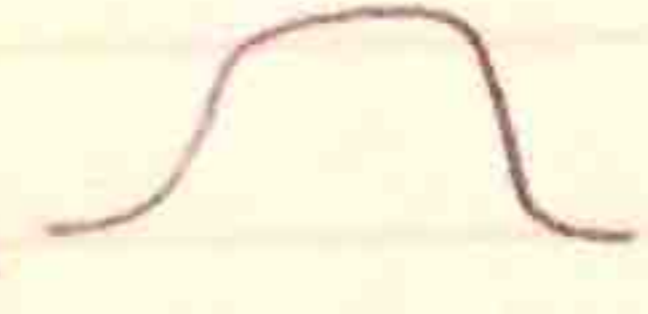
Nirvana



Buddha born in Nepal

Sarnath → 5 people (disciples)

Kushinagar → where the Buddha dies

Walk around the stupa → Sanchi - Stupa  → have the present of Buddha

Merit = Really good Karma

• Parinirvana → Buddha (death) before Nirvana  
→ experience death before Nirvana

• Remains (Rupkaya)

• ARHATS → someone who becomes enlightened using the teaching of the Buddha

• Sasana → life of Buddha teaching (teaching life)

• Silent Buddha → doesn't teach

★ Maitreya <sup>→ heaven</sup> → live as the Buddha lived exactly Saccartha (next Buddha in heaven etc.)

★ Hotei → monk in China, people assume he considers the next Maitreya (last life)

means  
3 Pitakas (Basket)

- Sutra Pitaka (Scriptures)
- Vinaya Pitaka (Rules monk lived by) (women have more rules) (Follow all the rules)
- Abhi Dharma Pitaka (Commentary on Sutra Pitaka) (breaking down everything into pieces)

1# Council 1<sup>st</sup> (3 months after buddha death) Re-cite teaching

- \* Ananda - attached to the buddha (suffering) so he's not enlightened  
- Photographic memories
- It was not written in the first council, but memories (Part of Dharma)  
↳ written 300 years later

① Sutra  
② Vinaya } was read in the first council

Pali

3 months after buddha death  
383 BCE

Council 2nd (383 BCE)

Some questions:

all of them were important

- does monk put salt in their food. (Preserved food he can't do that)
- // not touch money. (greed, selfishness)
- who can't be enlightened (anybody can get enlightened)

Parampara (lineage). Monk can see that person you ordain to another person until you touch the buddha.

Inlightment (not easy) Not everybody can do it (attachments to things)  
travels buddhism

easier for monk (they have all day to focus on inlightment No attachment

## Inlightment things

- Impermanents
  - No self
  - Suffering
- understand fully and you will be inlightment

monk eats whats given to him

- Asoka<sup>king</sup> 271 - 331 BCE (in return = Peace, Spiritual leader "2nd buddha")  
monks gave Asoka (legimat as leader "legimized") legitimacy

- Supplying us with Stupa (Promoting buddhism)
- convert everyone to a peaceful religion by building a lot of stupas for his people converting
- allowed everyone to become a buddhist.
- Council 3 he decided it

(King <sup>give</sup> → monks = Legimized) <sup>new leader</sup> old leader = not good <sup>more</sup>

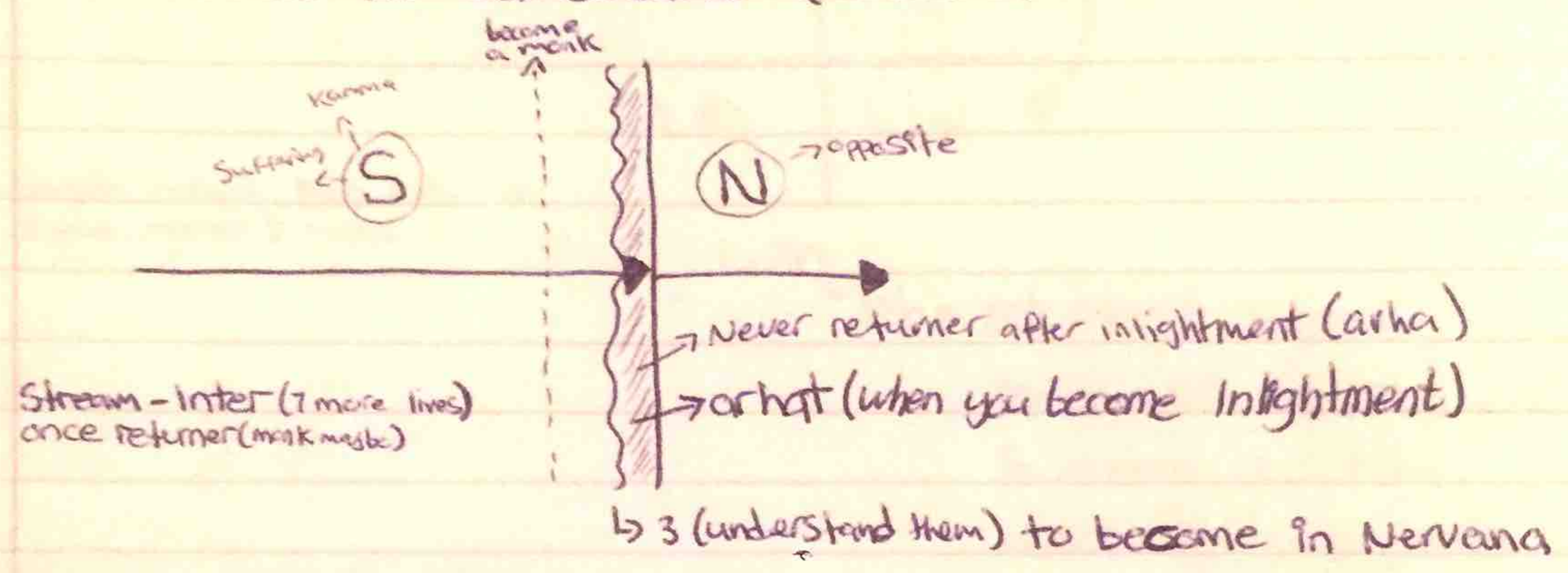
## Council 3

- created Perfect
- cakravatin - Great world leader (Sardartha) / Spiritual leader
- made it an important religion
- decided teravada Grop in india → to east asia  
↳ type of buddhism 3rd council blessed

# YMH

★ Anarhat (inlightment) reached Buddha level - but not died

↳ has no sex desire (dream)



★ Dukkha - Suffering

\* (when you become inlightment)

- ① See Past life
- ② See future of self & others.
- ③ understand dynamic of the present
- ④ causality clear

★ Sasna (inlightment → last person who remember buddhism)

Spiritual

Sanga

4 buddha

1 year old boy  
over  
40 years women

ordain

job = reach enlightenment / NO-work  
spread buddhism

om	ow
LM	LW

DANA (Food for merit)

Parents want their kids to become monks & merit

Lain

job = get enough karma

maytrya life best life, gain good karma  
to reborn in ordain

merit = from giving food to monks  
which is good karma

tervada buddhism => Spiritual economics  
which is spiritual transaction

22<sup>nd</sup> Sept

## Representation of Buddha

- Buddha teaching turned the wheel (Period of 'Sasna)
- different wheel dif spokes
- boudy tree
- Foot Print
- Symbols on Feet (wheel) on Foot Print



then

- Buddha traveled west into Pakistan and Afganistan.
- Greek influenced buddha to Stachus of buddha (with Passages in back of buddha)
- Silk way (connected Asia & Europe) for goods exchange.
- bring him food, clean him (lot of merit) buddha Statcure  
stick gold on him



- different way showing the buddha

- hands pointing down = because buddha first inlightment was earth
- different countries have a diff version of buddha Statcure
- hand Positions means differently in buddha hands (many meanings)



- Temple created by rich Buddha followers by giving them land and those lands where used in rainy seasons as indoor teaching and worship
- First universities in India where buddha university (after organization)

## How do buddha survive today Iffe?

- Sponsorship is important (in Family)

### Forest monks

### city monks

~~temple~~

- walk around (like buddha)
- lived like buddha (more real than city monks)
- Temple



most Thailand protest against login (monk fought that prob)  
Gov = dont ordain a tree (monks didnt care)

20th century

- Forest monks live in caves (no forest left)
- people started visiting forest monks and even had car & Parkings
- Not all where enlightened.