see my website for a link to: **Introduction to Buddhism**

Symbol is.....

**BUDDHA**

This wheel is also called the dharma chakra or the Dharma Chakka and is often used to represent Buddha himself. It has also universally become the symbol for Buddhism. The dharma wheel has eight spokes, which represent Buddha's Eightfold Path.
Founder

- Siddhartha Gautama
- Buddha

Date Founded 530 BC

Place Founded  
India
Something Special

- One division polytheistic
- One division monotheistic

There is no belief in a personal god. Buddhists believe that nothing is fixed or permanent and that change is always possible. The path to Enlightenment is through the practice and development of morality, meditation and wisdom.

Name(s) of the Divine:

- varies from region to region ~ you will see examples on upcoming slides
- Scholars and Buddhists alike tend to describe Buddhism as atheistic in the sense that it denies an eternal creator God, while recognizing its theistic and devotional elements.

- **Atheist** - a person who disbelieves or lacks belief in the existence of God or gods
- **Agnostic** - a person who claims neither faith nor disbelief in God
Holy Books
(TEXT)

Eight Fold Path

click on the link for a quick video:
Eightfold Path - student version

see my website for a link to: Eightfold Path

Followers are known as: Buddhists

Wonder why do they wear orange? When Buddhism first evolved, orange was the only color of dye available. It has stuck because of tradition.

Another sect wears maroon... we'll talk about these different sects in about 13 slides

The next slides will show us WHERE Buddhism followers are located as well as images the shrines/temples you would see if you were to visit these countries.
Religious Leaders in Buddhism:

There are none

Buddhists can worship at home or at a temple Vihara

His Holiness The 14th Dalai Lama ~
we'll learn more about him in 6 slides :)
There are two Sects/Denominations of Buddhism:

1. **Theravada Buddhism** - Southeast Asia

   This is Namgyal Monastery

2. **Mahayana Buddhism** - East Asia (Tibet)

   This monastery is located in Bhutan. It takes 1 day to walk here, this is where authentic Mahayana Buddhism is practiced. Also the last Shangri-la (a place of peace) on Earth.

**BASIC Beliefs ~ Reincarnation**

Remember the picture of the Dalai Lama?

- His Holiness the 13th died in 1983 and was reincarnated in 1989.
- In 1967, Tibetan government sent out a search party looking for the new incarnation. They didn’t know who they were looking for. Using only the images the other times had taken.
- His Holiness the 14th is still alive, however he doesn’t go out in public much any longer.
see my website for a link to: *Story of Dali Lamaa*

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**Basic Beliefs**

**Karma**

- Intentional actions have consequences, in this life *and* in future lives.

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*Karma will sometimes happen sooner than people realize ;)*

Click the link above to watch – this happened on January 17, 2019.

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see my website for a link to: *Karma*

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**Basic Beliefs**

- **Nirvana** – state of enlightenment which means 'becoming extinguished' – like when a flame is blown out.
Major Beliefs

- **4 Noble Truths**
  1. Everyone suffers

- **2 - Suffering caused by selfishness and greed**

- **3 - Eliminate selfishness and greed**

**PRACTICES - Major Holidays**

*Buddha Day* - The first day after the first full moon in May. Celebrate Buddha enlightenment
see my website for a link to: **Sand Art**

In videos look for **Prayer Wheels**

(PRACTICE)

![Practice - Zen/Meditation](image)

But, meditation doesn’t always have to look like this.

It could even look like this—click on the link below:

**Sand Art - meditation**

see my website for a link to: **Prayer Wheel Video**

**Prayer Wheels** — people spin them to accumulate wisdom and merit “good karma” and to purify negatives (bad karma). It is believed that by spinning the wheels, it is just as powerful as reciting the sacred texts aloud. The wheels are also for those individuals that are illiterate (they cannot read)

when moving the prayer wheels, Buddhists will repeat the phrase, **“Om mani padme hum”** the most important mantra of Buddhism

- it is said that all of the teachings of Buddha are in this 8-syllable phrase and it can not really be translated into one “saying”

**THE END :)**