

# BUDDHISM

A photograph of several ancient stone Buddha statues in an outdoor setting. The statues are weathered and have a greyish-brown patina. One statue in the foreground is shown in profile, facing right. Another statue is visible behind it, also in profile. A third statue is partially visible on the left side of the frame. The background is blurred, showing green foliage and a clear sky. Overlaid on the center of the image is a white rectangular box containing the word "FOUNDRING" in a bold, white, sans-serif font.

**FOUNDRING**



# Siddhartha Gautama

(c. 560s-480s B.C.)

Is regarded as the founder



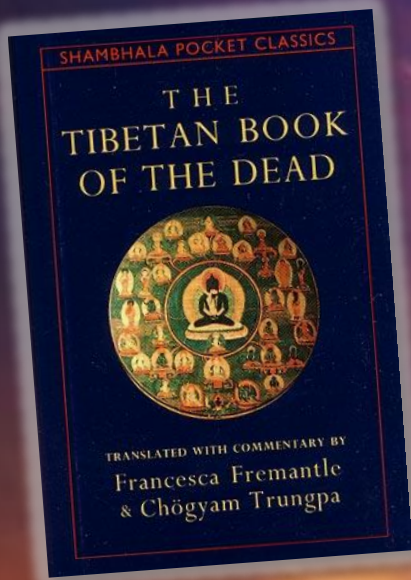
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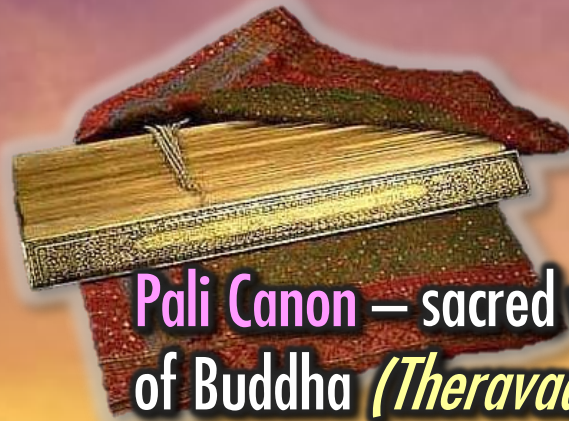
A close-up photograph of a person wearing a red robe, holding an open book. The book's pages are filled with handwritten text in a South Asian script, likely Devanagari. The person's hands are visible, holding the edges of the pages. A white rectangular box with a thin black border is superimposed over the center of the image, containing the word "WRITINGS" in large, white, bold, sans-serif capital letters.

# WRITINGS



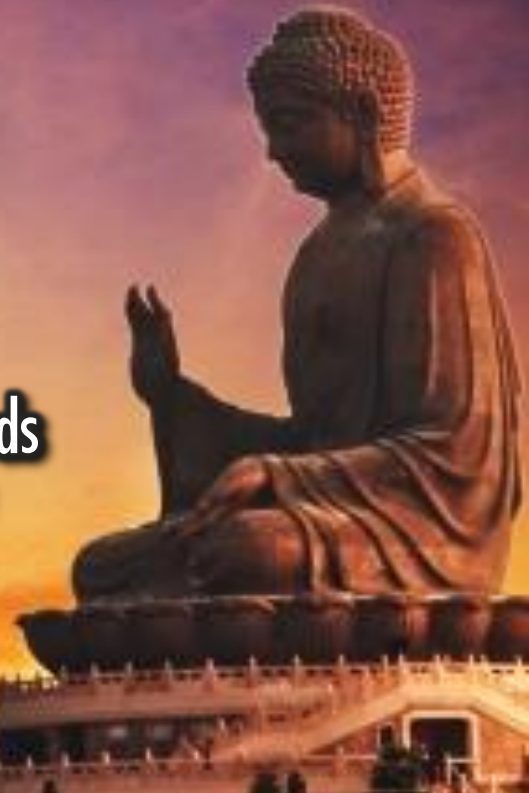


**Tibetan Book of the Dead**  
rituals on death, discusses life  
between death & next life (*bardo*)



**Pali Canon** — sacred words  
of Buddha (*Theravada*)

**Mahayana Sutras** —  
words of Buddha &  
*Mahayanna Buddhists*







# GOD & UNIVERSE



# ATHEISTIC

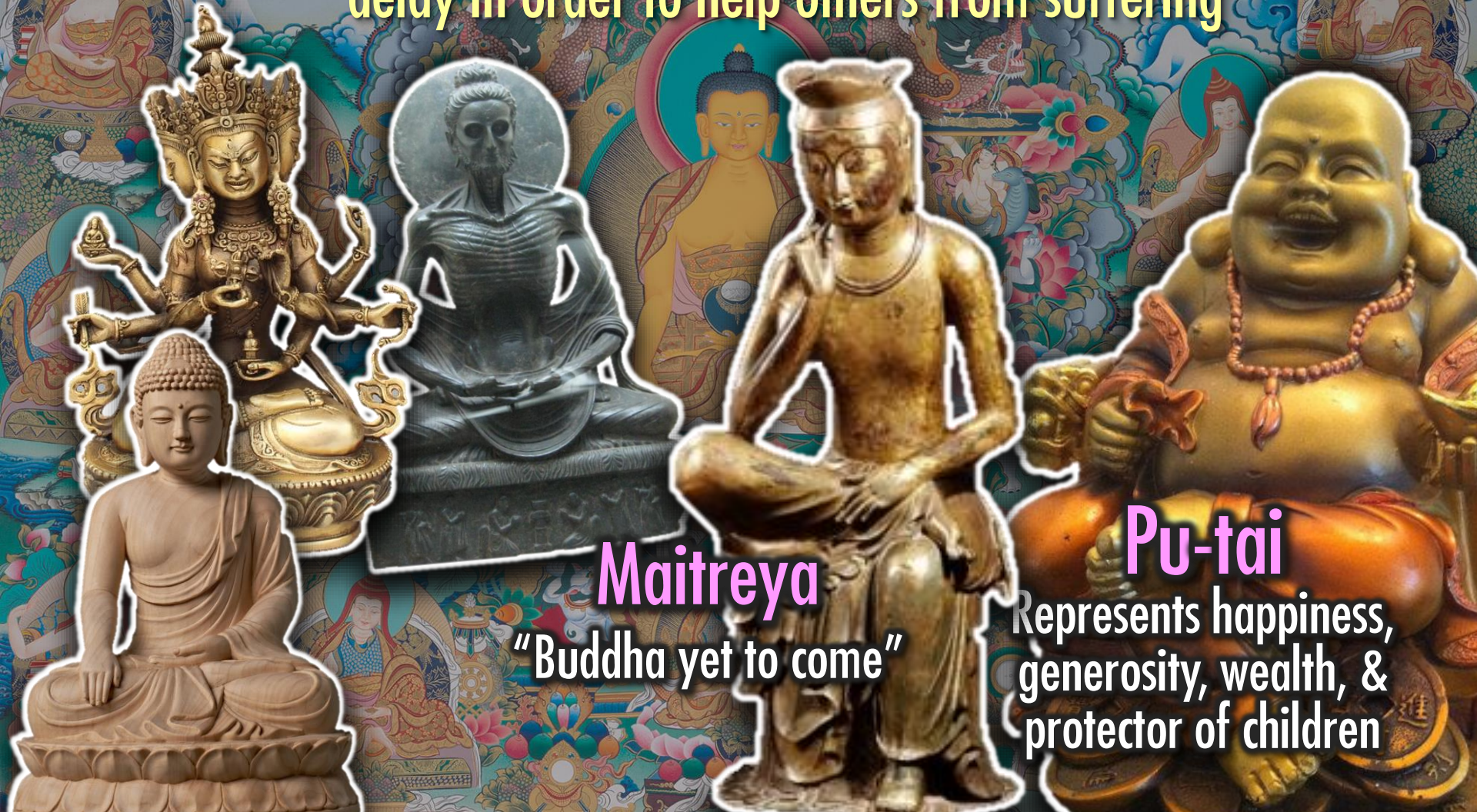
There really is no supernatural  
supreme being or force.  
It is all about “looking  
within yourself”





# POLYTHEISTIC

**Bodhisattvas** — ones on the path to nirvana but delay in order to help others from suffering



**Maitreya**

"Buddha yet to come"

**Pu-tai**

Represents happiness, generosity, wealth, & protector of children





# HUMANS & PURPOSE

*Nhanni Reddore*





*"I teach suffering, its origin, cessation and path.  
That's all I teach."*

**-The Buddha**

**Suffering (dukkha)** is part of reality  
and happens because of  
our attachments to  
people, things, & ideas

## **SOLUTION**

Let go of all attachments to  
release yourself from suffering



A close-up of Yoda's head, looking slightly to the right. He has large, expressive eyes and a wrinkled forehead. The background is a textured orange color. The text is overlaid on the bottom half of the image.

**“Train yourself to  
let go of everything  
you fear to lose”**



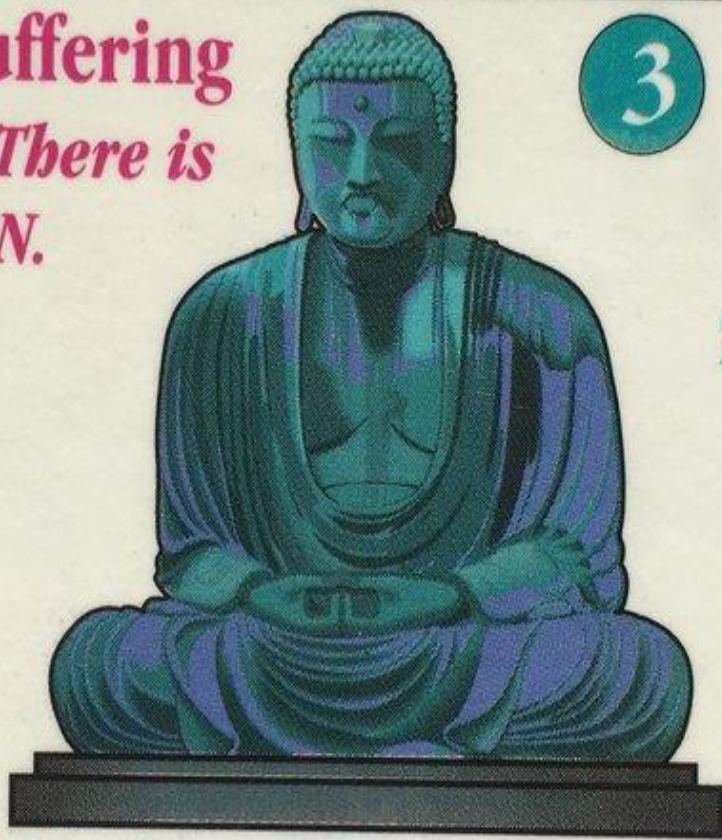
*Buddhism, called the Middle Way, begins with Four Truths & the Path.*

# The Four Noble Truths

**1** All life is suffering  
“*dukkha*” *There is*  
*Suffering - PAIN.*

- *Birth trauma*
- *Illness*
- *Old age*
- *Fear of death*
- *Separation from what one loves*

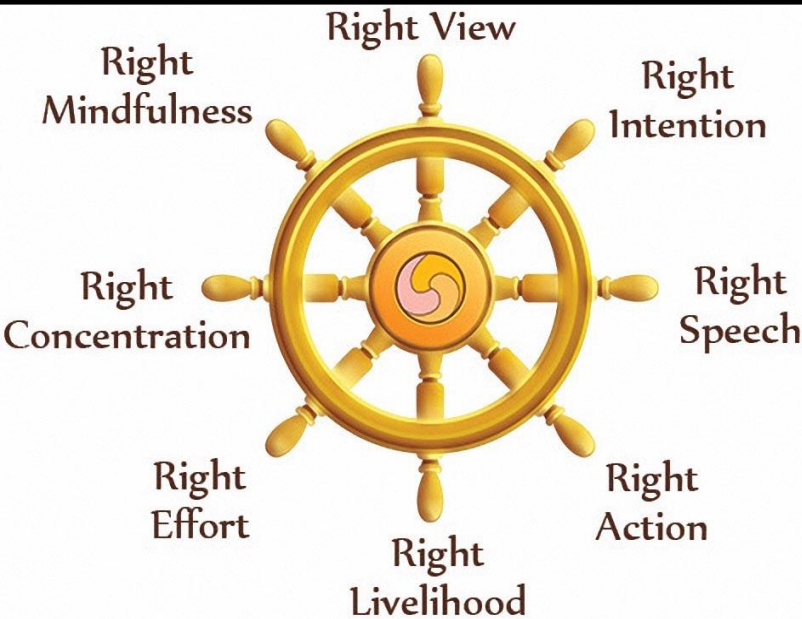
**2** The cause of suffering  
is desire “*tanha*” *There is*  
*suffering because of desire - CRAVING.*



**3** The way to stop  
suffering is to  
stop desire  
*The end of suffering*  
*comes with the*  
*end of desire -*  
*END ATTACHMENT.*

**4** To remove  
desire, follow  
the Noble Eightfold Path  
*There is a WAY to let go of*  
*desire -The quiet mind.*





## *Right* **View**

- "Right view" is to have the right concepts and right ideas.
- Right view encompasses observations that lead us away from delusion and wrong views. It is the wisdom that truly comprehends cause and effect. It is the right understanding that results from contemplating phenomena through the three Dharma seals, the Four Noble Truths, and the twelve links of dependent origination. Looking at it from a broader perspective, we can see that all truths of Buddhism are right view.

**Wisdom**

## *Right* **Thought**

- "Right thought" is also known as right determination, right differentiation, right awareness, or right intention.
- Eliminate the three poisons of greed, anger, and ignorance by keeping your thoughts in accord with the right Dharma at every moment. The three poisons of greed, anger, and ignorance bind us, and keep us from seeking the Way. When our thoughts are in accord with the right Dharma at every moment, we can eliminate the three poisons and grow closer to becoming Buddhas.

**Wisdom**

## *Right* **Speech**

- "Right speech" is wholesome verbal karma, and also refers to four of the ten wholesome actions. There are four kinds of right speech:
- 1) Words of truth. These are words that are true, honest, and not duplicitous. 2) Words of compassion. These are words that are kind, soft, and give others confidence. 3) Words of praise. These are words that encourage others and bring them joy. 4) Words of altruism. These are words that help and benefit others.

**Morality**

## *Right* **Action**

- "Right action" is behavior that is right and in accord with the truth. It is wholesome bodily karma, which includes three of the ten wholesome actions: not killing, not stealing, and not engaging in sexual misconduct.
- However, following this is just passively not committing unwholesome deeds.
- The active meaning of right action is to protect life, be compassionate, and give charity.

**Morality**

## *Right* **Livelihood**

- "Right livelihood" refers to the right occupation and right way to make a living. Having a moral profession in life is extremely important because most unwholesomeness comes from doing things that harm others and ourselves.
- Occupations such as working in a gambling establishment or a brothel, or dealing drugs or arms are not examples of right livelihood because they involve killing, stealing, lying, engaging in sexual misconduct, and selling intoxicants.

**Morality**

## *Right* **Effort**

- "Right effort" is also known as right diligence, right skillful means, and caring for the Dharma. It means that we should move in the direction of truth with courage and diligence.
- The four right efforts are: to prevent unwholesome states that have not yet arisen, to end unwholesome states that have arisen, to develop wholesome states that have not yet arisen, and to strengthen wholesome states that have arisen.

**Meditation**

## *Right* **Mindfulness**

- "Right mindfulness" is also known as true contemplation. It means to have a mind that is pure, aware, and does not give rise to unwholesome thoughts. It is contemplating the right path.
- There are four applications of right mindfulness. They are: 1) Contemplate the impurities of the body, 2) Contemplate the suffering of feelings, 3) Contemplate the impermanence of the mind, and 4) Contemplate the non-selfhood of phenomena

**Meditation**

## *Right* **Concentration**

- "Right meditative concentration" is using samadhi to focus the mind and settle the distracted body so we can better cultivate ourselves. True samadhi is not merely a matter of sitting in meditation; it is also developing and exploring our inner capacity.
- Right meditative concentration should bring us good health. It should help us focus on single-mindedness and attain peace. It should clarify the mind and lead us from ignorance to the state of awakening. Ultimately, cultivating right meditative concentration will reveal our Buddha nature to us and allow us to discover our true self.

**Meditation**





# ANICCA

"impermanence."

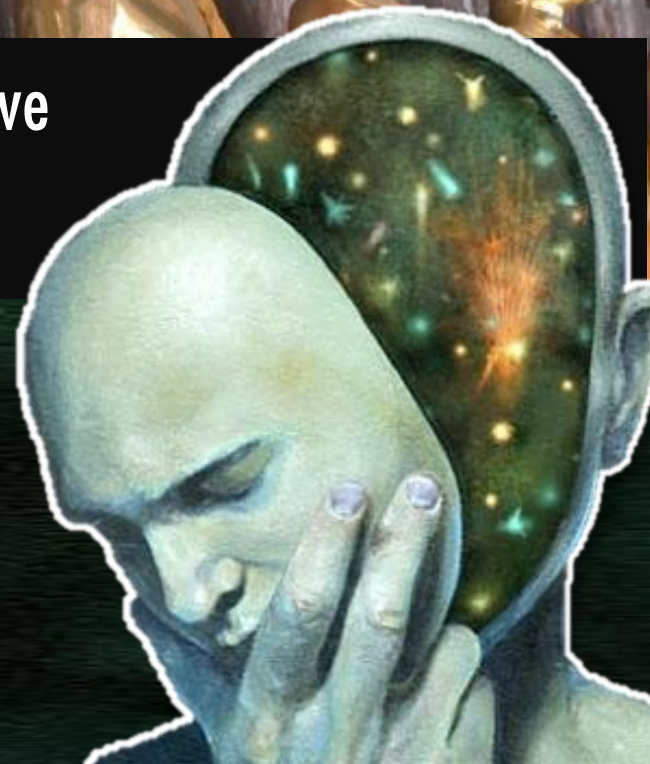
Everything is changing, there is nothing that stays the same

**anatta** — "non-self" or "substanceless." Humans have no soul. They are compounds of matter, sensations, perceptions, mental formations, & consciousness



A man told the Buddha,  
"I want contentment."

The Buddha replied,  
"Remove the I, remove  
the want, and there  
will be contentment."

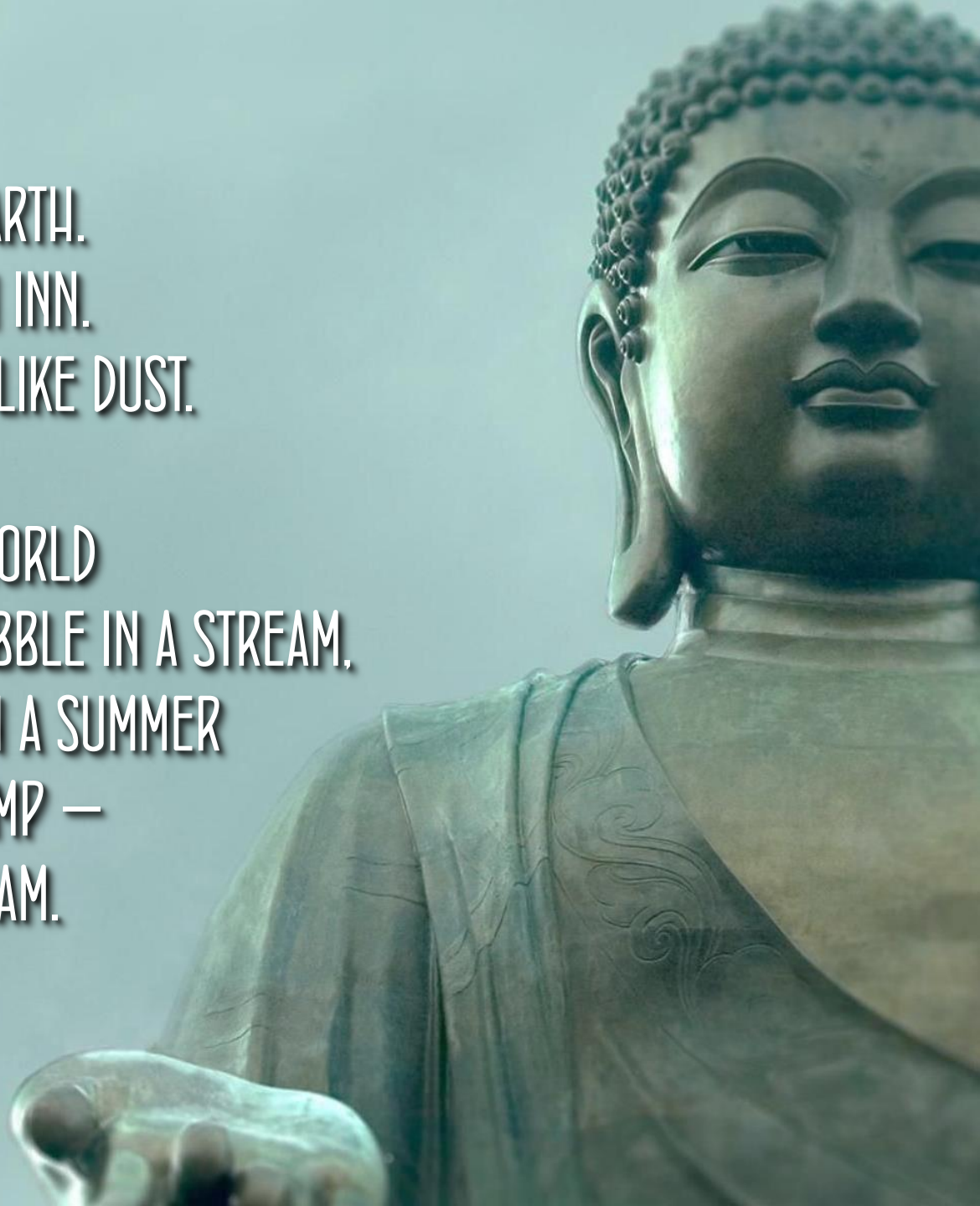




LIFE IS A JOURNEY.  
DEATH IS A RETURN TO EARTH.  
THE UNIVERSE IS LIKE AN INN.  
THE PASSING YEARS ARE LIKE DUST.

REGARD THIS PHANTOM WORLD  
AS A STAR AT DAWN, A BUBBLE IN A STREAM,  
A FLASH OF LIGHTNING IN A SUMMER  
CLOUD, A FLICKERING LAMP —  
A PHANTOM — AND A DREAM.

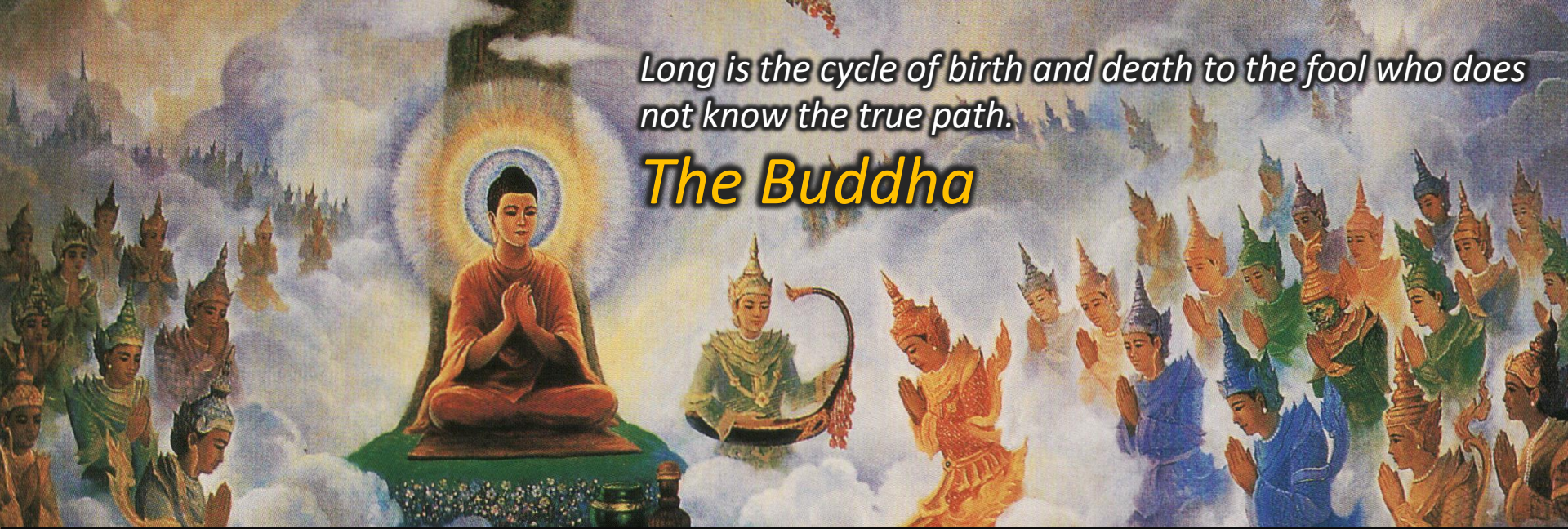
THE BUDDHA



The image features a central, glowing human silhouette standing against a vast, cosmic background. The silhouette is composed of a grid of light points, giving it a digital or ethereal appearance. It is surrounded by numerous bright, radiating lines of light that spread outwards, creating a sense of expansion and energy. The background is a deep blue and purple space filled with stars, nebulae, and distant galaxies. The overall mood is one of mystery, wonder, and the unknown.

**DESTINY**





*Long is the cycle of birth and death to the fool who does not know the true path.*

## *The Buddha*

# REINCARNATION & NIRVANA & SUKHAVATTI







# PRACTICES



# Mahayana

**"THE GREATER OX CART"**  
**TIBETAN & ZEN BUDDHISM**

# Theravada

**"WAY OF THE ELDERS"**  
**SRI-LANKA & SE ASIA**

**PERSONAL AWAKENING "ARHAT"**

**MORE MONASTIC**

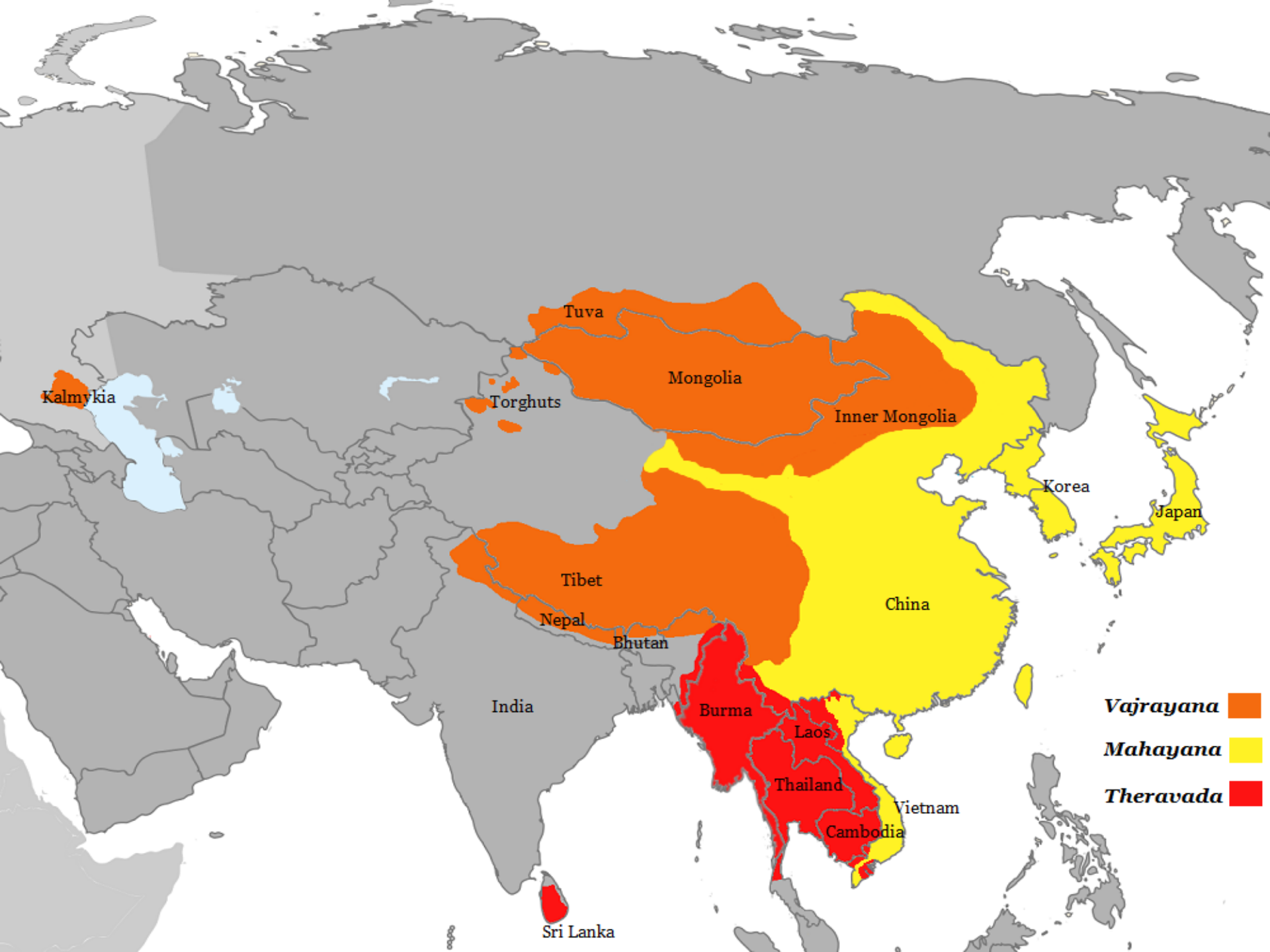
**COLLECTIVE AWAKENING**

**"BODHISATTVA"**

**DEITIES**







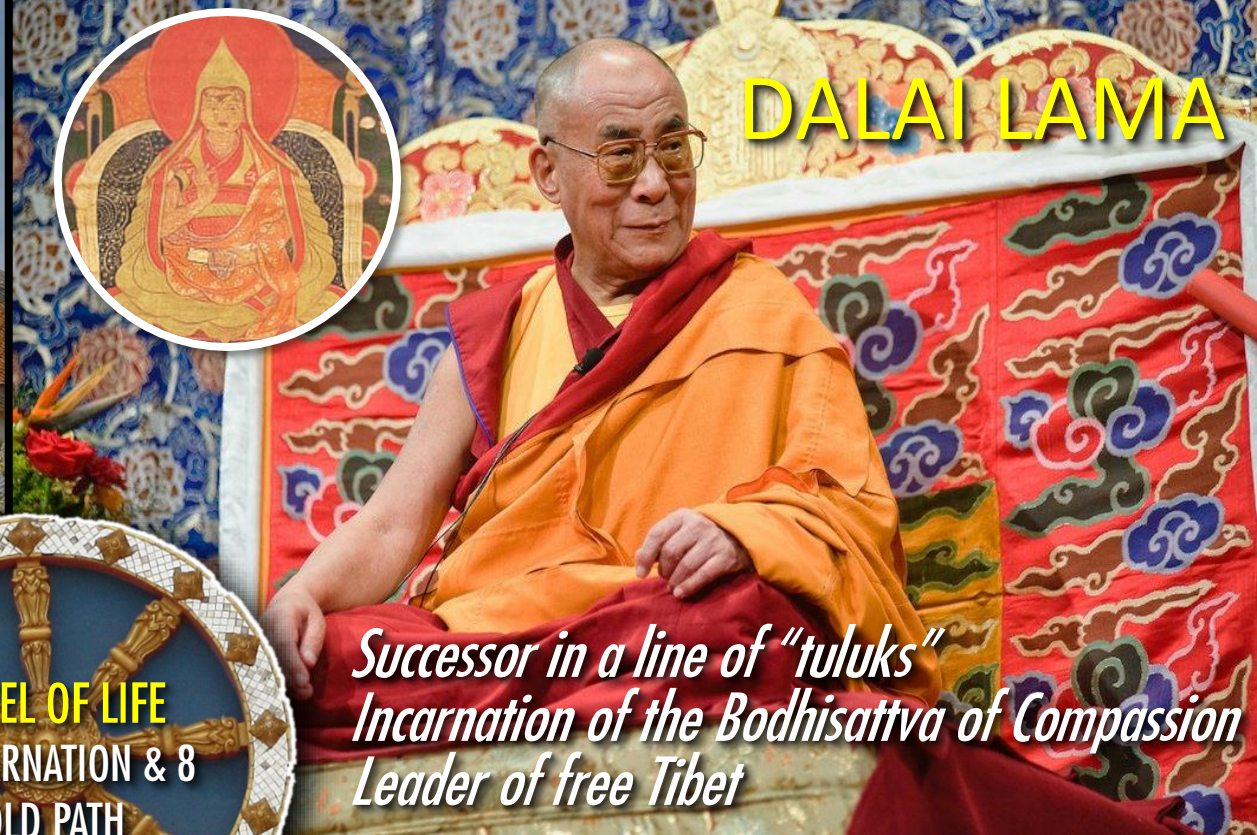




**MEDITATION**



**WHEEL OF LIFE**  
REINCARNATION & 8  
FOLD PATH



**DALAI LAMA**

*Successor in a line of "tuluks"  
Incarnation of the Bodhisattva of Compassion  
Leader of free Tibet*

*"om mani padme hum" = "Behold! The jewel in the lotus!",*

**LOTUS FLOWER**  
Symbolizes divine  
birth, purity &  
impermanence







药师如来

释迦如来

药师如来









Prambanan Hindu Temple  
complex  
Prambanan, 9 km from Yogyakarta











