

Aim: How did Buddhism become a part of Indian life?

I. The Origins of Buddhism

- Founded by a Hindu prince-Siddhartha Gautama (563-483 BCE)
- He rejected his wealth in search for the meaning of human suffering
- Siddhartha left his palace and meditated under a tree for 49 days
- believed he has seen life more clearly
- He became known as the Buddha or Enlightened One

II. Beliefs of Buddhism

- There is no supreme being in Buddhism
- The key to life and happiness is following the Four Noble truths
 1. All humans suffer and feel pain
 2. Suffering is caused by desire
 3. Suffering ends when one puts desire aside
 4. Desire can be overcome by following the Eightfold Path
- The Eightfold Path leads to Nirvana
- Nirvana is the state in which one has attained all wisdom, compassion and harmony.
- Buddhism believes in reincarnation and karma (similar to Hinduism)
- They also use Dharma which are primarily the teachings of the Buddha.

III. Different forms of Buddhism

A. Buddhism split into two movements

1. Theravada Buddhism

- Focuses on meditation & the monastic lifestyle
- Buddha was not seen as a god

2. Mahayana Buddhism

- Buddhism for the masses
- Buddha is a godlike beings