



Sacred Order of Living Paganism

Lesson Outline

Shanddaramon

Level One Class Thirty-One: Buddhism

Preparation

Consider your experiences with Buddhism

Questions to consider:

What are the basic theological tenets of Buddhism?

What are the Buddha's Four Truths?

What is the Buddha's Eightfold Path?

How does Buddhism compare to Paganism?

Study:

Buddhism

Activity:

Do a Buddhist style meditation

Recommended Reading:

The Dhammapada

The World of Tibetan Buddhism: An Overview of Its Philosophy and Practice by Dalai Lama

An Introduction to Zen Buddhism by D.T. Suzuki and Carl Jung

Buddhism: A Very Short Introduction by Damien Keown

Follow-Up

Buddhism

Prophet: Siddhartha Guatama "The Buddha" born around 560(?) BCE, died 480(?) BCE

Main Text: The Dhammapada

Teachings:

The four noble truths

- 1) fact of dissatisfaction (suffering)- all desire happiness yet all suffer
 - trauma of birth
 - sickness
 - fear of life
 - fear of death
 - to be bored with what we dislike
 - separation
- 2) CAUSE of suffering- our desires create suffering
 - a) grasping
 - b) craving
 - c) aversion
 - d) delusion
- 3) end of suffering- freedom from desires relieves suffering
- 4) path of relief- the eightfold path

The middle course is the way of the eightfold path

The eightfold path

0. Right association- associate with people of like mind
- I. Right insight or wisdom
 1. Right views - learning
 2. Right intent - desire to seek the good
- II. Ethical Conduct
 3. Right speech - speak truthfully and with charity
 4. Right conduct - proper acts
 - a) do not kill
 - b) do not steal
 - c) do not lie
 - d) do not be unchaste
 - e) do not act in excess
 5. Right livelihood - occupation of values
- III. Right Concentration
 6. Right effort - stamina
 7. Right mindfulness - continuous self-examination
 8. Right concentration - focus

Four stages of enlightenment:

1. the mind experiences everlasting joy
2. the mind reaches a unitive state
3. the mind becomes conscious of unconsciousness
4. the mind reaches complete purity - dissolution of self (Nirvana)

additional principles:

- * principle of karma- evil returns evil
- * lives are re-born to work out spiritual problems
- * hell and evil are brought upon by the self

Four Noble Virtues

loving-kindness
compassion
equanimity
care for the well being of others

Basic Buddhist meditation

1. concentrate on the breath
2. be aware of sensations in the body
 - awareness of feelings
 - awareness of mind-state
 - awareness of the nature of things as they really are

Types of Buddhism

Hinayana (lesser vehicle) (Theravada)

life of the monk
individual reliance

Mahayana (greater vehicle)

life of the average person
enlightenment through life

Zen (meditation)

direct path to Nirvana (satori in Japanese)
three types:

zazen (through seated meditation)
koan (through seemingly unsolvable puzzles)
sanzen (through philosophical discussion)

Tantra

enlightenment through experience