

Buddhism : The historical Buddha

Name: Siddhartha Gautama Shakyamuni

Born ca. 566 BC in Lumbini

Parents: Shuddhodana and Maya

Wife: Yashodhara

Son: Rahula

Life:

Leaving his hometown (ca. 537 BC)

Meditation, Yoga

Begging monk, asceticism

Enlightenment (**bodhi**) (ca. 531 BC)

Buddha, Tathagata

parinirvana (ca. 486 v.u.Z.)

Buddhism : Enlightenment

Central terms: **bodhi**, **nirvana**, **buddha**

Meaning of Enlightenment:

- Remembrance of one' s former livelihoods

- Knowledge of the birth and death of beings

- Certainty that ignorance and passion, which had previously bound one to the world of suffering and led to ever new rebirths, has finally been overcome

Buddhism : Evolution

Hinayana: Elitist religion (Arhat)

Mahayana: Popularisation of religion

Bodhisattva

Pantheon

Legends

Tantrayana: Inclusion of magical practices and rituals

guru, mudra, asana, mantra, mandala, vajra, ghanta

Buddhism : The four noble truths

All is suffering

The 5 groups of existence factors (*skandha*)

The Cause of suffering

Linking to the cycle of rebirths (*samsara*)

The cessation of suffering

Entering *nirvana*

The path that leads to the abolition of suffering

The eight-part noble path of salvation

Buddhism : The five factors of human existence

Physicalness (*rupa*)

Emotions (*vedana*)

Perceptions (*samjna*)

Motivating forces (*samsara*)

Pure consciousness (*vijnana*)

Buddhism : The eight-part noble path of salvation

right view, right faith

recognition of the 4 noble truths and the factors of existence

right disposition, right decision

Asceticism; the will to create good *karma*

right speech

not chatting, scolding, lying, etc.

right action

respect and protection of creation; prohibition of adultery and sexual offence

right lifestyle

a life according to the rules of morality

right effort

right mindfulness: prudent consideration

right collection: right contemplation

Buddhism : The threefold exercise (*trishiksha*)

Collection of Buddha's teachings concerning:

morality (*shila*)

wisdom (*prajna*)

intellectual discipline (*samadhi*)

Buddhism : morality (*shila*)

ethical conduct in action

- not to kill or contribute to the death of any living being

- not to steal

- not commit adultery; no sexual intercourse at unjust times or with celibate people

ethical conduct in words

- not to lie

- not to defame

- not to use harsh language

- no chatting, chattering, mocking

ethical conduct in mind

- not to be greedy

- not to be bad-willed

- not to have misconceptions

Buddhism : wisdom (*prajna*)

Knowledge of the causal law (principle of *karma*)

Knowing that everything is transitory and dependent on other things

Knowing that all things are impersonal, without me

Knowing that everything is afflicted with suffering

Buddhism : intellectual discipline (*samadhī*)

physical observation

emotional observation

spiritual observation

contemplation of spiritual observation

Buddhism : Schools of Tibetan Buddhism

Nyingmapa (*rNying-ma-pa*)

Kadampa (*bKa'-gdams-pa*)

Kagyupa (*bKa'-rgyud-pa*)

Sakyapa (*Sa-skyapa*)

Gelugpa (*dGe-lugs-pa*)

Bön (Bon)

Buddhism : Functions of the Lama (*bLa-ma*)

religious teacher (*guru*)

performer of tantric rituals for laymen

head of monastery

inkarnation, Tulku (*sprul-sku*)

Buddhism : Tibetan Buddhist Pantheon

tantric deities

protective deities

local deities

evil spirits

Map of Nepal

(Political and Administrative)

