

Name

Professor

Course

Date

Buddhism

Siddhartha Gautama started Buddhism in Bodh Goya, a northern territory in the Indian subcontinent, more than 2500 years ago (Histort.com Editors). Gautama's life experiences made him renounce his life and go on a quest to search for a permanent solution to existential suffering. Gautama attained enlightenment after years of searching while meditating under a Bodhi tree. He discovered "The Four Noble Truths of Buddhism" including the truth, the cause, the end, and the path of suffering, also known as Nirvana (Peto). Nirvana consisted of eight steps, called the Eightfold Path consisting of right to thoughts, actions, livelihood, concentration, mindfulness, understanding, speech, and endeavor (History.com Editors). After passing away in 483 B.C, Gautama's teachings were administered orally for over 400 years and later written in Tipitaka. Ashoka, the Great Mauryan Indian emperor, encouraged the spread of Buddhism by building Monasteries, making Buddhism an Indian religion (History.com Editors). Buddhism is now divided into two major schools, Mahayana and Hinayana. Even though Buddhism is an almost non-violent religion that seeks peace and love with its fellow human beings, there are features that I admire and some that I don't admire.

Features that I Admire About Buddhism

The first thing I admire about Buddhism is the four noble truths. These noble truths include the truth of suffering, the cause of suffering, the end of suffering, and the path to the end of suffering (PBS). Buddhists believe that for suffering to exist, there must be something that

causes it, and if removed, the suffering stops. It teaches relief from suffering through the body and mindful meditation, taking refuge in Sangha, and avoiding things that are not helpful and can cause suffering, such as material possessions, to gain enlightenment. The teachings help me understand that life involves suffering, and we can prevent suffering by avoiding desire or attachment to the material possessions.

The second feature I admire is the noble eightfold path. The noble eightfold path gives Buddhists a pathway to end their suffering and has eight guidelines divided into three thresholds; ethics, meditation, and wisdom. Ethics, which consists of right action, right speech, and right livelihood, teaches us not to harm others by behaving well, being truthful, and earning a living without causing others pain or harm. Meditation, which consists of the right mindfulness, effort, and concentration, makes one aware of themselves and other people's emotions, emphasizing positive emotions and meditation and focusing on meditation. Wisdom, which consists of right understanding and right intention, helps you remember that our actions have consequences, therefore, we should always be transparent in our ways of life. The noble eightfold path helps us improve our behavior and avoid negative thoughts. Believers can get rid of unpleasant thoughts and overcome suffering by following the guidelines of the noble eightfold path.

Thirdly, Buddhists believe in the concept that everything is interconnected and that everyone affects someone else. They also believe in the cycle of life, death, and rebirth, known as the wheel of life (PBS). Buddhists believe that everything happens for a reason and there is interconnectedness among factors of life. They also believe that nothing is permanent and lasts forever. Just like teaching, we depend on one another for our survival and existence.

The fourth thing I admire about Buddhism is the use of Kamma in teachings. Kamma means actions, deed, or intent that leads to either good or bad results. This means

that whatever we choose to take, it may come back to haunt us. It also underlies the relationship of the principle between deeds and their consequences. When doing things in secret, we are subject to moral ethics, which are registered through natural law or tracked by a deity. As such, one may appear to get away with doing harmful or selfish things, but you cannot escape actions' negative results (Domyo). Humans are taught that we have the power to determine our actions and destiny.

The fifth thing I admire is the teaching of four godly states known as “The Four Sublime States.” “The Four Sublime States” consist of loving-kindness, compassion, sympathy, joy, and calm. Buddhists believe that we should be compassionate, kind, loving, generous, and sympathetic to those suffering to free them from their pain. The teachings of these sublime states help to eliminate our suffering and realize life's truth.

Features I don't Admire

There is the asset of things or propositions we believe in Christianity, Hinduism, and Islam; for example, we believe in the existence of a Supreme Being. On the other hand, Buddhism believes in mystical objects rather than a Supreme Being (Dharma). When we die, our souls ascend to the world of immortality where they exist and never return, but in Buddhism, souls do not go anywhere upon liberation; they do not possess eternal souls; they cease to exist or enter an indeterminate state. Non-believing in a supreme being and no life after death by Buddhists contradicts my belief in the existence of a God and life after death.

In conclusion, if we follow Buddhism's life and teachings, we can live in peace and harmony with one another. Being mindful of whatever we do and cultivating wisdom through meditation, our life can always be prosperous and happier. Buddhism teachings also liberate us from suffering by teaching us to avoid things that might cause us pain.

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