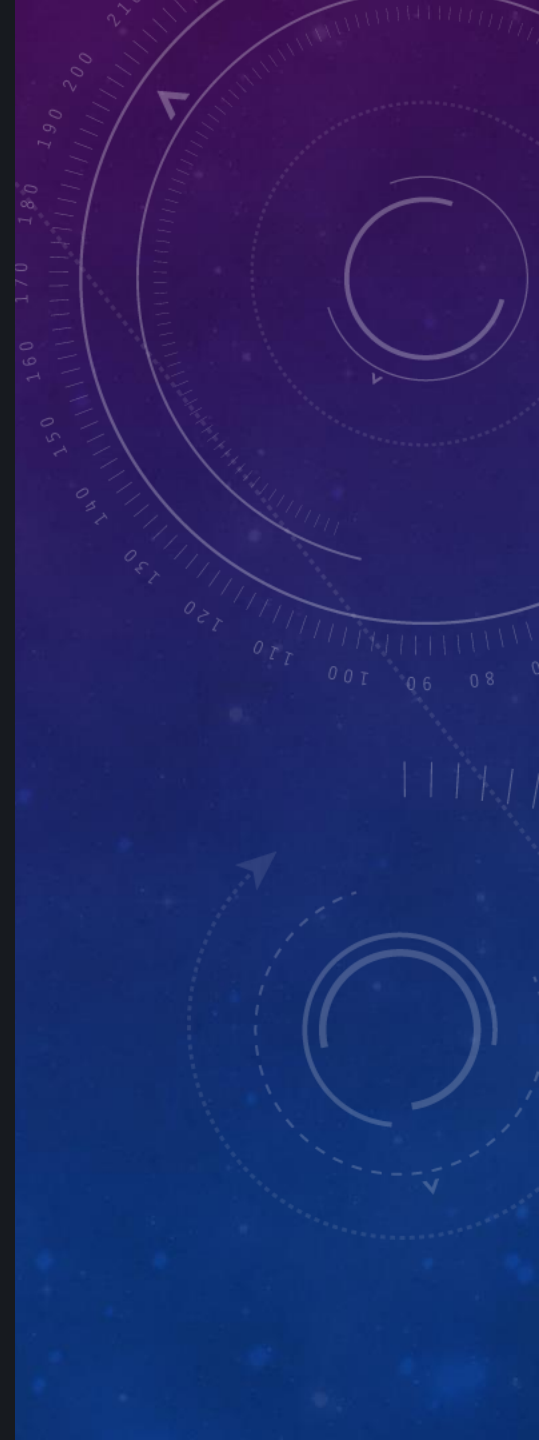


The background is a dark blue gradient with a subtle pattern of small white dots. On the left side, there are several overlapping circular elements. A prominent feature is a large circular scale with tick marks and numerical labels (140, 150, 160, 170, 180, 190, 200, 210, 220, 230, 240, 250, 260) arranged in a semi-circle. Other circles include solid and dashed lines, some with arrows indicating direction, and some with partial segments. The overall aesthetic is technical and futuristic.

# BUDDHISM

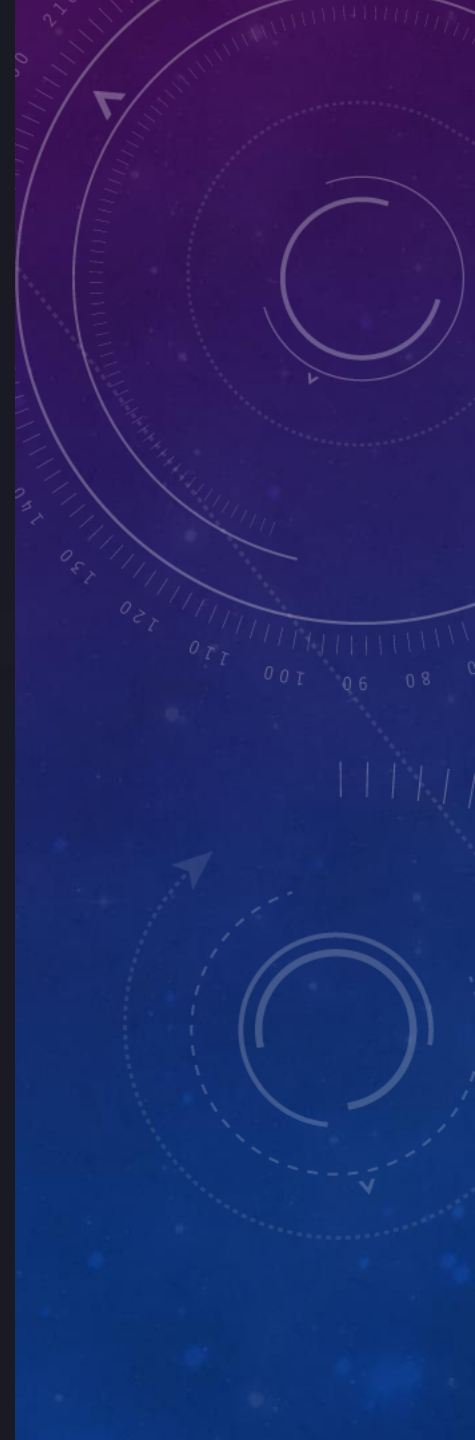


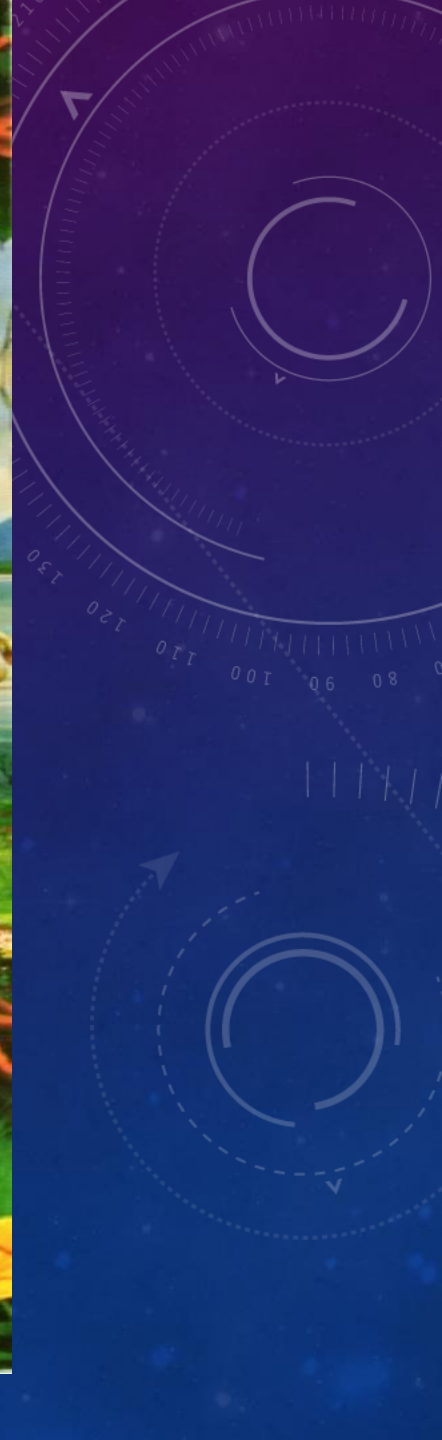
Buddhism, also known as Buddha Dharma and Dharmavinaya, is an Indian religion or philosophical tradition based on teachings attributed to the Buddha. It originated in northern India as a śramaṇa-movement in the 5th century BCE, and gradually spread throughout much of Asia via the Silk Road.



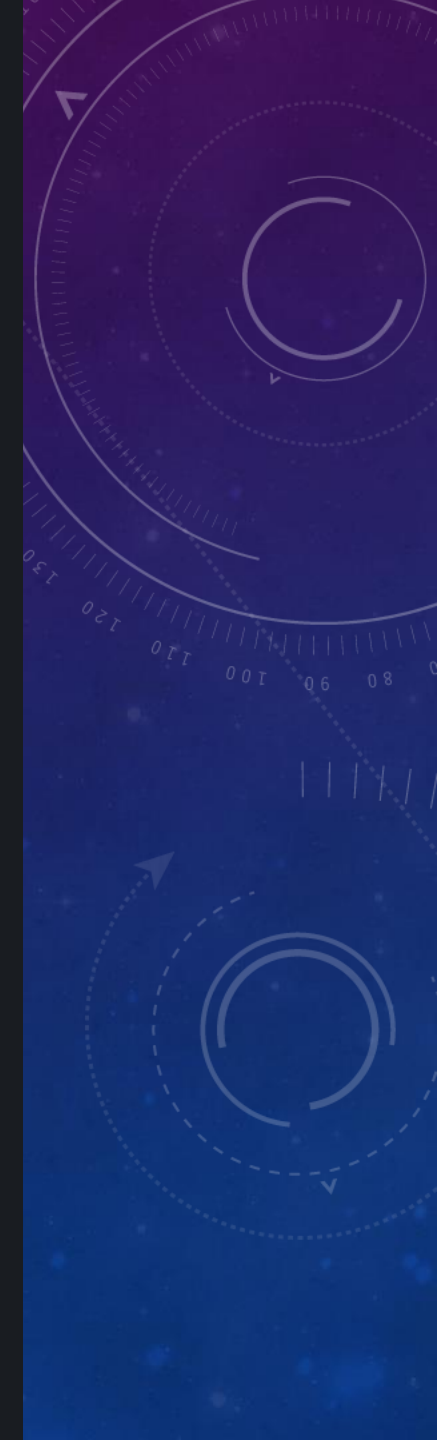
Buddhism is one of the world's largest religions and originated 2,500 years ago in India. Buddhists believe that **the human life is one of suffering, and that meditation, spiritual and physical labor, and good behavior are the ways to achieve enlightenment, or nirvana.**

One central belief of Buddhism is often referred to as **reincarnation** -- the concept that people are reborn after dying. In fact, most individuals go through many cycles of birth, living, death and rebirth. A practicing Buddhist differentiates between the concepts of rebirth and reincarnation.






**They are the truth of suffering, the truth of the cause of suffering, the truth of the end of suffering, and the truth of the path that leads to the end of suffering. More simply put, suffering exists; it has a cause; it has an end; and it has a cause to bring about its end.**



- The Noble Eightfold Path. Right understanding (Samma ditthi) ...
- Ethical Conduct. ...
- Right speech. ...
- Right Action. ...
- Right Livelihood. ...
- Mental Discipline. ...
- Right Effort. ...
- Right Mindfulness.





The secret to ending it and reaching Nirvana, is to **reject egoistic motives and realize your caste's moral duty**. Nirvana in Buddhism, along with karma, are popular concepts nowadays. However, they are often used in an improper manner, and their roots in Hinduism and Buddhism have been erased by western-related values. 

What you think,  
you become.  
What you feel,  
you attract.  
What you imagine,  
you create.

Buddha



Nirvana-in-this-life is believed to result in a transformed mind with qualities such as happiness, freedom of negative mental states, peacefulness and non-reactiveness.



**“Words have  
the power to  
both destroy  
and heal. When  
words are both  
true and kind,  
they can  
change our  
world.”**

*Buddha*



Buddhism and Hinduism agree on karma, dharma, moksha and reincarnation. They are different in that Buddhism rejects **the priests of Hinduism, the formal rituals, and the caste system.** Buddha urged people to seek enlightenment through meditation.



A man asked Lord Buddha  
" I want happiness."  
Lord Buddha said  
first remove " I " that's ego.  
Then remove "Want" that's desire.  
See now you are left with only  
"Happiness"

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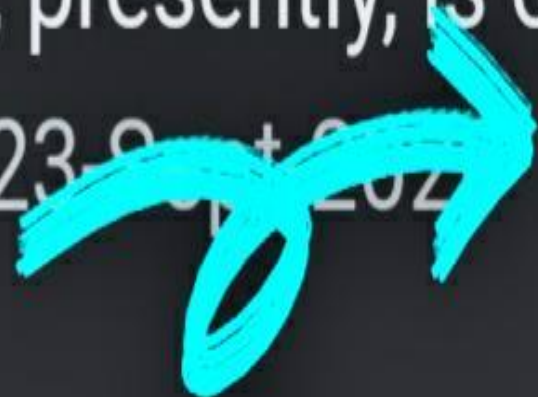


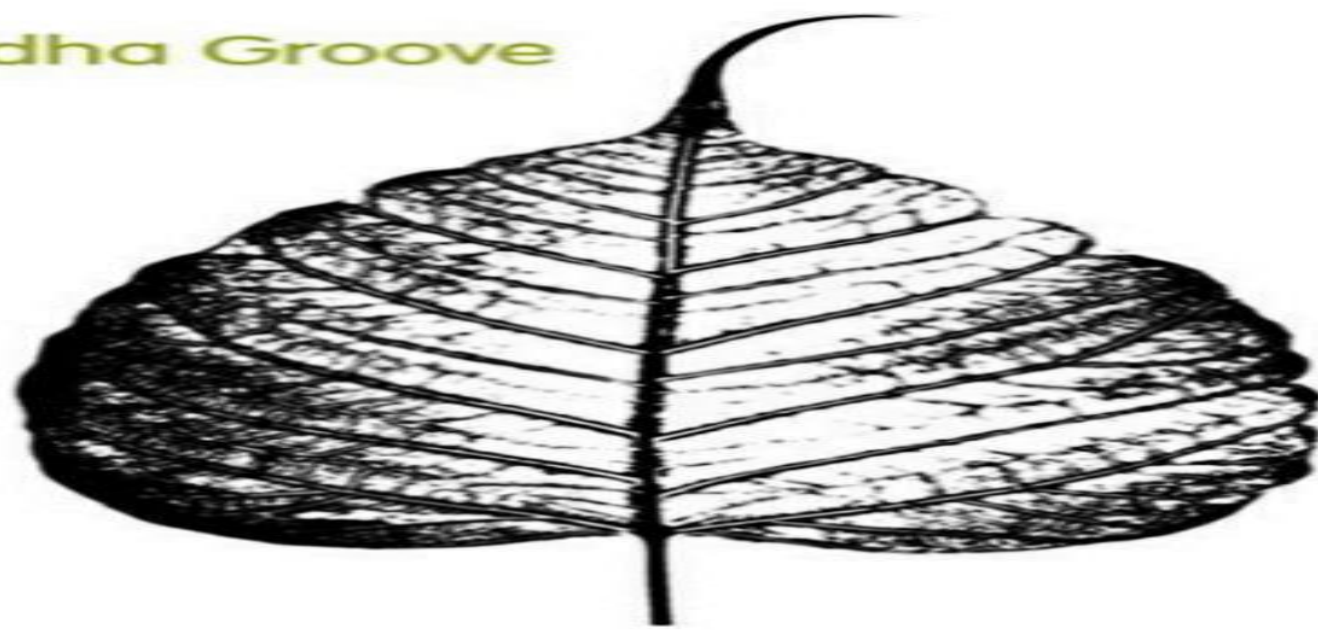
Ashoka promoted Buddhist expansion by sending monks to surrounding territories to share the teachings of the Buddha.



After his death, his disciples preserved and developed his teachings until they were spread from India to other countries by the **Mauryan king Ashoka the Great** (r. 268-232 BCE). From the time of Ashoka on, Buddhism has continued to flourish and, presently, is one of the major world religions.

23 Sep 2022





## MEANINGFUL SYMBOLS

### **Bodhi Leaf:** *Emblem of Enlightenment*

As a young man seeking spiritual wisdom, Buddha resolved to meditate under a Bodhi tree and stay there as long as necessary. He would move only when he found the answers he sought. It was there, after 49 days of meditation, that he achieved enlightenment.

Alluding to this powerful moment, the Bodhi tree and the Bodhi leaf are **symbols of awakening and spiritual enlightenment**. They also point to the importance of perseverance. In spirituality, and in life, it is rare for the answers to just come to us: it is only through humble dedication, and profound patience, that we arrive at a place of peace.