**Origin**

Founded by **Siddhartha** **Gautama**, a **Hindu** Prince, around 500 BCE. Siddhartha was sheltered by his father from the outside world. On a trip, Siddhartha encountered a **sick** man, an **old** man, a **poor** man, and a **corpse**, all of which his father tried to shield him from. Upon seeing this he left home on a journey to reach **enlightenment** (or how to end suffering) Siddhartha spent the next **40** years in **poverty**, at times going years with only eating a single grain of **rice** a **day**. Sat below the **Mara** tree and refused to move until he finally reached **enlightenment**. People would come listen to his teachings.

**Beliefs**

Not monotheistic or polytheistic, but not atheistic either. Sacred text is **Tripitaka.** Name means Three Baskets, where Buddha’s teaching were written on leaves that were woven together and stored in baskets.

**Reincarnation**

Unlike Hinduism the soul does not travel from one body to the next. Buddha said taking on a new body is like lighting multiple flames with the same candle. Each candle is now connected but each flame is different. Each life is connected through Karma, but it is not the same life.

**4 Noble Truths**

**1**. All of life is **pain** and **suffering** **2**. All pain and suffering is **caused** by **wants** that can **never** be **satisfied**

**3**. Pain and suffering are **ended** by getting **rid** of **wants** **4.** Wants are ended by **following** the **8 Fold Path**

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| **8 Fold Path** | **Nirvana** |
| Path broken into 3 parts: **Wisdom**, **Virtue**, **Concentration** | i. Attained once you have gotten **rid** of **all** wants/sadness |
| 1. Right **View**: Understanding there is sadness and where sadness comes from. | ii. Seen by some as a **destination** and not just a state of mind |
| 2. Right **Intention**: Must have intent to have good will | iii. One who reaches it becomes a **Buddha** |
| 3. Right **Speech**: Don’t speak lies or anything hurtful/harmful | iv. **Buddha** referred to it as incomprehensible and unutterable |
| 4. Right **Action**: Preserve life, don’t steal |  |
| 5. Right **Livelihood**: Obtain peace legally, don’t use weapons, drugs |  |
| 6. Right **Effort**: be moral, not aggressive |  |
| 7. Right **Mindfulness**: See things as they are, not as you see them. |  |
| 8. Right **Concentration**: Meditation to clear mind |  |