The Basic Teachings Of Buddhism And Buddha

Buddhism is one of the significant religions in the world right now. This religion was found 6th century B.C.E. and is very popular among Asian countries, especially in India. The founder of the religion is Siddhartha Gautama (“Buddha”). “The person who achieved his or her goals” is the meaning of Buddha’s name. Siddhartha Gautama was born in northern India. Though his family was wealthy, he did not ensure joy. In order to locate the way to human satisfaction, Siddhartha investigated the rationalities of the day and diverse lessons religions. He used the meditation way and after about six years he was enlightened. After this process he started spending his whole life to illustrate and teach people what is Buddhism and its principles. Buddhism is not about Gods, it doesn’t provide theories about what can happen after death. Buddhism’s main philosophy is enlighten people and make them to live a peaceful life period. The main teachings of Buddhism are the Four Noble Truths and the Noble Eightfold Path.

The Four Noble Truths were taught and first of them is the full comprehension of suffering. Clearly, people know about pain, hunger, cold and anxiety. The First Noble Truth expresses knowledge of the significant number of consequences of suffering. One always believes that a particular circumstance gives one the most happiness person can ever imagine, but there is a huge amount of misery. Certainly, every person must abstain from suffering and rise out of poverty, but in order to accomplish this we should be fully aware of his inclination. When we know that the illusion of daily existence is permanent, we don’t have to be overwhelmed with the prospect of constant suffering. Buddha taught his followers about pain and clarified it, that suffering won’t last forever. By following Buddha’s ways and methods one can be happy in progress points and in the end liberation happiness will be with him or her till end.

The Second Noble Truth seeks to determine the cause of misery. Oblivion and lust are the main reasons behind suffering. Person has to understand that if suffering happens the reason is actions done by themselves. Followers of this religion desire for pleasure, materials and fame, which needs that can never be met fully. So, it can lead to misery craving this type of needs. Obliviousness means not seeing the world as it is really. Religion clearly identifies that person’s brain will be left undeveloped if there is no limit to understanding and mental focus. For instance, jealousy, anger and voracity is reason of illiteracy.

Buddha’s teaching sometimes is compared to physician diagnosing an illness that exists and the prescribing a treatment. The First Truth shows us what is the illness, The Second noble illustrates us what are causes of it. The Third Noble gives us hope for the best cure. Dakha’s solution is stopping clinging and attaching. However, how one should do that? In reality, it can’t be achieved by an action of will. It is not possible just saying that I won’t crave starting from now. These ways don’t work because whatever you do the reasons that give to rise to craving will still be there. The Second Noble Truth shows us that we stick to the things we believe will make us happy or we will enjoy or just will keep us safe for a while. Being grasp for one short time thing after another will never satisfy us for a long time because it is all not permanent. The only way is when we see this ourselves that we can end grasping. When you achieve it, the letting go is too easy. All the craving will disappear in its own accord. The Buddha teaches that with help of diligent practice, person is able to put an end to craving. Stopping the hamster wheel-chase after all the satisfactions means being enlightened. This enlightened being exits in

the state called Nirvana (Nirvana is an imaginary place of perfect happiness and peace like heaven. In Buddhism and Hinduism, Nirvana is the highest state that someone can attain, a state of enlightenment, meaning a one's all individual sufferings and desires go away).

The Fourth Noble Truth, as this points to a definitive goal, is considered the truth of the path. That is the image of the Enlightened Person's lessons. In case you go to Samye Ling, for example, you will be able to see the wheel of dharma, which is upheld by two deer, will appear on top of the sanctuary. The believers follow has eight aspects also known as "The Noble Eightfold Path". That's the reason why the wheel of the Buddha's instructing has eight spokes. One of the parts of Fourth Noble Truth is "The Eightfold Path" which is the way that leads to the end of suffering forever.

The Eightfold path is main guide for the followers to get out of all difficulties faced and stopping suffer. As it seems from its name this process has eight steps. First one is being able to understand, which means that one has to understand the Four Noble of Truth are noble and true, a person should be able to understand transformation process and choose the right direction for him or her. The second step is all about right intention, which means person has to know what exactly wants, because what is inside the mind it affects the actions. The third step is called the right speech type. Truth is the only choice and avoiding lies is required. Abusive language and gossip are also considered as wrong action. The fourth step is called right conduct. Buddha suggests that a person must be in a peace with other living beings. So, this means that you should not kill or hurt anybody. All in all, a human must be conscious about action that he or she has done. The fifth step is called the right livelihood. Human must live his or her life in a special way where any person or animal get hurt. It is not acceptable to work in a bad environment because it causes suffering. For instance, selling unhealthy food to others or working as a weapon trader is not right idea for Buddhism. The next one, the sixth step is called the right effort. Applying an effective exertion will make person to begin to see positive changes in his or her own life. What Buddha says is don't end up irritating over a brief time, which is caused by looking at each move made or word said. The seventh step is called the right mindfulness. Buddhism says to its followers that one must be aware of own body and mind, so they can overcome anger or ignorance. The last or the eighth step is called the right concentration. In the last step person take into consideration all the skills that are taught in meditation. Meditation makes it possible to see world from different perspective. All the studies till today prove that meditation has great benefits for our health as it declines feeling of depression and stress of our body. At last, Eightfold Path includes thinking, speaking, behaving and ways that human has to follow in order to reach Nirvana, which obviously means end of the suffering.

All in all, Siddhartha Gautama (The Buddha) is the founder of Buddhism. One of the basic teachings of Buddhism is Four Noble Truths. The first one is the full understanding of suffer. The Second Noble Truth is about knowing that suffering is all because of what we have done. The third one teaches us suspensions of enduring which are reasons for karma and exasperating feelings can be expelled. The Fourth Noble Truth, as this points to a definitive goal, is considered the truth of the path. If a person wants to get rid of suffering, he or she has to follow Noble Eightfold Path. From my point of view, basic teaching of Buddha has to be followed by everybody. Even though I have no believe in any religion, I try to follow these rules thinking as a human. Considering that other religions has so many strict rules, this belief can be good example for society and would help people to live better life.