

Buddhism

Name of god (if any):

*There is no god
(Later people worshipped
the Buddha as a divine being
but Siddhartha did not
see himself as a god)*

Founder (if any):

Siddhartha (Gautama)

Holy Book or writings: (if any)

*Dharma (collected teachings)
(Dhammapada)*

Where practiced:

*China (Tibet), Mongolia
Thailand, Myanmar*

Beliefs:

Buddha = "Enlightened One"

Four Noble Truths:

- 1. Suffering happens when mind is not at ease*
- 2. Suffering comes from wanting (disappointment)*
- 3. To stop suffering, stop wanting!*
- 4. Stop wanting by using the Eightfold Path*

The Eightfold Path

Practice right...

- | | |
|--------------------------------|------------------------------------|
| <i>1. opinions (views)</i> | <i>5. effort</i> |
| <i>2. desires (intentions)</i> | <i>6. jobs (livelihood)</i> |
| <i>3. speech</i> | <i>7. concentration</i> |
| <i>4. actions</i> | <i>8. meditation (mindfulness)</i> |

Ahimsa: non-violence

Nirvana: end of suffering, breaks the cycle of reincarnation