

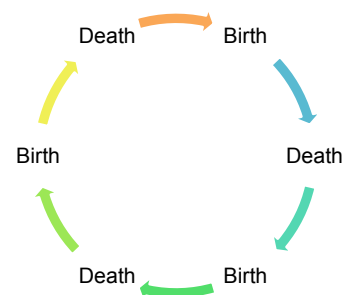
THE ORIGINS OF BUDDHISM

- **Buddhism** originated in northern India around 500 BC from the teachings of a man named **Siddhartha Gautama**
- Siddhartha was born into wealth and prosperity but soon recognized the pain and suffering present in the world
- He dedicated his life to understanding the truths of the world through what he called the **Middle Way**



CENTRAL IDEAS OF BUDDHISM

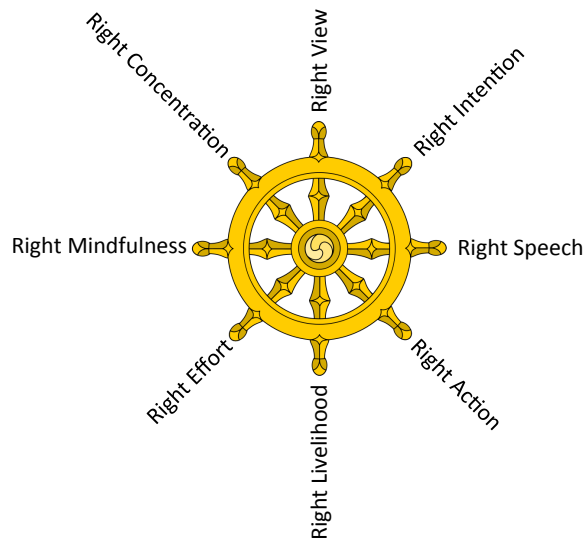
- Upon attaining **enlightenment**, Siddhartha became known as the **Buddha**
- Buddhism is more of a philosophy than a religion because no gods are actually worshiped
- As with Hinduism, **reincarnation** is central to Buddhism and **karma** plays an important role in the cycle of **samsara**



CENTRAL IDEAS OF BUDDHISM

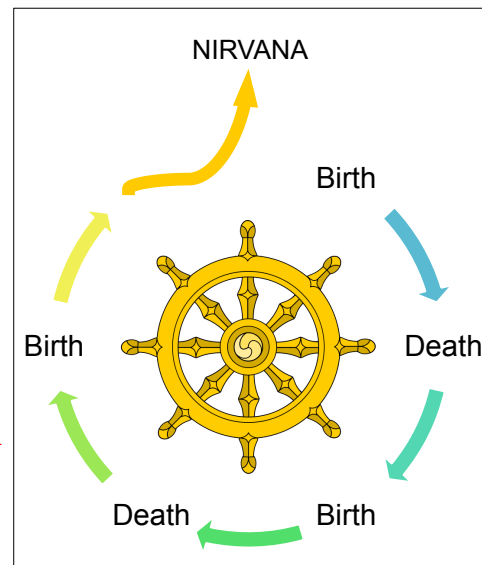
• Buddha's teachings involved the **Four Noble Truths**:

- All life involves suffering
- Suffering is caused by desire
- Suffering can be overcome
- The way to end desire is to follow the **Eightfold Path**



CENTRAL IDEAS OF BUDDHISM

- Buddha rejected the caste system through his belief that no one has an advantage in seeking enlightenment and that no one is different from anyone else
- Through attaining **bodhi** (awakening or enlightenment) a person can be released from samsara and achieve **Nirvana**



Each person is in charge of his or her own destiny