

# Buddhism

Focus – Ethics – Enlightenment



Siddharta Gautama → Gautama Buddha (also Shakramuni)  
“Buddha” – the Awakened One

## Summary:

Seek enlightenment about Reality

Life’s core reality is suffering,

caused by mistaking our “selves” as independent and self-sufficient  
relieved/escaped by enlightenment that transcends the self.

Buddhists recognize no god, so Buddhist devotion is to:

Buddha

Dharma (Buddha’s teachings)

Sangha (community)



## Discuss:

- Buddhism recognizes no god, only the reality of suffering and the quest for enlightenment to escape it
- Would it be more important for you to achieve Nirvana personally, or to help others achieve it?

Sutras (“discourses”) -- ~2,000 on all manner of topics

“The Middle Way” – neither luxury nor deprivation

*Choose a sutra quote and discuss it:*



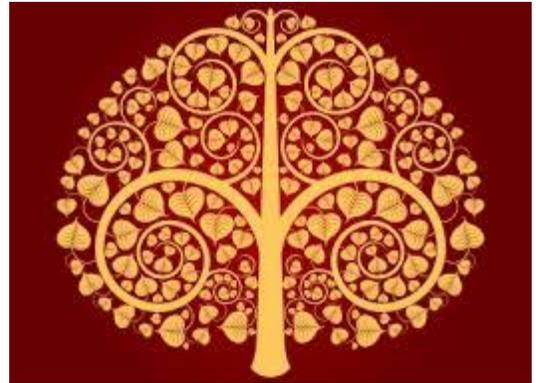
When appearances and names are put away and all discrimination ceases, that which remains is the true and essential nature of things and, as nothing can be predicated as to the nature of essence, is called the "Suchness" of Reality. This universal, undifferentiated, inscrutable Suchness is the only Reality.



Nirvana is where ... there is no more thirst nor grasping; is where there is no more attachment to external things. Nirvana is where the thinking-mind with all its discriminations, attachments, aversions and egoism is forever put away; is where logical measures, as they are seen to be inert, are no longer seized upon; is where even the notion of truth is treated with indifference because of its causing bewilderment.



As a lamp, a cataract, a star in space,  
An illusion, a dewdrop, a bubble,  
A dream, a cloud, a flash of lightening –  
View all created things like this.



### Four Noble Truths

1. Life has inevitable suffering
2. Our suffering has a cause
3. There is an end to suffering
4. The end to suffering is found in the 8-fold path

### The Noble Eight-fold Path

Right View – know the truth

Right intention – free your mind of evil

Right Speech – say nothing that hurts others

Right Action – work for the good of others

Right Livelihood – respect life

Right Effort – resist evil

Right Concentration – practice meditation

Right Mindfulness – control your thoughts

Questions for Joe Gauthier (resident teacher, Lamrim Kadampa Buddhist Center):

Community visit: Sunday, 14 July, 12:15 pm – Lamrim Kadampa Buddhist Center  
301 E. 2<sup>nd</sup> St. (Peterson Paper Bldg), Davenport

Number: 8 – the Noble Eightfold Path from the suffering of life to enlightenment and release

Color: Red -- symbolizes passion transformed into discriminating wisdom, and the blood of life.