

Buddha Purnnima



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The existence of Buddha came in 8 April 563 BC and the Buddhist culture came in around 6th to 8th century BCE. Since then the Buddhist culture has been empowering our lives in certain ways. It's traces are found in many other countries also like Japan, Korea, Vietnam, Tibet and China.

SIGNIFICANCE OF BUDDHISM:

Buddhists encourages its people to avoid self-indulgence but also self-denial. To embrace concepts of karma and reincarnation.

BELIEFS OF BUDDISM:

Change is always possible. Practice and development of morality, meditation and wisdom is the necessity.



PURPOSE OF BUDDHISM:

To reveal the potential to law of life, so to transform hardship into happy life, helping others do the same.

GOAL AND IMPORTANCE:

Nirvana is the ultimate spiritual goal in Buddhism and marks the soteriological release from rebirths in saṃsāra.

The Noble Truths

There were FOUR main noble sayings which were believed the most after all other teachings of Buddha. These were believed and are still considered to revolve around everyone's life. These are as follows :

1.

- *'Dukkha' – The dissatisfaction and suffering exists.*

2.

- *'Samudaya' – There is cause to dissatisfaction and suffering.*

3.

- *'Nirvana and Nirodh' – There is ending of cause of dissatisfaction and suffering by elimination of 'craving, desire and attachment'.*

4.

'Magga' – There is path of practice leading to the end of suffering and dissatisfaction. (the Eightfold Path)

The Eighthfold Path

Right Views

Knowing and understanding four noble truths.

Right Thoughts

Caring for others and being unselfish.

Right Speech

Telling the truth, speaking kindly and wisely.

Right Action

Not to harm others, steal or cheat.



Right Concentration

Followed by the path from peaceful mind.

Right Effort

Working hard to follow path.

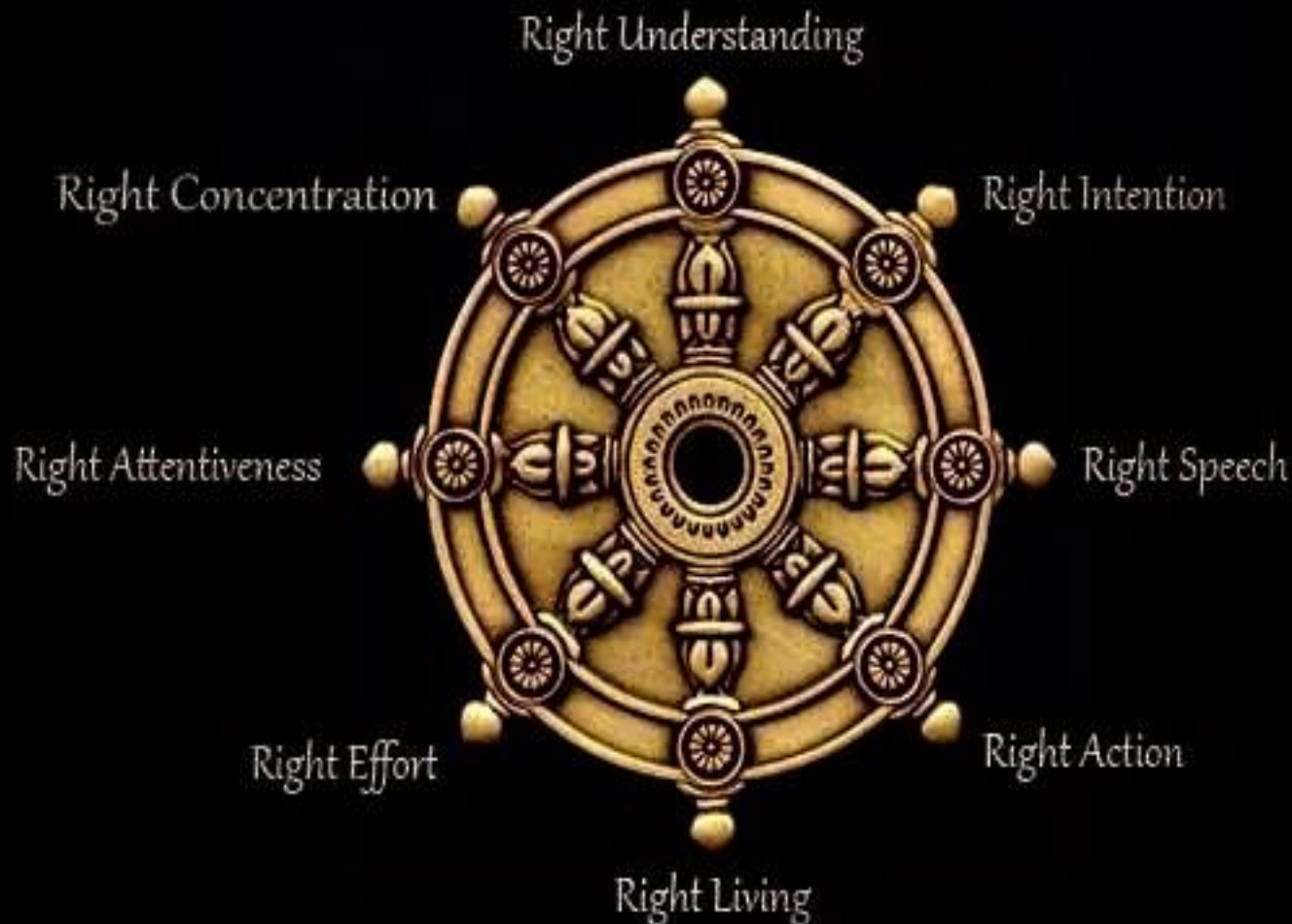
Right Mindfulness

Being aware of thoughts and actions.

Right Livelihood

Working ability and job that does not harm others.

The Noble Eightfold Path



Implementing Buddhism In Life

As Buddhism has been continuing from ages, some people believe it's a culture, religion or just 'teachings'. In reality, Buddhism was a culture practiced by the teaching of Lord Gautama Buddha converting it into a religion.

In our busy lives, we do not get time to preach such culture in this generation. The right ways are :

Right Livelihood: Have I lost the sight of my calling?

Right Concentration: Am I forcing on the right things?

Right Action: Do I practice always what I preach?

Right Understanding: Am I seeing what is there or what I want to see?

Right Effort: Am I pushing myself hard or not hard enough?

Right Intention: Am I committed to living compassionately?

Right Speech: Am I saying something behind people's back and not face?

Right Mindfulness: Am I fully aware of the present moment?

Empathize

Empathize
suffering.

Define

Analyse cause
of suffering.

Ideation

Find a solution
for suffering.

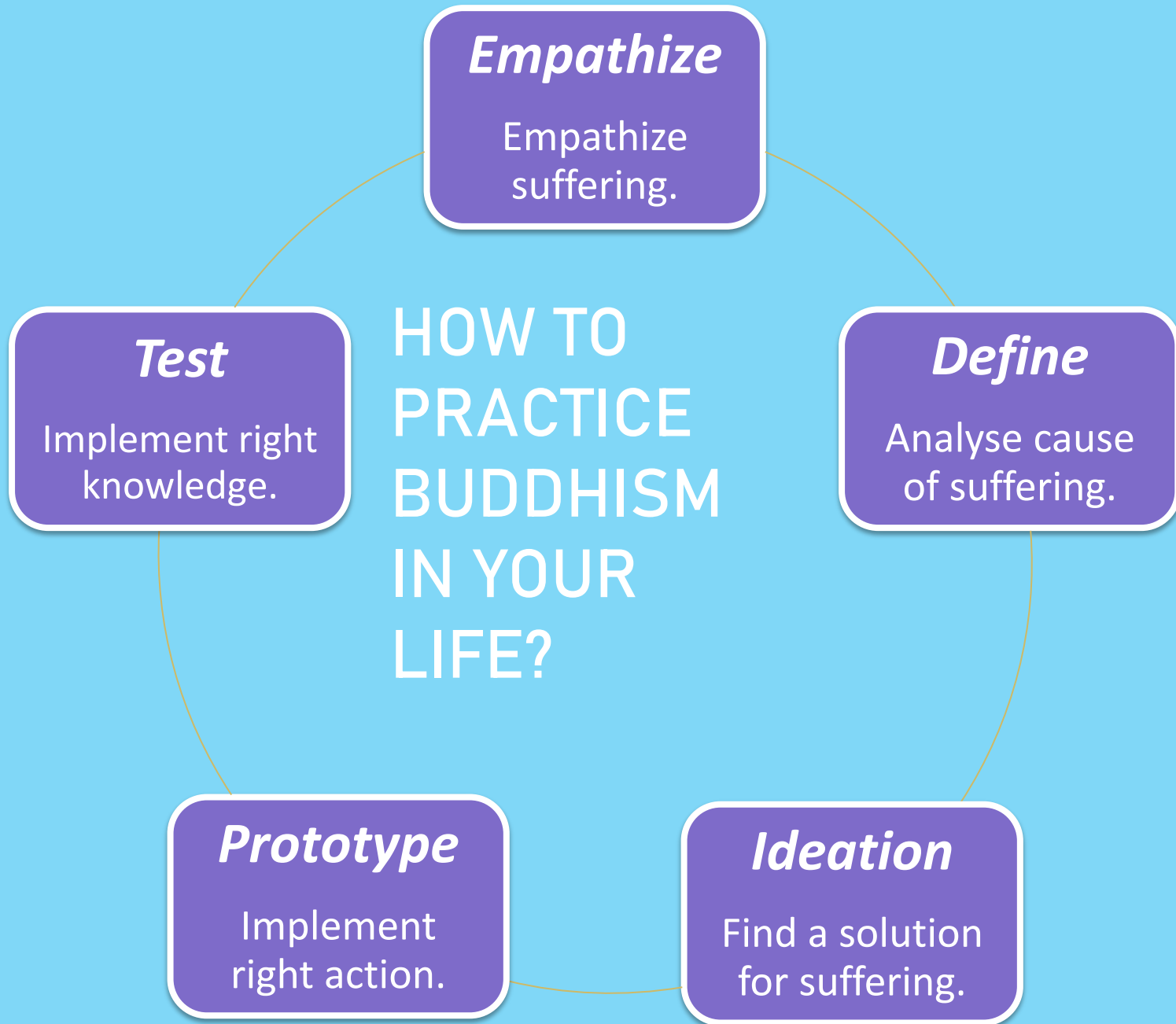
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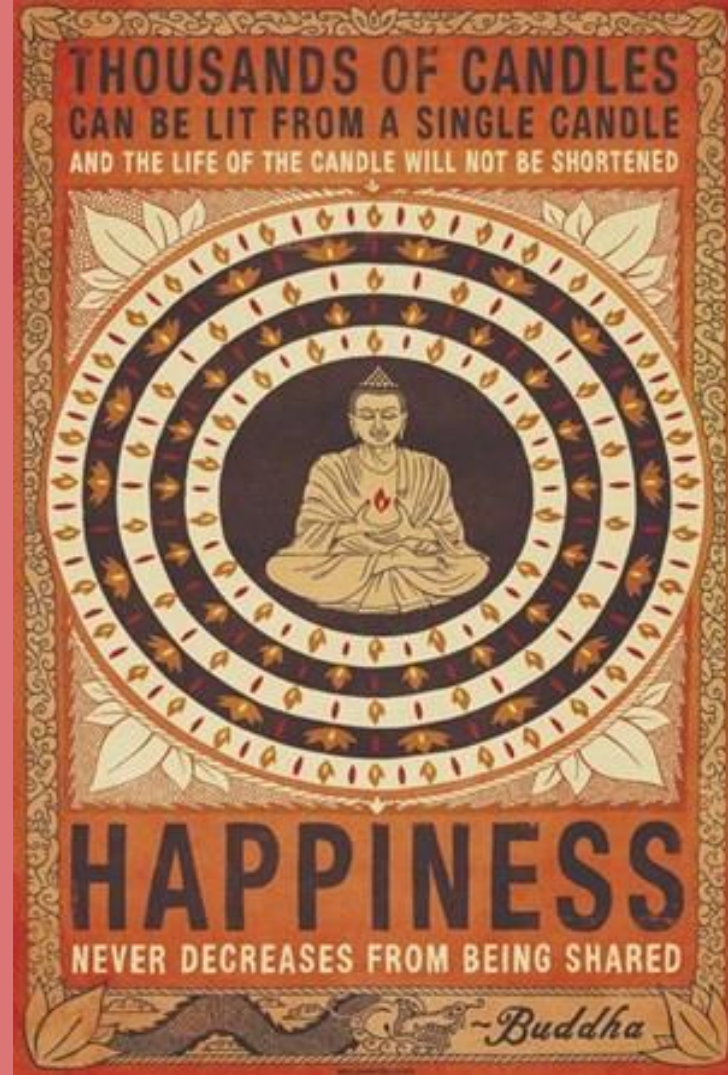
Implement
right action.

Test

Implement right
knowledge.

HOW TO
PRACTICE
BUDDHISM
IN YOUR
LIFE?





“He has the most who is the most content with the least. Rule your mind or it will rule you.”

- Lord Buddha