

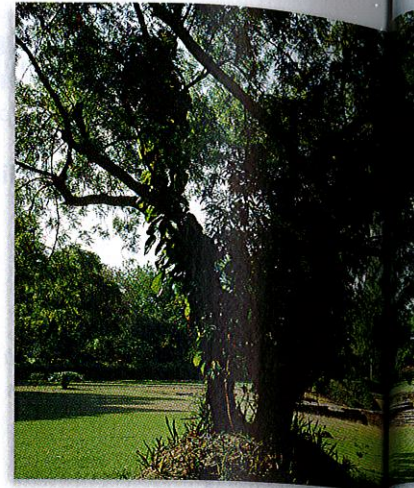
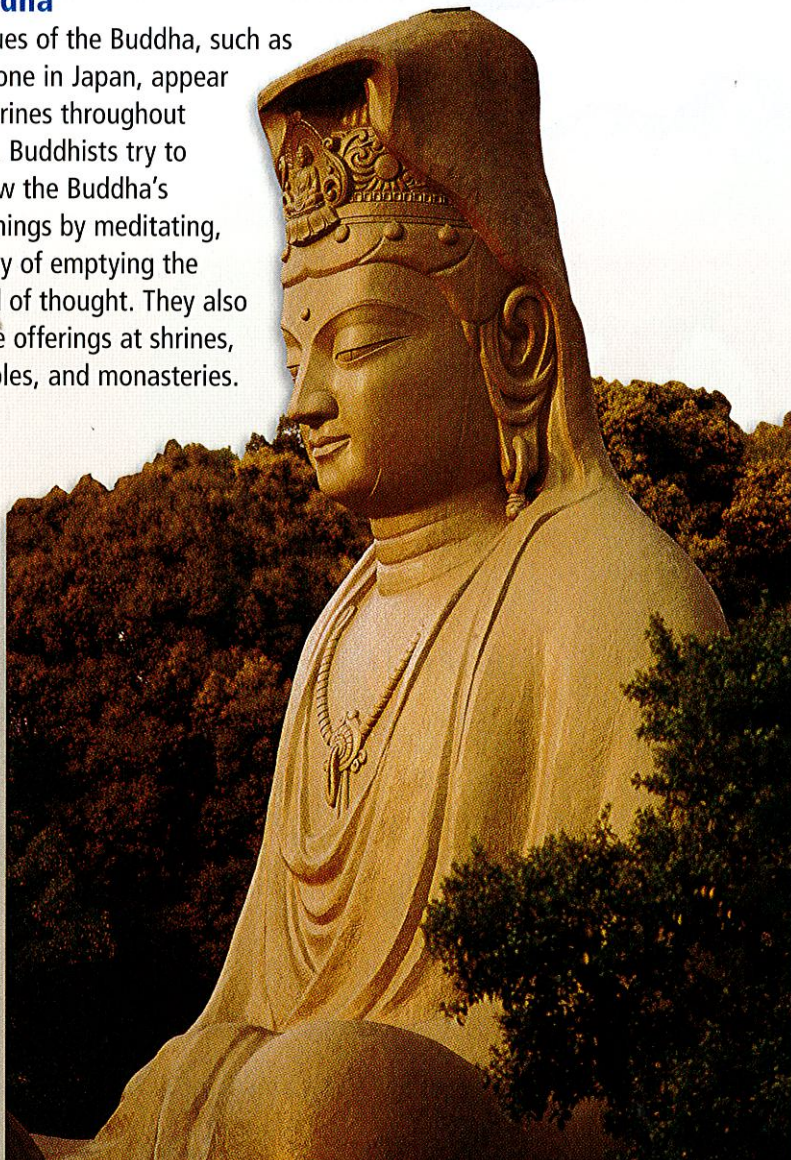
# Buddhism

Buddhism began in India in the sixth century B.C. The religion was founded by Siddhartha Gautama (sihd•DAHR•tuh GOW•tuh•muh), who came to be known as the Buddha. *Buddha* means “enlightened one.” He was born into a noble family but left home to search for enlightenment, or wisdom. The Buddha is said to have achieved enlightenment after long study. According to Buddhist tradition, he taught his followers that the way to end suffering was by practicing the Noble Eightfold Path. This path involved observing the following: right opinions, right desires, right speech, right action, right job, right effort, right concentration, and right meditation.

After the Buddha’s death, Buddhism spread in India, Ceylon, and Central Asia. Missionaries spread the faith. Buddhist ideas also traveled along trade routes. The religion, however, did not survive on Indian soil. Today, most Buddhists live in Sri Lanka (formerly Ceylon), East Asia, Southeast Asia, and Japan.

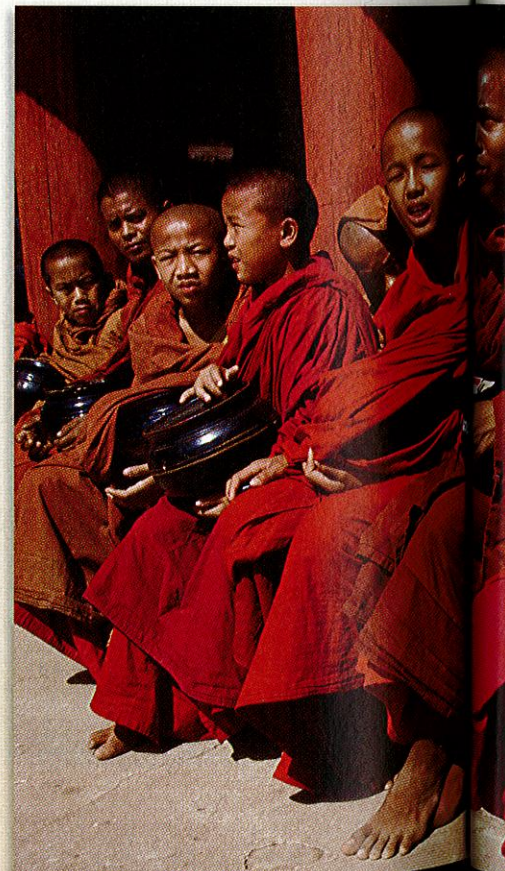
## ▼ Buddha

Statues of the Buddha, such as this one in Japan, appear in shrines throughout Asia. Buddhists try to follow the Buddha’s teachings by meditating, a way of emptying the mind of thought. They also make offerings at shrines, temples, and monasteries.



## ▼ Monks

Buddhist monks dedicate their entire lives to the teachings of the Buddha. They live together in religious communities called monasteries. There, the monks lead lives of poverty, meditation, and study. In this photograph, Buddhist monks in Myanmar hold their begging bowls.



## Learn More About Buddhism

**Symbol** The Buddha's teaching, known as the dharma, is often symbolized by a wheel because his teaching was intended to end the cycle of births and deaths. The Buddha is said to have "set in motion the wheel of the dharma" during his first sermon.



### Primary Source

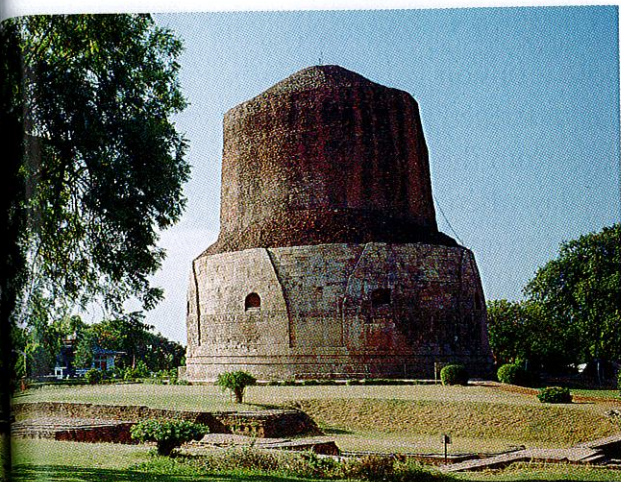
The Buddha called his insight into the nature of suffering the Four Noble Truths. In the following selection, the Buddha tells his followers how they can end suffering and find enlightenment. The path involves understanding that life on Earth is brief and full of sadness. It also involves giving up selfish desire.

All created things are transitory [short-lived]; those who realize this are freed from suffering. This is the path that leads to pure wisdom.

All created beings are involved in sorrow; those who realize this are freed from suffering. This is the path that leads to pure wisdom.

All states are without self; those who realize this are freed from suffering. This is the path that leads to pure wisdom.

from the *Dhammapada*  
Translated by Eknath Easwaran



### ▲ Pilgrimage

For centuries, Buddhists have come to visit places in India and Nepal associated with the Buddha's life. These sites include the Buddha's birthplace and the fig tree where he achieved his enlightenment. Worshipers also visit the Dhamekha Stupa in Sarnath, India, the site of the Buddha's first sermon, shown here.

