

Buddhism and Christianity

THE FIRST ROSARY



Muslim prayer beads



Buddhist prayer Beads



Christian Orthodox Prayer Beads



Who was Buddha?

- The life story of the Buddha begins in Lumbini, near the border of Nepal and India, about 2,600 years ago, where the man **Siddharta Gautama** was born.
- Although born a prince, he realized that conditioned experiences could not provide lasting happiness or protection from suffering.
- After a long spiritual search he went into deep meditation, where he realized the nature of mind. At the moment of full realization, all veils of mixed feelings and stiff ideas dissolved and Buddha experienced the all-encompassing here and now.

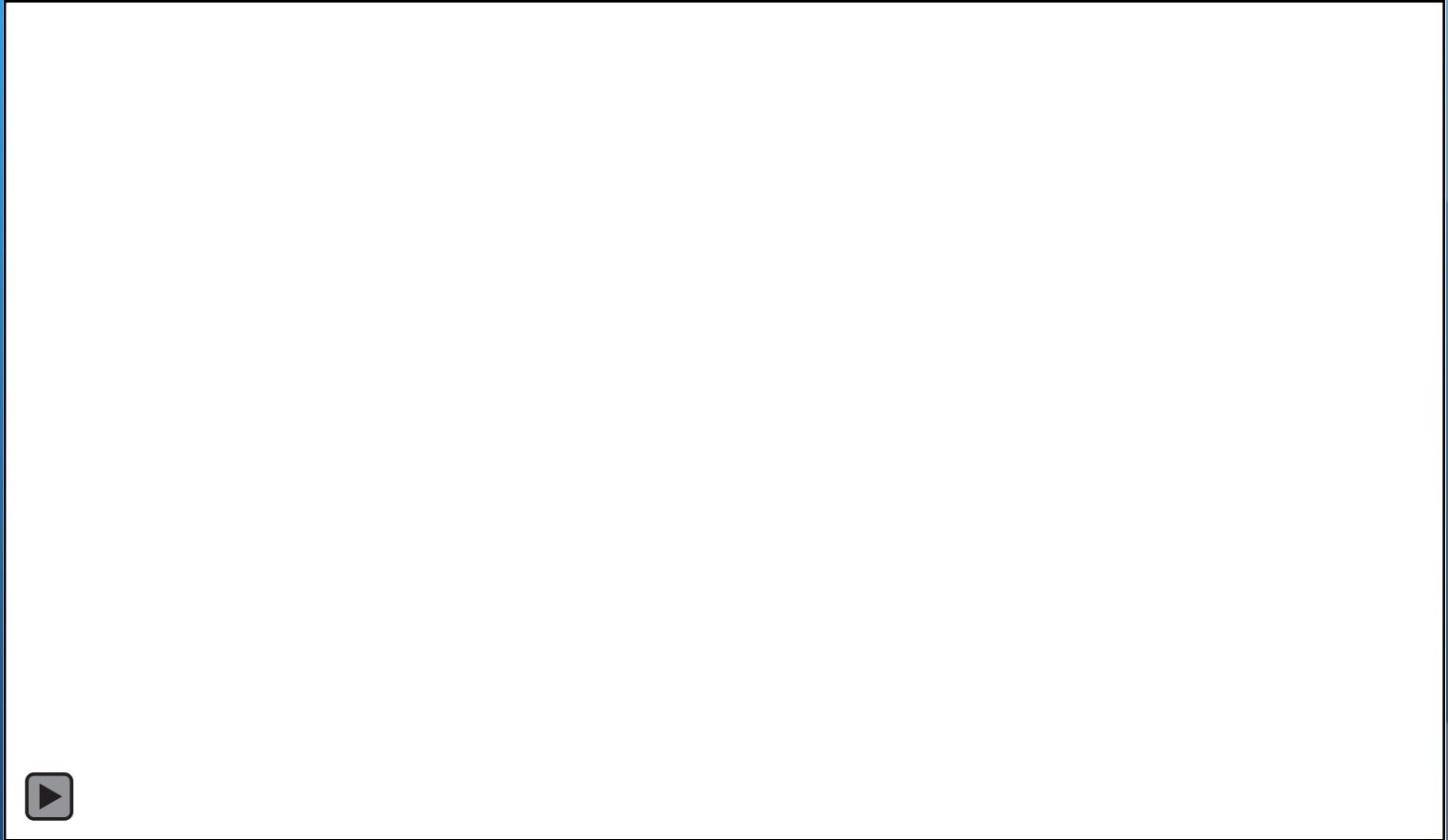


- All separation in time and space disappeared. Past, present, and future, near and far, melted into one radiant state of intuitive bliss.
- He became timeless, all-pervading awareness. He became Buddha, the Awakened One.
- He achieved the state of unconditional and lasting happiness: **the state of enlightenment**, of buddha-hood.

- This state of mind is free from disturbing emotions and expresses itself through fearlessness, joy and active compassion.
- For the rest of his life, the Buddha taught anyone who asked how they could reach the same state.
- After his enlightenment, Buddha traveled on foot throughout northern India. He taught constantly for forty-five years. People of all castes and professions, from kings to courtesans, were drawn to him. He answered their questions, always pointing towards that which is ultimately real.



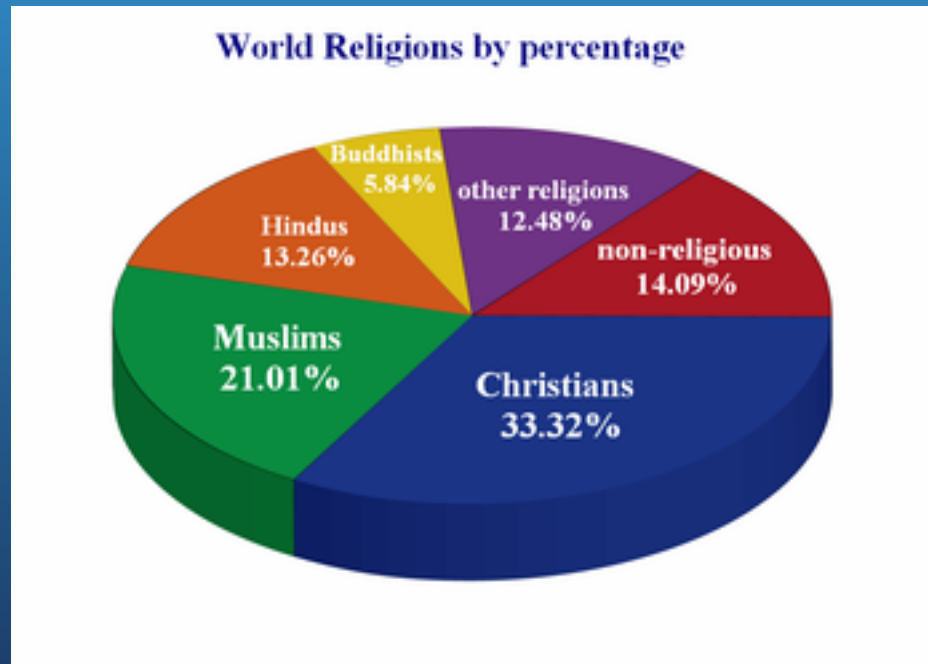
Little Buddha



Buddha and the snake



- 360 Millions of followers in the world:
- Three main currents of teaching



Representations of Buddha



Golden Buddha in Bangkok



White Temple in Chiang Rai





Gold leafed Buddha in Mandalay



Emerald Buddha: Bangkok



Reclining Buddha in Bangkok



Shwedagon Pagoda, Yangon Myanmar



Laos Luang Prabang



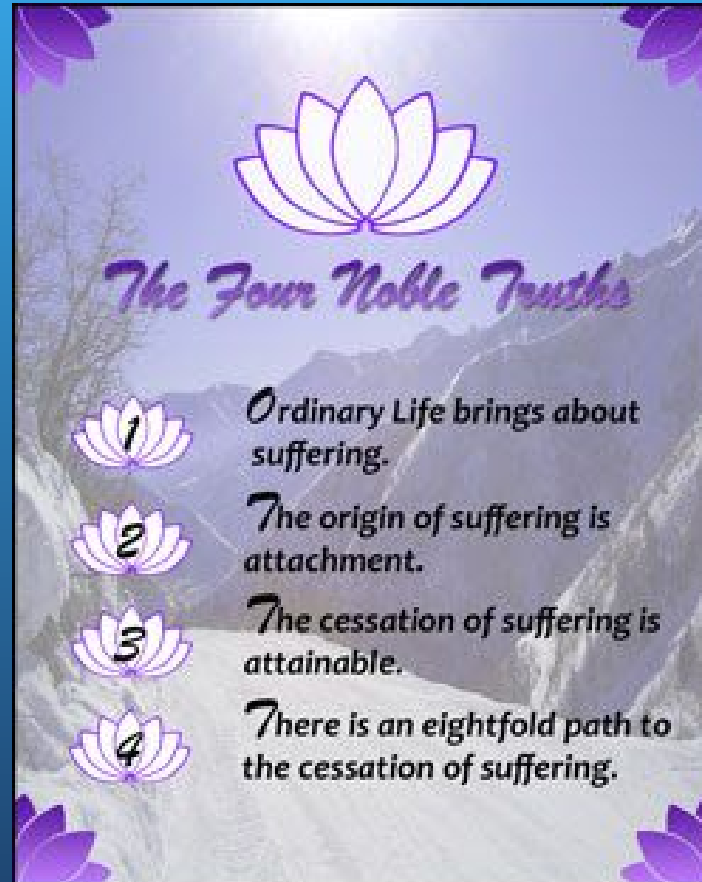
Reclining Buddha, Yangon



Devotee praying the Buddhist Beads



Teaching of Buddha



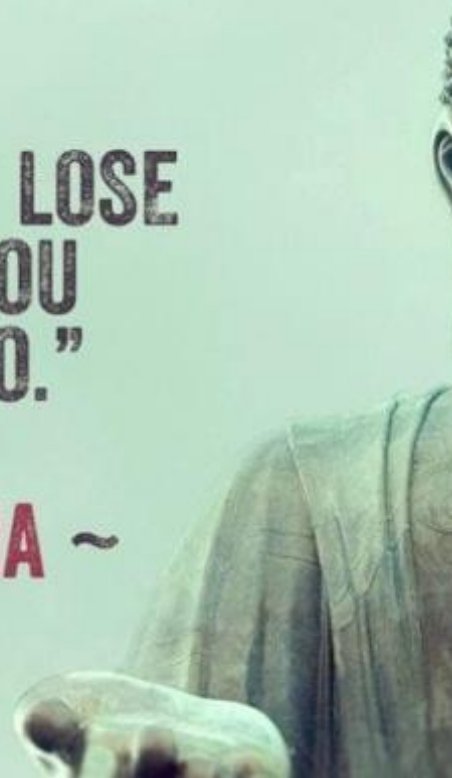
**“The root of
suffering is
attachment”**

The Buddha



**"YOU ONLY LOSE
WHAT YOU
CLING TO."**

~ BUDDHA ~



The Bible agrees:

- "Vanity of vanity,
- All is VANITY"
- Ecclesiastes: 1:2



PAIN
IS INEVITABLE.

SUFFERING
IS OPTIONAL.

Buddha

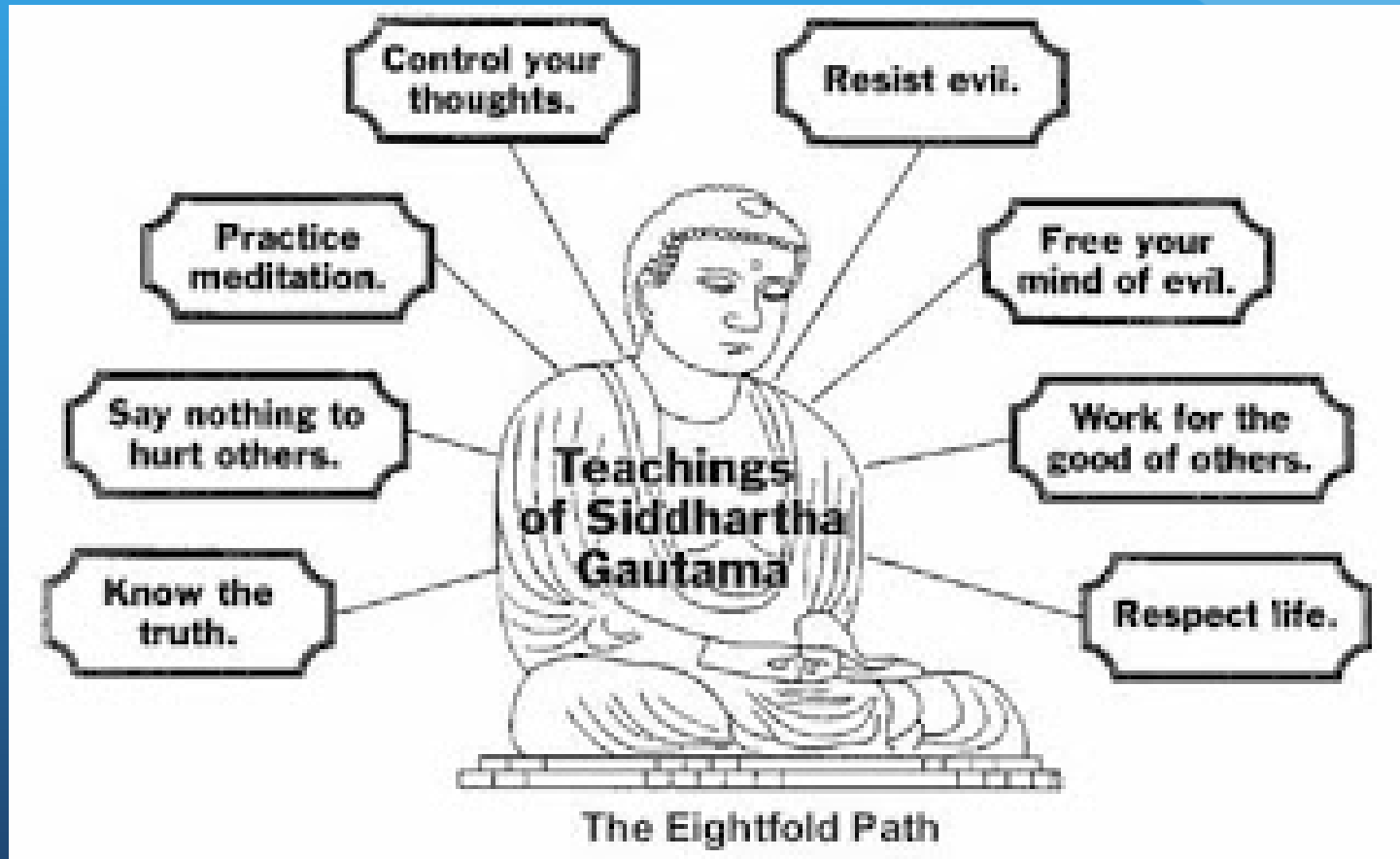
The Four Noble Truths

What are the Four Noble Truths?

- The first was that life is suffering
 - You can't live without death, frustration, etc.
- The second is that suffering is caused by craving and aversion
 - Getting what you want doesn't guarantee happiness, it deprives you of it
- The third is that suffering can be overcome, and true happiness attained
 - If we stop craving useless things, and live each day at a time (not living in the future) we will be happy and free.
- The fourth is that the Noble eight fold path leads to the end of all suffering



The eightfold path to peace



EGO

is just like dust in
the eyes..
Without clearing
the dust,
We can't see
anything clearly,
So clear the ego
and see the world.

e-buddhism.com

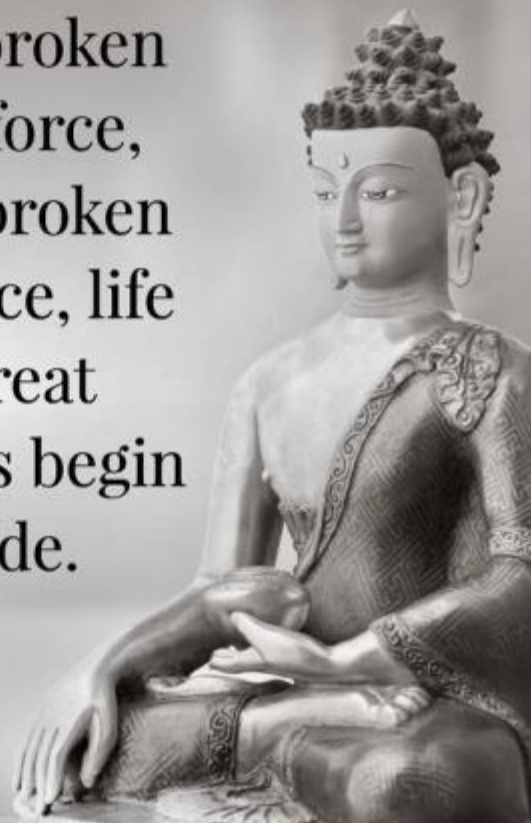
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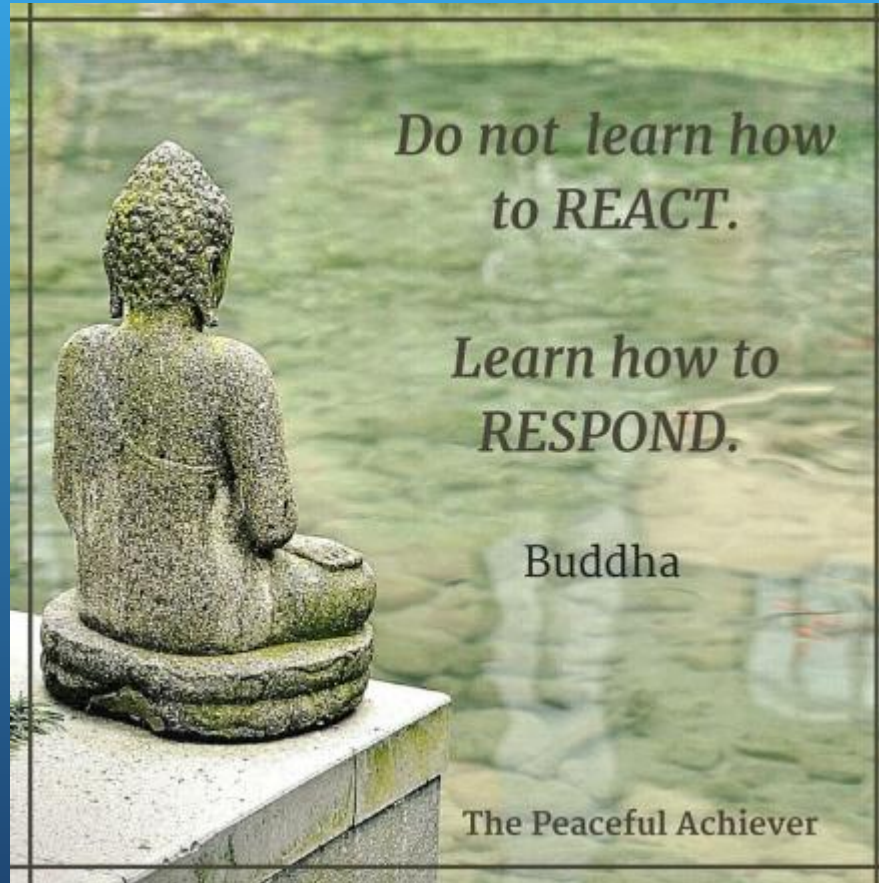
Enter into the depth of your heart

If an egg is broken
by outside force,
life ends. If broken
by inside force, life
begins. Great
things always begin
from inside.

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Humans don't react, they act



Passions

Holding onto anger
is like drinking poison
and expecting the
other person to die.

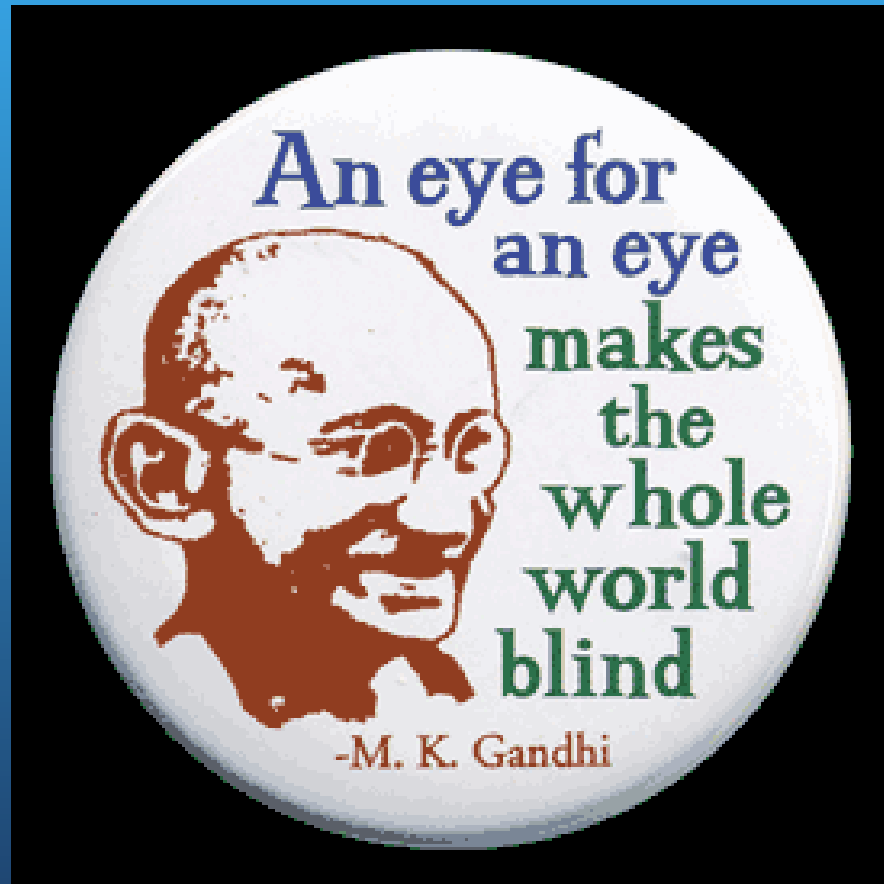




A saint was asked-
"what is anger?" He gave
a beautiful answer-
"It is a punishment we
give to ourself, for
somebodyelse's mistake"



-
- Anger is the punishment we give to ourselves for somebody else's mistakes



An eye for
an eye

makes
the
whole
world
blind

-M. K. Gandhi

- “Who looks outside, dreams, Who looks inside, awakes.”
- “Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.”
- “We don’t see things as they are, We see things as we are.”
- “Everything that irritates us about others can lead us to an understanding of ourselves.”

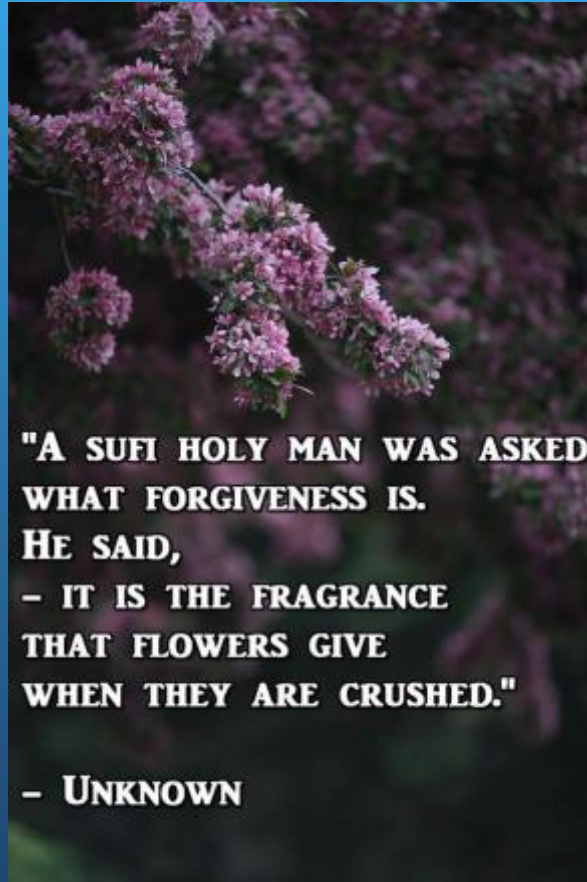
What is the difference between

I like you &
I love you

Beautifully answered by Buddha:

When you like a flower, you just pluck it. But
when you love a flower, you water it daily..!

One who understand this, understands life...



**"A SUFI HOLY MAN WAS ASKED
WHAT FORGIVENESS IS.
HE SAID,
- IT IS THE FRAGRANCE
THAT FLOWERS GIVE
WHEN THEY ARE CRUSHED."**

- UNKNOWN

Jesus.. says, 'Let go of your complaints, forgive those who loved you poorly, step over your feelings of being rejected, and have the courage to trust that you won't fall into an abyss of nothingness but into the safe embrace of a God whose love will heal all your wounds.

Henri Nouwen

The three jewels

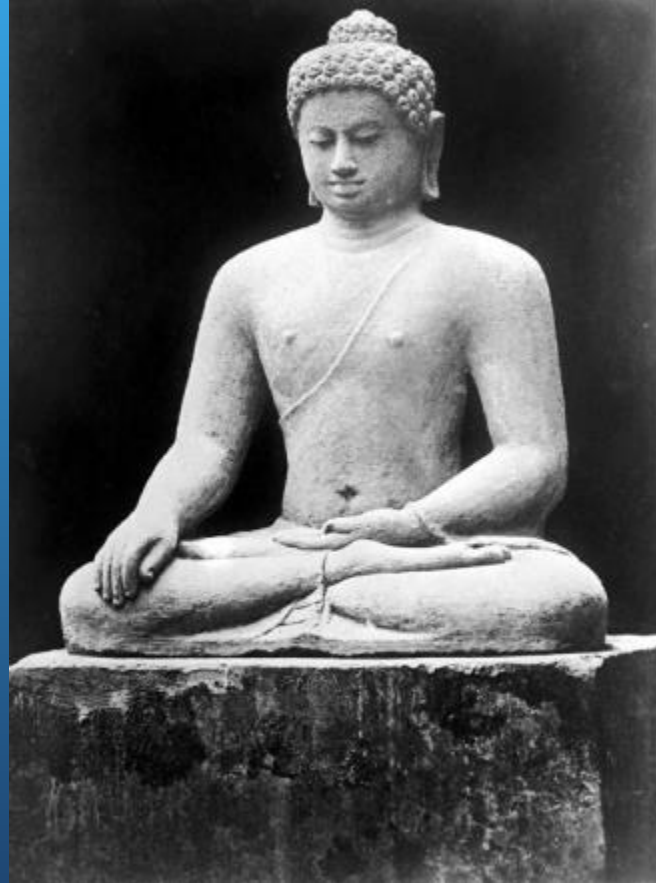
Buddha

Dharma

Sangha



Buddha



Sangha

- Community of Buddhists
- Specifically monks
- Monks = bhikkus
- Can become a monks for life, or just a short time
- Monks live by 10 Precepts and many other rules in Vinaya Pitaka scriptures (laity only use 5 Precepts)
- Differences between monks and laity will differ depending on school of Buddhism



I take refuge in the three jewels



Jesus I trust in:

- You
- The Church
- The Gospel

Lotus: mud



Head of wheat: Sun



- “I tell you, among those born of women there is no one greater than Buddha; yet the one who is least in the kingdom of God is greater than he.” Lk. 7:28

- **Why?**

- Buddhism: Humans looking for God
- Christianity: God looking for humanity
-

- “In the sky, there is no distinction of east and west; people create distinctions out of their own minds and then believe them to be true.”
- “In a controversy the instant we feel anger we have already ceased striving for the truth, and have begun striving for ourselves.”
- “To understand everything is to forgive everything”
- “Every human being is the author of his own health or disease.”
- “We are shaped by our thoughts; we become what we think. When the mind is pure, joy follows like a shadow that never leaves.”
- “Hatred does not cease through hatred at any time. Hatred ceases through love. This is an unalterable law.”