

Introduction to Buddhism

Final Session 8

11/20/22

Basic Review of Course.

*** Is Buddhism a Religion or Philosophy?**

***What does “Buddha” mean?**

*** What is the Buddha’s Name? Siddhartha, Gautama, Shakyamuni.**

*** The historical Buddha. Born about 2500 years ago.**

***Renounces his royal life. Leaves family**

***Reached Enlightenment under the Bodhi Tree.**

***Turned the wheel, started teaching the Dharma.**

***Spread the Dharma for 45 years. Died at the age of 80**

The Four Characteristics of Life.

- 1. All things are impermanent.**
- 2. All things are unsubstantial or interdependent.**
- 3. There is suffering and anxiety in our lives.**
- 4. This suffering can end in achieving Nirvana.**

The Four Noble Truths.

- 1. The Truth of Suffering.**
- 2. The Truth of the Cause of Suffering.**
- 3. The Truth of the Cessation of Suffering.**
- 4. The Truth of the path to the Cessation of Suffering. The Eightfold Path.**

The spread of Buddhism.

*** To many different countries, mostly in Asia. Many different types of practice evolved in different lands and cultures.**

The two Major Schools/Paths of the Buddhist teaching

- 1. Theravadin: The oldest existing school of Buddhism. Mostly practiced in Sri Lanka, Burma and Thailand.**
- 2. Mahayana: A newer form of Buddhist study that focuses on the principle that everyone has Buddha nature and can reach enlightenment. Our school of Buddhism, Jodo Shinshu, is a Mahayana teaching.**

Name of Teaching	Jodo Shinshu (The True Essence of Pure Land Buddhist Teaching)
Founder	Shinran Shonin Date of birth: May 21, 1173 Date of death: January 16, 1263
Name of School	Jodo Shinshu Hongwanji-ha
Head Temple	Ryukoku-zan Hongwanji (Nishi Hongwanji)
Object of Reverence	Amida Tathagata (Namo Amida Butsu)
Scriptures	<ul style="list-style-type: none"> • Sutras: The Three Pure Land Sutras Delivered by Shakyamuni Buddha <ol style="list-style-type: none"> 1. <i>Bussetsu Muryōju Kyō</i> [The Sutra of the Buddha of Immeasurable Life] 2. <i>Bussetsu Kammuryōju Kyō</i> [The Sutra of Contemplation of the Buddha of Immeasurable Life] 3. <i>Bussetsu Amida Kyō</i> [The Sutra on Amida Buddha] • Shinran Shonin's writings <ol style="list-style-type: none"> 1. <i>Shōshin Nembutsuge</i> [Hymn of True Entrusting Heart and the Nembutsu], excerpt from the "Chapter on Practice" of <i>Kyōgyōshinshō</i> 2. <i>Jōdo Wasan</i> [Hymns of the Pure Land] 3. <i>Kōsō Wasan</i> [Hymns of the Pure Land Masters] 4. <i>Shōzōmatsu Wasan</i> [Hymns of the Dharma-Ages] • Rennyo Shonin's <i>Gobunshō Letters</i>
Teaching	Attaining the "entrusting heart"--awakening to the compassion of Amida Tathagata (Buddha) through the working of the Primal Vow--we shall walk the path of life reciting Amida's Name (Nembutsu). At the end of life, we will be born in the Pure Land and attain Buddhahood, returning at once to this delusional world to guide people to awakening.
Way of Life	Guided by the teaching of Shinran Shonin, we shall listen to the compassionate calling of Amida Tathagata and recite the Nembutsu. While always reflecting on ourselves, amidst our feelings of regret and joy, we shall live expressing our gratitude without depending on petitionary prayer and superstition.

Purpose

The Hongwanji school is a community of people joined together revering the teaching of Shinran Shonin and saying the Nembutsu. We seek to share with others the wisdom and compassion of Amida Tathagata. By doing so, we shall work toward the realization of a society in which everyone is able to live a life of spiritual fulfillment.
