

# **Introduction to Buddhism**

## **Session 4**

**10/23/22**

**What Siddhartha (The Buddha) taught.**

### **“The Four Characteristics of Life”**

**Continuation of the last two characteristics, Suffering and Nirvana.**

### **III. There is Suffering and Anxiety in our lives.**

- \* As a prince, Siddhartha sought a way to end suffering.
- \* Siddhartha believed suffering is natural to our human existence.
- \* Suffering is caused by our inability to understand the first two Characteristics of Life. 1, Impermanence. 2, Interdependence

## **IV. The cessation of Suffering (Nirvana)**

- \* The Buddha taught by personal example.
- \* Over coming Suffering by our own mind utilizing Right View
- \* Can any Human become a Buddha?

### **SUGGESTED BOOKS REGARDING BASIC BUDDHISM**

*Basic Teachings of the Buddha* By Glenn Wallis, Modern Library Classics 2007

*Jewels* By Kenneth Tanaka, BDK 2020

*Jodo Shinshu A Guide* Hongwanji International Center 2004

*Ocean* By Kenneth Tanaka, Wisdom Ocean Publications 1998

*The heart of the Buddha-Dharma* By Rev. Kenryu Tsuji, Numata Center 2003

*The Vision of the Buddha* By Tom Lowenstein, Little Brown 1996 (Thorsons 2002)