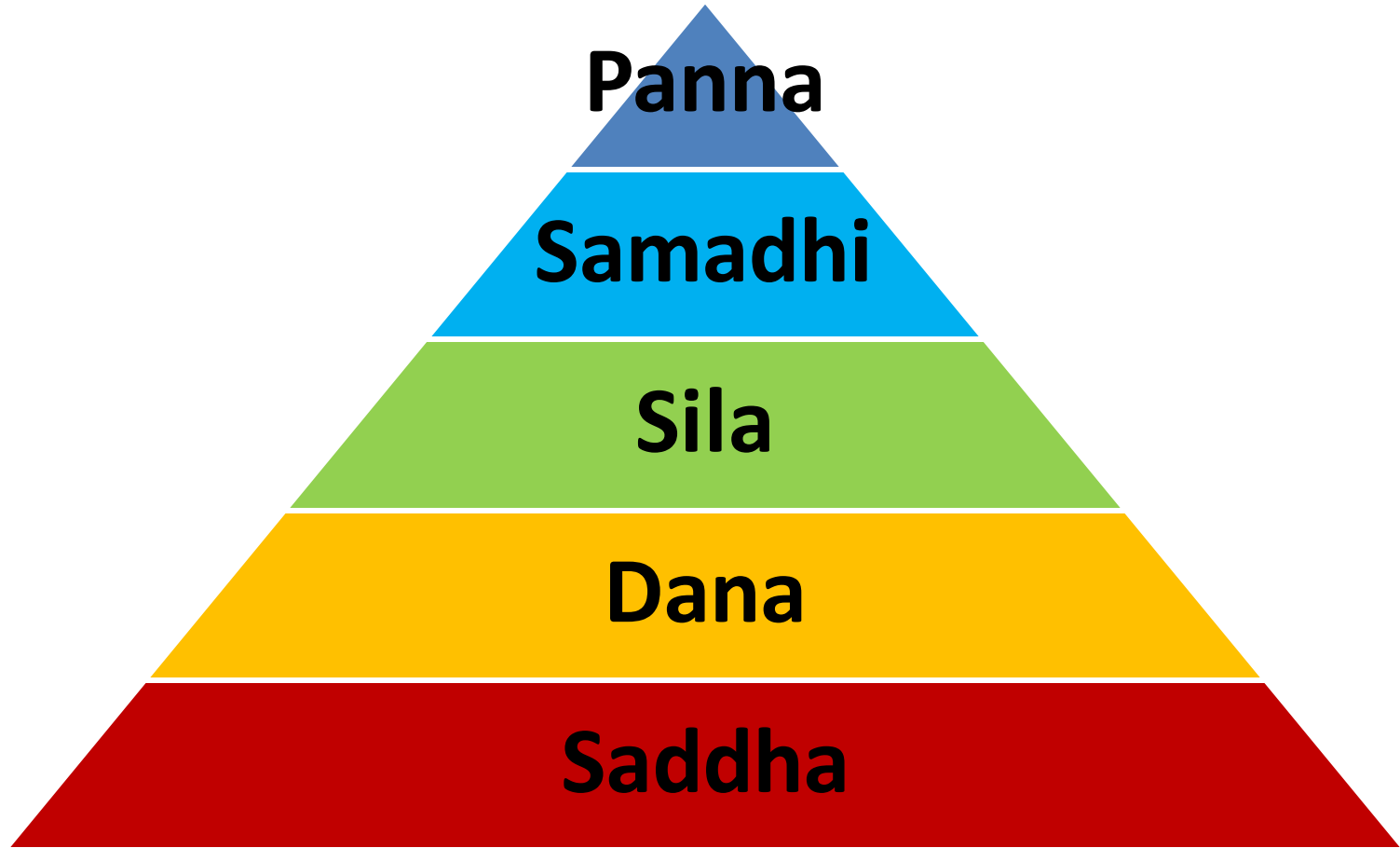




Buddhist Beliefs and Practices



Overview of Practice



What is a Belief?

- A belief is merely a **perception** of reality
- What is believed is not necessary true
- **Saddha** is faith, which is based on beliefs
- **Wisdom** is seeing things as they really are. This is called seeing and knowing
- When there is wisdom, faith (belief) is unnecessary

Walking the Spiritual Path

END WITH
SEEING THINGS AS THEY REALLY ARE



PAYING HOMAGE

Respecting the Triple Gems

Homage to the Buddha

PALI	ENGLISH
Namo tassa Bhagavato Arahato Samma Sambuddhassa	Homage to Him, the Blessed One, the Exalted One, the Fully Enlightened One (Repeat 3x)

Paying Homage to:

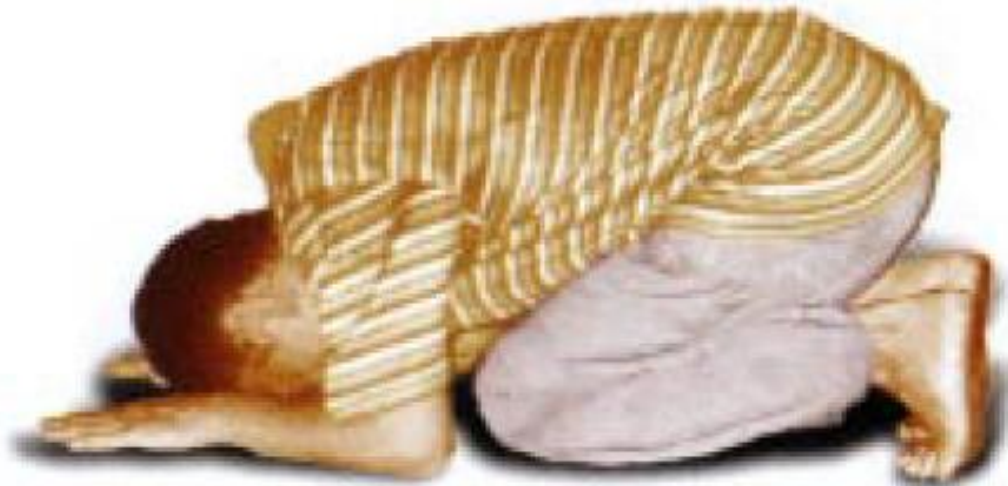
1. the Stupa,
2. the Bodhi tree,
3. the Buddha image

How to pay homage?

1. By **practice**
2. Circumambulate
3. Offers flowers, incense

Five Point Veneration

Both palms, elbows, knees, toes and forehead are placed on the floor during reverence before a Buddha image or any sacred objects of veneration.



Taking Refugee

PALI	ENGLISH
Buddham saranam gacchami Dhammam saranam gacchami Sangham saranam gacchami	I go to the Buddha for my refuge. I go to the Dhamma for my refuge. I go to the Sangha for my refuge. (For the second time...) (For the third time...)

- Becoming a Buddhist
- Becoming a good Buddhist

Upholding The Five Precepts

PALI	ENGLISH
Panatipata veramani sikkapadam samadiyami	I undertake to observe the precept to abstain from destroying living beings
<i>Adinnadana veramani sikkapadam samadiyami</i>	<i>I undertake to observe the precept to abstain from taking what is not given</i>
Kamesu micchacara veramani sikkapadam samadiyami	I undertake to observe the precept to abstain from sexual misconduct
<i>Musavada veramani sikkapadam samadiyami</i>	<i>I undertake to observe the precept to abstain from false speech (lying)</i>
Sura meraya majja pamadatthana veramani sikkapadam samadiyami	I undertake to observe the precept to abstain from taking intoxicants

The Eight Precepts

Buddhist Flag, 1885



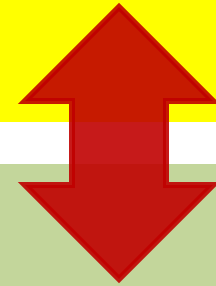
	Loving kindness, peace
	Middle Path
	Wisdom, Virtue
	Purity, Timeless
	Essence of Buddhism

Buddhist Cosmology

Arupaloka
(Immaterial Plane)

Rupaloka (Fine Material Plane)

Kammaloka (Sensual Plane)



Quote

- Bhikkhus, the world has been discovered by the Tathāgata; the Tathāgata is dissociated from the world.
- The origin of the world has been discovered by the Tathāgata; the
- Tathāgata has abandoned the origin of the world.
- The cessation of the world has been discovered by the Tathāgata; the Tathāgata has realized the cessation of the world.
- The way leading to the cessation of the world has been discovered by the Tathāgata; the Tathāgata has established the way leading to the cessation of the world.

- In the world with its devas, its māras, its brahmas, its ascetics and brahmins, its Devas and humans, whatever, bhikkhus, can be seen, heard, sensed, cognized, or reached, sought out and encompassed by the mind has been discovered by the Tathāgata...

Key to the Chart			The Thirty-One Abodes		Translation of the Chart	Classification by way of birth-cause in the respective worlds	
		R U P A L O K A	17.	<i>Ābhassarā Brahmā</i>	World of radiant Brahmās	Full experience to the second jhāna	
			16.	<i>Appamāṇūbhā Brahmā</i>	World of Brahmās of infinite lustre	Moderate experience of the second jhāna	
			15.	<i>Parittābhā Brahmā</i>	World of Brahmās of minor lustre	Weak experience of the second jhāna (mental absorption)	
			14.	<i>Mahā Brahmā</i>	World of Great Brahmās	Full experience to the first jhāna	
			13.	<i>Brahmapurohitā Brahmā</i>	Ministers of Brahmā	Moderate experience of the first jhāna	
			12.	<i>Brahmapārisajjā Brahmā</i>	Retinue of Brahmā	Weak experience of the first jhāna (mental absorption)	
Sense-desire sphere (<i>kāma loka</i>)	Worlds of devas of the sense-desire sphere	K A M M A L O K A	11.	<i>Paranimmitavasavatti devā</i>	Devas enjoying (or utilising) the creations of others	Very good kamma (in the field of worldly activity)	
			10.	<i>Nimmānaratī devā</i>	Devas enjoying their own creations		
			9.	<i>Tusitā devā</i>	Devas enjoying pleasure		
			8.	<i>Yāma devā</i>	Yāma devas		
			7.	<i>Tāvatiṃsā devā</i>	Realm of the thirty-three devas		
			6.	<i>Cātumahārājikā Devā</i>	Realm of the Four Great Kings (of the Four Quarters)		
			Human World	5.	<i>Manussa Loka</i>	The human world	Mixed kamma, predominantly good
	Sub-human worlds (including animals)		4.	<i>Tinacchāna Yoni</i>	The animal world	Unwholesome kamma	
			3.	<i>Peta Loka</i>	World of unhappy spirits		
			2.	<i>Asura Nihāya</i>	World of demons (titans)		
1.		<i>Niraya</i>	Realms of inferno (hells)				

Chart of the Thirty-one Abodes

Key to the Chart			The Thirty-One Abodes		Translation of the Chart	Classification by way of birth-cause in the respective worlds	
Immaterial sphere (<i>arūpa loka</i>)	Brahmā worlds of disembodied consciousness (immaterial sphere)	Beings having consciousness without material body	31.	<i>Nevasaññānāsaññāyatanaūpagā devā</i>	Sphere of neither-perception-nor-non-perception	Experience of the four <i>arūpāyatana</i> jhānas (the formless sphere absorptions)	
			30.	<i>Ākiñcaññāyatanaūpagā devā</i>	Sphere of the knowledge of nothingness		
			29.	<i>Viññānañcāyatanaūpagā devā</i>	Sphere of the infinity of consciousness		
			28.	<i>Ākaśañcāyatanaūpagā devā</i>	Sphere of the infinity of space		
Fine-material sphere (<i>rūpa loka</i>)	Pure Brahmā worlds (inhabited by non-returners and arahats)	Beings having material body and consciousness	27.	<i>Akañiṭṭhā Brahmā</i>	World of supreme Brahmās	Attainment of the fruit of non-returning (<i>anāgāmi-phala</i>) with full experience of the fourth jhāna	
			26.	<i>Sudassī Brahmā</i>	World of clear-sighted Brahmās		
			25.	<i>Sudassā Brahmā</i>	World of beautiful Brahmās		
			24.	<i>Ātappā Brahmā</i>	World of serene Brahmās		
			23.	<i>Avihā Brahmā</i>	World of immobile Brahmās		
	Lower Brahmā worlds	Beings having material body w/out consciousness	Beings having material body and consciousness	22.	<i>Vehapphalā Brahmā</i>	World of sensationless Brahmās	Moderate experience of the fourth jhāna
				21.	<i>Asaññāsaññā Brahmā</i>	World of greatly-rewarded Brahmās	Weak experience of the fourth jhāna (mental absorption)
				20.	<i>Subhakiñhā Brahmā</i>	World of Brahmās of steady aura	Full experience to the third jhāna
				19.	<i>Appamāṇā Subha-brahmā</i>	World of Brahmās of infinite aura	Moderate experience of the third jhāna
				18.	<i>Paritā Subha-brahmā</i>	World of Brahmās of mirror aura	Weak experience of the third jhāna (mental absorption)

Rebirth

- What is rebirth?
- Rebirth versus reincarnation
- Concept of Anatta

Practice and Rebirth Destinations

Practice

Destinations

Panna	NIBBANA
Samadhi	Arupaloka Rupaloka
Sila	Kammaloka
Dana	
Saddha	

Kamma

- Volition (intentional action) is kamma
- Good begets good, bad begets bad
- 4 “unthinkable” things:
 1. Range of a Buddha’s ability
 2. Range of jhanas
 3. Complexity of kamma
 4. The origin of the universe

Kamma

- “You are owner of your kamma, heir to your kamma, born of your kamma, related to your kamma and abide dependent on your kamma”
- Analogy of a lump of salt
- Story of Angulimala
- Lesson: To reduce bad kamma, do more good

Ten Wholesome Kamma

- Three bodily kamma
 1. Avoid killing → Respect all lives
 2. Avoid stealing → Generosity, sharing
 3. Avoid sexual misconducts → Trust
- Four verbal kamma
 1. Avoid lying → Truthful speech
 2. Avoid harsh speech → Gentle speech
 3. Avoid slander → Say good things
 4. Avoid idle speech → Useful speech
- Three mental kamma
 1. Avoid greed → Renunciation
 2. Avoid hatred → Unconditional Love
 3. Avoid delusion → Absolute Truth

Points to Ponder on Kamma

- You are 100% responsible for your life
- You are the script writer, director and actor of your life drama
- You create through your thoughts and mental habits, whether you are consciously aware of it or not

Merits (Punna) & Blessings

- Act, speech and thought arising from **positive motivations**, ie. absence of greed (lobha), hatred (dosa) and delusion (moha)
- Not what is seen externally but what is unseen internally
- Example: the beggar who was reborn in heaven
- More merits = more blessings

Merits via Dana, Sila and Bhavana

- Dana & Sila – **worldly** merits via actions and speech
- Bhavana – **spiritual** merits via thoughts
- What is Dana?
- Types of Dana: Amisa, Abhaya, Dhamma
- Quality of your Dana:
 - Giver, Recipient, Gift
 - Merits from Dana vs. Practice
- Ayu, vanna, sukham, balam

Sila

- Benefits of Dana and Sila:
 1. Wealth is preserved
 2. Admired by others
 3. Good reputation
 4. Confidence is assembly
 5. No remorse or guilt on dying
 6. Good rebirth

Sila is the foundation of practice

- Benefits of Virtues (AN 10.1)
 1. Virtues
 2. Absence of remorse
 3. Gladness
 4. Joy
 5. Tranquility
 6. Happiness
 7. Concentration
 8. Seeing things as they really are
 9. Dispassion
 10. Liberation