

## The concepts of Buddhism and the Four Noble Truths

**M.Aswothy, R. N. Saraswathi., N. Venugopal,**

B.A., English Literature Dr.SNSRajalakshmi College of Arts and Science, Coimbatore

M.A., B.Ed.,M.Phil., Assistant Professor, Department of English SNS College of Technology, Coimbatore

Assistant Professor (Selection Grade) Sri Ramakrishna institute of Technology, Coimbatore

### Abstract

Buddhism is an interesting religion and exceptionally sensible to the earth philosophy. As indicated by Buddhism, impermanence is the very nature of existence, and no one is free from it. Buddha did not believe in God or soul rather he believed in the experiential reality as the starting point to know oneself. He additionally instructed the escape from suffering, by removing the hindrances that impact our reasoning and observation. Buddhism envelops an assortment of customs, convictions and profound practices generally in light of unique lessons attributed to the Buddha and coming about translated theories. The article demonstrates the concepts of Buddhism and the four noble truths of Buddhism. The Buddhism concept has additionally connected significance to laying stress on love, empathy and non-damage to living animals in thought, word and deed. Buddhism firmly advances the way that the entire universe is controlled by Dharma, a universal law. Buddhism has some secret customs that focus on individual spiritual development and a more profound understanding of the genuine idea of life.

**KEYWORDS:** Concept, Buddhism, Objectivity, Causality, Truth.

### Introduction

Buddhism, as the majority of the immense religions of the world, is separated into various diverse customs. Nonetheless, most conventions share a typical arrangement of key convictions. One focal belief of Buddhism is regularly alluded to as rebirth the idea that individuals are people are reborn after dying. Truth be told, most people experience, concepts of rebirth and reincarnation. A honing Buddhist separates between the ideas of resurrection and rebirth. In rebirth, the individual may repeat over and again. In resurrection, a man does not really come back to Earth as a similar element until kingdom come. He thinks about it to a leaf developing on a tree. At the point when the shrinking leaf falls off, another leaf will in the long run replace it. It is similar to the old leaf, but it is not identical to the original leaf. The teachings of the Buddha are aimed solely at liberating sentient beings from suffering.

Buddhist lessons start with the reality of human enduring which is caused by longing for and want for things external to the individual self. The Buddha showed that hankering for things on the planet is a wellspring of karma. The teaching of anatman is at the plain center of the Buddha's second lesson, which he gave following his own particular acknowledgment of the reasons for human enduring. As Buddhism created and spread to various districts of the world, different schools of thought emerged. Delegated as one of the biggest religions on the planet, Buddhism is vigorously amassed in the

Indian subcontinent. It is viewed as a religion that leads more to mysticism instead of religious lessons. Established by Buddha, one must achieve their own spiritual awakening, or nirvana, through meditation and ethical living. Most Buddhists spend a substantial part of their opportunity in self-reflection or contemplation as an approach to free themselves from view of insufficiency. One must consider the genuine awareness of being to free them into nirvana.

In this religion suffering is known as ignorance and should quickly be released from soul in order to continue with the positive aspects that life has to offer. In Buddhism, there are a few essential convictions to be learned and taken after. These convictions are from past experience that Buddha experienced in his life and instructs to others to follow. All presence is enduring; the main conviction all presence is enduring clarifies consider the possibility that anguish throughout everyday life. For example birth, maturity, ailment and demise are for the most part components of torment. These components of anguish would be considered non-satisfying wants in torment. The suffering of lamination, grief, pain and affliction is connecting with being unloved. This usually means that are isolated from what you adore and now have the suffering from having a feeling of reasoning you are disliked. In Buddhism one is to see how genuine the world is. For example his/her introduction to the world is known because of his reality, but one is to grasp the organs it has because of birth.

Buddhists trust that agony is a basic piece of life's presence. Due to the temporary time spent in human life, suffering is inevitable whether from the beginning or to the end of one's life. Buddhists have developed a way to end that suffering by following the teaching of the Four Noble Truths. The four sufferings, embraced in one's life comprise of suffering from the earliest starting point or understanding that misery exists, desiring regarding life, what to think about it a player in the private world, expelling all agony from one's life lastly the real end of the torment from one's life. Many things can cause suffering in one's life from physical and mental, people and situation or the feeling of inadequacy.

Buddhists also follow an eightfold way of wisdom (sees, aim, learning and freedom), moral lead (discourse, activity and job) and focus (exertion, care and fixation). These ways can be accomplished together or independently relying upon the person. Buddhists are regarded to be tranquil while attempting to keep up all moral direct to accomplish their profound nirvana. Being in the correct personality and picking the correct activities and behaviors take into account a superior good childhood with a specific end goal to not convey defilement or damage to themselves or to others. For some, this is seen more as philosophy of spirituality than of a religion as the lessons are particular to generosity over lessons from a divinity. Buddhists don't love any neither divinities nor Buddha, yet rather ask and adore for their own internal peace. Organizations of Buddhism exist all through Southeastern Asia, however one thing stays in stone for all adherents of Buddhist lessons: one needs to invest their energy working on spiritual nirvana as an approach to stay entirety.

## **Teaching of Buddha**

### **1. Nothing is lost in the Universe**

The principal truth is that nothing is lost in the Universe. Matter turns into energy, energy turns into matter. A dead leaf turns into soil and a seed sprouts and becomes a new plant. Old solar systems disintegrate and turn into cosmic rays. We are born of our parents, our children are born of us. We are the same as plants, as trees, as other people, as the rain that falls. We consist of that which is around us, we are the same as everything. If we destroy something around us, we destroy ourselves. If we cheat another, we cheat ourselves. Understanding this truth, the Buddha and his disciples never killed any animal.

### **2. Everything Changes**

The second Universal truth of the Buddha is that everything is consistently evolving. Life resembles a waterway streaming endlessly, regularly evolving. At times it streams gradually and some of the time quickly. It is smooth and gentle in a few spots, but later on snags and rocks crop up out of nowhere. When we think we are sheltered, something startling happens. They all ceased to exist, but this was not the finish of life. Presently we can even observe the Earth from space and comprehend the progressions that have occurred on this planet. Our thoughts regarding life likewise change. Individuals once trusted that the world was level, however now we realize that it is round.

### **3. Law of Cause and Effect**

The third generally accepted fact clarified by the Buddha is that there is a continuous change due to the law of cause and effect. This is a similar law of circumstances and results every modern science textbook. Along these lines, science and Buddhism are indistinguishable. The law of circumstances and end results is known as karma. Nothing ever emerges except if we merit it. We get precisely what we acquire, regardless of whether it is great or terrible. We are how we are currently because of the things we have done before. Our reflections and activities decide the sort of life we can have. If we do good things,, later on great things will transpire. If we do bad things,, later on awful things will transpire. Each minute we make new karma by what we say, do, and think. If we understand this, we don't have to fear karma. It turns into our companion. It instructs us to make a brilliant future.

The Buddha said,  
"The kind of seed sown  
will produce that kind of fruit.  
Those who do good will reap good results.  
Those who do evil will reap evil results.  
If you carefully plant a good seed,  
You will joyfully gather good fruit." (Dhammapada)

### **The Four Noble Truths**

Buddha leant the meaning of the following four noble truths; truths that he taught his followers during his forty-five years of travelling. According to Buddha, religion is a belief and faith, which should be acknowledging by accepting its beliefs. However,

during his teachings, instead of just believing, he taught his followers that there was no teaching without testing. Hence, they should practice the teachings in order for them to realize the truth.

**1. The First Noble Truth: Suffering (Dukkha)**

This truth is the root of the other three truths, since it explains about life and suffering. The word Dukkha refers to anything that is in a temporary condition. In other words, it will end including the precious and enjoyable Dukkha (Tambiah 145). According to Buddha, suffering goes beyond life; the nature of life is closely related to the nature of self and human beings are not just temporal but they are compounded to many aspects of life. Therefore, for them to understand life and death, they must first understand the self. Fortunately, Buddha's teachings do not end there, but go ahead to explain how human beings can end any form of suffering (British Broadcasting Corporation1).

**2. Second noble truth: The origin of suffering (Samudaya)**

Buddha claimed to have found out that, the root of suffering was desire (tanha) and it had three causes, which he called, the three roots of evil, the three fires, or the three poisons (Boeree 33). They included greed or desire, ignorance or delusion, and hatred or destructive urges. He further argued that the connection between positive, negative and neutral sensation and thoughts were the cause of suffering (Tambiah183).

**3. The Third noble truth: Cessation of suffering (Nirodha)**

This involves blowing off, letting go, or just simply complete nothingness of any hatred, ignorance and desire. According to him, it is a way of letting go of the three fires (sources of suffering). He emphasized on complete avoiding of these three fires and liberating oneself from their bond. By letting go all the pleasure and comfort of the palace by moving into the common world to see and experience actual suffering, he demonstrated an example on how people should live. Under this truth, Buddha introduced Nirvana (extinguishing any attachment to the three poisons and the significance of reaching enlightenment. He spoke about birth and not so much about death and what happens after death, because all he wanted his followers to concentrate on was how to free their souls from the cycle of suffering (Bradley 1).

**4. The Forth noble truth: Path to the cessation of suffering (Magga)**

According to this, for individuals to end their anguish's, they have to adhere to a set of principles that are known as the Eightfold Path (Boeree 62).

**Buddhists' Ethics**

All believers and other individuals should refrain from any abortion related acts. Buddhists believe that, nobody has the right to annihilate life, because they assume that, causing death is immoral. This religion is an animal friendly religion and it expects humans to treat animal with kindness, although in the three fires that causes suffering, it uses animal symbols. The second main principle ethic centers on punishment. According to the teachings of this religion, there should no coalesced policy on capital punishment, because of the existence of different forms of Buddhism (Boeree 124). Another ethic is on contraception. According to the teachings of this religion, it is ungodly to use any medicine that prevents conception, because the use of these drugs is a form of causing death (Tambiah200). In addition, according to this religion's teachings, euthanasia and going to war is wrong. On the other hand, there are no rules about organ donations, but its followers look at it a way of stopping suffering or being charitable (Bradley 1).

## Conclusion

In this paper the aim is to provide an introduction to key Buddhist teachings and values. There are many people who practice Buddhism around the world. These people study this religion, or philosophy of life, for a number of different reasons. Those who do choose to study the religion are usually leading healthy, happy and productive lives since this is the focus of the religion's being on another life. Buddhism has a long history in the world as well as many people who practice it on a daily basis. There is a reason for this popularity, and there is no question the number of people practicing will only continue to rise in the years ahead. The key to life is those who study Buddhism are able to lead lives that are fulfilled and happy. This is one of the reasons that more people are practicing Buddhism. It answers problems that we face in the world and helps those who are studying gain a better, deeper understanding of their mind. The four truths marked perhaps the most important point in his spiritual journey, where he became the Buddha or the Enlightened One.

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