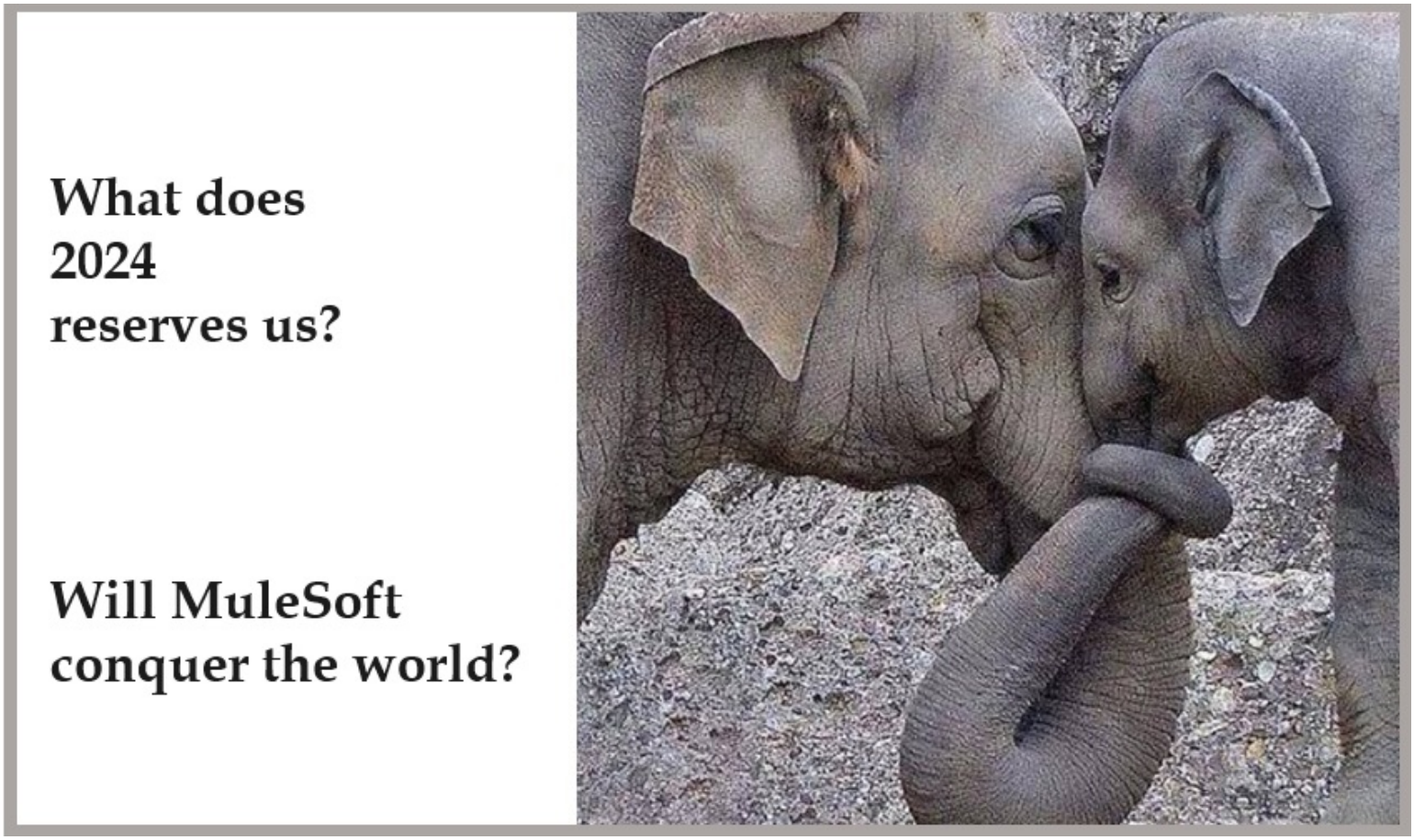
Bouddhism is a religion and a phylosophy


https://fr.wikipedia.org/wiki/Siddhartha_Gautama



Buddhism is both a religion and a philosophy. Its origins date back to India in the 6th-5th centuries BCE, following the enlightenment of Siddhartha Gautama in Bodhgaya, Bihar, and the spread of his teachings. Unlike some religions, Buddhism does not believe in a specific creator god. It is non-theistic, meaning it does not consider the existence of an omnipotent God. However, the veneration and worship of the historical Buddha, Siddhartha Gautama, play a significant role in some Buddhist schools, particularly Theravāda and Mahāyāna. As of 2018, approximately 623 million people worldwide identified as Buddhists, making it the fourth largest religion globally by the number of adherents. Despite a decline in popularity in the 20th century, it remains a profoundly influential spiritual and philosophical path.

Buddhism aims to liberate sentient beings from suffering and achieve the transcendent state of Buddhahood. While certain Buddhist schools recognize deities, these are not comparable to a creator God. Buddhism holds that every sentient being can become a Buddha, but this does not equate to divinity in a theistic sense.

Beliefs about Death and the Afterlife

In Buddhism, death is considered a transition rather than an absolute end. Here are some specific beliefs about the afterlife according to this tradition:

Rebirth

Buddha taught that death is merely a passage from one life to another. When human life ends, we do not truly die but are reborn into a new existence. This process of rebirth is linked to the concept of karma, which influences our next incarnation.

Impermanence

Buddhism emphasizes constant change in our lives. Death is seen as the detachment of the mind from the human body, potentially marking the beginning of a new life. Buddha's teaching on the Four Noble Truths indicates that suffering stems from impermanence, driving humans to seek happiness and continually evolve.

Continuing Consciousness

When a person dies, their memories are released from their subconscious in the form of spirit. Energies are also released from the decaying body, seeking another body to inhabit.
In summary, Buddhism views death as a natural stage and encourages spiritual preparation for future transitions.

The Ultimate Goal: Achieving Buddhahood

For Buddhists, attaining Buddhahood is the ultimate goal. Achieving Buddhahood means reaching the supreme state of enlightenment in Buddhist practice. To achieve this, practitioners must cultivate a peaceful, compassionate, and generous mind in their daily lives. According to Nichiren Buddhism, chanting the mantra "Nam-myōhō-renge-kyō" is a concrete practice to achieve Buddhahood in this life. This mantra is considered the essence of the Lotus Sutra, revealing the principle of the mutual inclusion relationship between each moment of life and all phenomena. In other words, it involves perceiving the wonderful principle inherent in all living beings and all phenomena.

Références

- Le Boudhisme selon le site wikipedia.org (FR)
    - A picture of Siddhartha Gautama
- Boudhism as per the web site: worldhistory.org
- Boudhism as per the web site: education Tout Comment point com
- Boudhism as per the web site: royaume-indien.com
- Boudhism as per the web site: bouddhisme-zen.com
- Boudhism as per the web site: dansnoscoeurs.fr
- Boudhism as per the web site: agora.qc.ca
- Boudhism as per the web site: bouddha-bouddhisme.com

Interesting links

- See the same article translated in French
    - Spanish
- This is an article that talks about one person wanting to do good and observing the result being negative: See Reddit.com
- How to heal from a generational trauma