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TEACHING OF BUDDHA FOR ATTAINING PEACE

Mrs. Rupmala Hojai

Department of Philosophy.

ABSTRACT

Buddhism has been known as a peaceful religion and philosophy founded by Buddha in the six century before Christian era .The philosophy of Buddha always carries the message of love and wisdom for all living beings. Buddha was born in a critical situation to reform the society because at that time people were followed the irreligious or superstitious belief of priests who deceive the people .The Buddhist philosophy is concerned with the establishment of peace, searching of truth and the solving of the problem of peace .In his teaching Buddha explained how to control our mind because all the presence and absence of peace in completely depends on our mind. We always decide to do anything by our mind. Buddha gives some ways to attain peace.



KEY WORDS: *peaceful religion and philosophy , time people , attain peace.*

OBJECTIVES OF STUDY–

The main objective of the study is to achieve peace and realization of the truth through the ways of Buddha’s teaching .

METHODOLOGY OF STUDY

The study is based on descriptive method which is collected from secondary data. The secondary data are from some books and internet sources.

REASON BEHIND ESTABLISHING A NEW PHILOSOPHY

The enlightened teacher Buddha who was earlier known as a Siddhartha born as a royal prince in a palace called Lumbini (which is now in Nepal). His mothers name was Queen Mayadevi and His fathers name was king Suddhana.They named their son “Siddhartha” which means “the one who was brought about all good”. Buddhas father was the king who ruled the tribe. He always try to create concentration toward his family and how to rule a kingdom .So he arranged buddhas marriage with a beautiful princes Yosdhara. After marriage Buddha’s father king Suddhana suggest his son Buddha to led a sheltered life without knowing about suffering of life. But Buddha was different from other child from his childhood. He was kind and love to all living beings.This made him well and curious to know about the outside of the world. So he went out from the palace.

After his son’s birth Buddha was went out from the palace and took four journeys with charioteer Channa. In his journey he saw four significant visions. During the first vision he was deeply disturbed by

seeing elderly, helpless old man crying out in a mouthful voice which shocked prince. On the second visit he saw a man who was suffering from advanced disease. On the third visit he saw a group of people crying, bearing a dead body who was one of their family. At that time he learned from his Channa that no one can escape from old age sickness and death. On his fourth trip he saw a man led with a life of meditation. This trip encourages him to motivate and follow the way of meditation and find a solution to solve the problems and sufferings of human. After his trip Buddha returned his palace and liked to sit lonely instead of interested how to rule a kingdom. So, Buddha left his wife and child and also the luxurious life in order to seek the truth. His wife also support him in his journey of seeking of enlightenment.

In forest he engaged on deep meditation to search how to achieve peace and truth for the next six years, Siddhartha lived an ascetic life, studying and meditating using the words of various religious teachers as his guide. He attained enlightenment and began to think what to do in future. He practiced his new way of life and decided to give his first sermon to five ascetics who became Siddhartha's follower. But whatever Siddhartha tried, could not reach the level of satisfaction and achieve inner liberation and also realize that living under harsh physical constraints was not helping him achieve spiritual release. So he had his rice, drank water and bathed in the river. After that Siddhartha encouraged people to follow the path of balance instead of one characterized by extremism. So, this path of Siddhartha is called the Middle way. Siddhartha set under the 'bodhi' tree until he knew the truth and he meditated until the sun came up the next day. He remained there for several days and purified his mind. During that time he was seeing his entire life and his previous life in his thought. Finally Siddhartha saw the answer to the question of suffering and get enlightenment which make him Buddha.

TEACHING OF BUDDHISM FOR ATTAINING PEACE.

The main aim of Buddhism is to attain peace by eliminating sorrow in the world. Therefore the philosophy concerns with how to develop peace and good conduct. According to the philosophy of Buddhism peace is in our mind. Everything is depend on our mind. The war and peace is the result of our decision taken by our mind. So, it is necessary for all human being to keep our mind from any kind of harmful thinking. Our anger, jealousy are cause of all suffering which create troubled in mind. So, in these situation people take some wrong decision and suffer from many problems. In Buddhist philosophy Buddha give the ways to remove all the suffering of life. The state which is free from suffering and full of joys and peace is known as "Nirvana".

After having new knowledge Buddha came across the five ascetic and started his teaching. In his teaching he explained the four Noble Truth and the Eightfold Path or the Middle path which became the pillars of Buddhism. There are four Noble Truth in Buddhist teaching which related with reality. Buddha defined it as a process of verifying and realizing the truth of Truths. These four noble Truths are as follows –

Firstly, the life is full of suffering. Everyone suffer from birth, sickness, old age, and death. Besides these we also suffer from our various problems, needs and disappointments. We suffer from our dislike, not getting what we want which are unavoidable. But according to Buddha these suffering is temporary, conditional or compounded of other things. So, he spoke many types of happiness, such as happiness of family life.

Secondly, Buddha explained that there are some causes of suffering and the cause is greed or desire. The desire is occurred when we continuously search for something outside ourselves to make us happy. But people are always dissatisfied with their actions. Buddha taught that this desire grows from ignorance of self. People are ignorant of the law of karma and away from truth. Here, karma means our activity. If we do good for ourselves or others then it will be good for us.

Thirdly, Buddha taught through his third noble truth about the end of suffering. According to him, through the diligent practice we can end all sufferings of our life. People are selfish, because they are self centered. This selfishness gives negative thinking in our mind and greed come to existence. When people cannot fulfill their needs anger and hatred come in to mind. At that time our emotional condition of mind destroy our patience and we start doing wrong things.

Fourthly, to end of suffering Buddha suggested that one must cut off greed and ignorance. Buddha prescribes the treatment of our illness in the fourth noble truth. So, we should always try to control our mind, try to live natural, try to change our thinking and expressing our views then we will get peace in our life. If a person treat himself peacefully and also peace internally then his life will be peaceful and that peaceful situation make him peace externally. In these fourth Noble Truth Buddha gives eight steps to end of suffering. These eight steps are known as the Middle way or the Eight fold path. Without these path the first three Truths are meaningless. These eight fold path brings the dharma in to one's life and makes it happiness.

Buddha forwarded eight steps to remove affliction in world lead to liberation from samsara and the painful cycle of rebirth which is known as Eight Fold path or the Middle way. These are as follows....

1. Right view – According to this path we should try to see the reality. Death is not the end . We should take the decision of our life wisely .
2. Right thought – According to Buddhist philosophy this concept aims at peaceful renunciation. We should thought clearly and loving kindness which build good and strong character .
3. Right speech –We should speak anything kindly to everyone. If we speak kindly without lying him or her and no telling one person what another says about him or her that leads to salvation and get respect and love from others.
4. Right conduct- We should behave others in right way because others know from our behavior. So we should not give the way to other so that they can observe our weakness.
5. Right livelihood- We should choose only the job which never hurt others and only possessing what is essential to sustain life. Otherwise we may suffer from the result of our action.
6. Right mindfulness –To eliminate suffering we must aware of our thought, words and deeds. We should never be absent minded.
7. Right effort – We should not make an effort which harm ourselves and others. We should always try to do our best at all times because it prevent unwholesome states that disrupts meditation .
8. Right concentration or Samadhi – Buddha mentioned four stages of meditation which help to attain peace in mind. These meditation create concentration about thought or object.

To develop moral quality of life and to build good conduct Buddha gives five principles , these are as follows.

1. No killing –Buddha suggest that we should respect everyone life as life is precious. Everyone has the right to live. So we should respect kind of any living being without harming and killing them.
2. No stealing – We should learn to respect others property. People can develop himself by giving and taking care of things instead of stealing. Because stealing is wrong.
3. No sexual misconduct – Buddha taught that we should Respect for our pure nature and develop their virtue. It should be our moral duty to give respect each other for both man and woman.
4. No lying – Everyone should respect for honesty. One's lying can creates misunderstanding among people which brings trouble in mind.
5. No intoxication – We should respect for a clear mind. Everyone should keep distance himself from intoxication because it is harmful for both body and mind. One can lose his wisdom and name for intoxication.

In These five fundamental principles all the religions of the world follow to improve their misconduct and misbehavior which are harmful for the society. These five principles are called Panchshila in Buddhist philosophy. The principles are based on good conduct and prohibit heir followers not doing wrong things.

The teaching of Buddha is hopeful about the future. The main principle of Buddha teaching are caring for others, love and kind for others and himself, non injury to any living creatures and place a great importance to promote peace and friendship among all people. It improves interpersonal relationship

among people and social order which are beneficiary for all human beings. The teaching of Buddha have inspired the wide variety of faiths and practices.

In today's world we consider the life of quality upon material progress or external development. But the world has more competitive for the material progress. In these competitive world we can't success in every field of our work. This failure may brings in our life frustration .People may lose their wisdom. In that situation people take emotionally some wrong decision. Such decision can create conflicts among people. Buddha taught that we should justify the quality of life upon development of peace and happiness. Minds leads to peaceful action and speech. If the mind is peaceful and act peacefully the world will be always peaceful.

CONCLUSION –

The main teaching of Buddhist philosophy is nothing but to eliminate suffering from life and the realization of truth. So Buddha gives some ways for the happiness of our life. Everyone should follow and obey the teaching of Buddhism. According to Buddhist philosophy peace is in our mind and the decision of war is also in our mind. So we can control our emotion by following the ways of Buddha. We should always think for the result before taking a decision of war. Peace depends on mind not on material progress. A peaceful decision of a peace mind is the source of world peace. But world is transient and constantly changing. People are greedy for material progress, for benefit, wealth and power. For this reason people are suffer from various problems and disappointments.

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