

बौद्ध धर्म : नैतिकता , आध्यात्म और योग की अविरल धारा
Buddhism : The Stream of Ethics, Spirituality & Yoga



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Buddhist Ethics

Buddhist ethics are traditionally based on what Buddhists view as the enlightened perspective of the Buddha, or other enlightened beings such as Bodhisattvas. The Indian term for ethics or morality used in Buddhism is *Śīla* (Sanskrit: शील) or *sīla* (Pāli). Ethics or moral conduct in Buddhism refers to three distinct areas of behavior –

- (1) Abstaining from destructive behavior
- (2) Discipline
- (3) To help others

Panchsheel

Panchsheel is the cornerstone of Buddhism. Panchsheel simply means five modesty. In this, there are five rules to make man's behavior moral, following which the life of man is auspicious.

- 1. No lying**
- 2. No killing**
- 3. No stealing**
- 4. No intoxicants**
- 5. No sexual misconduct**

Respect for honesty
Respect for life
Respect for others' property
Respect for a clear mind
Respect for our pure nature



Buddhist Spirituality

- ▶ Buddhism is a path of practice and spiritual development leading to insight into the true nature of life. The word comes from 'budhi' - to awaken. Because Buddhism does not include the idea of worshipping a creator god, some people do not see it as a religion. Buddhist spirituality is concerned with the end of suffering through the enlightened understanding of reality.
- ▶ The teachings of Buddha can be summarized under the category of Four Noble Truths which are as under:
 - (1) Suffering is common - Birth, Sickness, Old age, Death etc.
 - (2) Cause of Suffering - Ignorance and greed.
 - (3) End of Suffering – To cut off greed and ignorance.
 - (4) Path to end Suffering - The Noble Eightfold Path

The Noble Eightfold Path

The Noble Eightfold Path comprises eight interrelated disciplines that are simultaneously pursued by the aspirant. Each discipline is intended as a guide for helping us to recover our essential natures.

- ▶ 1) Right View
- ▶ 2) Right Thought
- ▶ 3) Right Speech
- ▶ 4) Right Conduct
- ▶ 5) Right Livelihood
- ▶ 6) Right Effort
- ▶ 7) Right Mindfulness
- ▶ 8) Right Concentration



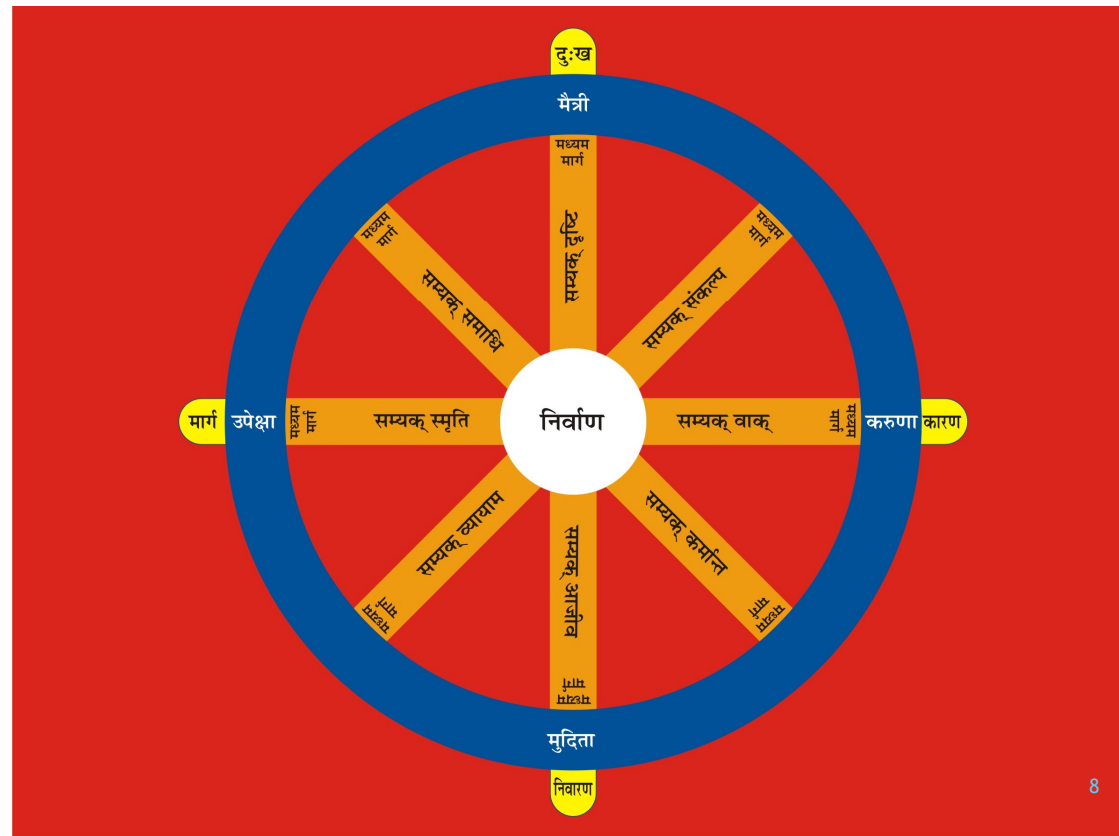
Buddhist Yoga

- ▶ There is a strong yogic tradition in Buddhism. Buddha himself was a great Yogi.
- ▶ The main foundation upon which Buddha became enlightened was a combination of Hatha Yoga (physical practice) and RājaYoga (yoga philosophy).
- ▶ Yoga and Buddhism have same the spiritual root which focuses on inner practices to attain the highest wisdom through *Samādhi*.
- ▶ Buddha's contribution to humanity is worthy of being called "The Yogic Teaching of the Buddha."

The Yogic Tradition

- ▶ Buddhism provides both physical and philosophical techniques for practitioners to gain the ultimate goal of liberation.
- ▶ **Vipassana** is a gentle-yet thorough **technique** of **meditation**. vipassana means insight.
- ▶ **Vipassana** is an observation-based, self-exploratory journey that focuses on deep interconnection between the mind and body, which is realised through disciplined attention to the physical sensations.
- ▶ **Naturopathy** is one of the important part of The Yogic Tradition in Buddhism.

Essence of Ethics, Spirituality & Yoga in Buddhism



Buddha said that good things happen, first they have to take off in their life and follow them. According to that, also have to conduct.

