

# Buddhism

Buddhism is the world's **fourth-largest religion** with **over 520 million** followers, or over 7% of the global population.

Buddhism encompasses a **variety of traditions, beliefs** and **spiritual practices** largely based on original teachings attributed to the Buddha and resulting interpreted philosophies.

## **The Four Noble Truths as the basic orientation of Buddhism.**

The craving and clinging to impermanent states and things is called **dukkha**.

The way to liberation from dukkha is the state of **nirvana** which is achieved through following the **Noble Eightfold Path**.

- The **existence of suffering (dukkha)**.  
(dukkha = "incapable of satisfying")
- The **cause of suffering**  
craving and clinging to **impermanent** things. Craving not to experience painful feelings.
- The **cessation of suffering - "Nirvana"** - extinction of craving, peace of mind
- The **eightfold path**
  - right **view**
  - right **thought**
  - Right **speech**
  - right **action**
  - right **livelihood**
  - right **effort**
  - right **mindfulness**
  - right **concentration**



