

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**

