



5 Starter Facts About Buddhism

1. Buddhism is a major world religion, originating in India between the 6th and 4th centuries BCE. There are ~490-530 million Buddhists worldwide and ~1.2 million in the United States.
2. The first enlightened Buddha was Siddhartha, who is believed to have been awakened by the basic principles and achieving a release from suffering known as nirvana. Since then, Buddhism has developed many different sects, both in focus and location.
3. Buddhism is a non-theistic tradition, self-described as more philosophy than faith. The basic concepts can be summed up by the Four Noble Truths and the Noble Eightfold Path. The moral code are the Five Precepts.
4. Buddhism has been a part of the American religious landscape since the 19th century, with waves of practicing immigrants bringing their religion during the California Gold Rush in 1849 and through the opportunities provided in the Immigration Act of 1965.
5. Karma is fundamental to Buddhist doctrine. It is the law of intended action leading to consequences.

Learn more at:

http://www.bbc.co.uk/religion/religions/buddhism/beliefs/fournobletruths_1.shtml to learn about the Four Noble Truths

<https://tricycle.org/magazine/noble-eightfold-path/> to learn about the Noble Eightfold Path

These five points are not meant to be comprehensive or authoritative. We hope they will encourage you to explore this tradition more deeply and seek out members of this community to learn about their beliefs in action. It is our firm belief that in understanding our differences we will better understand our common humanity

June 2018