

# Teachings of Buddha

We have mentioned the Teachings of Buddha below. It talks about the four noble truths, the eightfold path in Buddhism, middle path of living.

## The Middle Path of Living - Teachings of Buddha

It refers to understanding the practical life and avoiding the extremes of self-denial and self-indulgence.

## Four Noble Truths- Teachings of Buddha

- The first truth is Suffering (dukkha)
- The second truth is the "Origin of Suffering (Samudya)"
- The third truth is "Cessation of suffering (Nirodha)"
- The fourth truth is "Path to the end of suffering (Magga),"

## Eightfold Path in Buddhism- Teachings of Buddha

The eightfold path in Buddhism includes:

- Right View
- Right Speech
- Right Intention
- Right Efforts
- Right Concentration:
- Right Mindfulness
- Right Action
- Right Livelihood

## 3 Pillar of Buddhism- Teachings of Buddha

The three pillar of Buddhism are Buddha, Dhamma and Sangha. These are also known as Tiratnas of [Buddism](#).

- Buddha- It is the highest spiritual potential in everyone.
- Dhamma - It is the Teachings of Buddha
- Sangha- Order of Buddhist Monks

## Gautam Buddha UPSC Notes

Gautama Buddha was the founder of Buddhism.

- Buddha was born in 566 BC, and he was the Prince at Lumbini near Kapilabastu.
- Buddha lost his mother 7 days after he was born. He was brought up by his maternal aunt, and this gave him the name 'Gautama'.
- Buddha got married to Yashodhara and had a son named Rahula.
- At the age of 29, Buddha left his home to become an ascetic.
- When Buddha saw four states of men- Sick man, old man, corpse and ascetic the idea of renunciation occurred to him.
- For 7 years, Buddha wandered around, and at the age of 35, he attained enlightenment at Uruvela.
- Buddha gave his first sermon at Sarnath near Varanasi.
- Buddha died in 482 BC under a sal tree in Kushinagar.

