

Taoism and Buddhism

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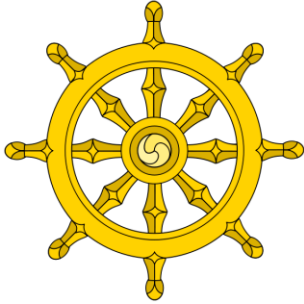
Taoism- Often associated with the following symbol, refers to a philosophy or religious tradition that emphasizes living in harmony with the source and essence of everything that exists.



Taoist concepts, beliefs and practices:

- Tao is a force that flows through all life.
- "The Tao surrounds everyone and therefore everyone must listen to find enlightenment."
- A believer's goal is to harmonize themselves with the Tao.
- Time is cyclical, not linear as in Western thinking.
- Taoists strongly promote health and vitality.
- The development of virtue is the main task in the Taoist's responsibilities. The three objectives are compassion, moderation and humility.
- A Taoist is kind to other individuals, primarily because such an action tends to be reciprocated.

Buddhism- Often associated with the following symbol, Buddhism is a religion and philosophy that encompasses a variety of traditions, beliefs, and practices, mainly founded on the basis of the teachings of Gautama Siddhartha , the Buddha or the enlightened one.



Buddhist main concepts, beliefs and practices:

-Karma and rebirth

In Buddhism, karma refers to the fruit of our thoughts, words and physical actions and their associated consequences whether good or bad, in this life or the next.

-Rebirth refers to a process of going through a succession of lifetimes. They do not share the concept of eternal soul as believed in Hinduism or Christianity.

- The Four Noble Truths:

1. There is suffering.
2. There is the origination of suffering.
3. There is the cessation of suffering.
4. There is a path to the cessation of suffering.

-The Four Immeasurables

The concept of the four Immeasurables has also been part of the Buddha's teachings.

1. May all sentient beings have happiness and its causes,
2. May all sentient beings be free of suffering and its causes,
3. May all sentient beings never be separated from bliss without suffering,
4. May all sentient beings be in equanimity, free of bias, attachment and anger

-Middle Way

Buddhist also honor the concept of the Middle Way. Which believed by many to have also been discovered by Gautama prior to his enlightenment.

- 1.The practice of non-extremism: a path of moderation away from the extremes of self-indulgence and self-mortification;
- 2.The middle ground between certain metaphysical views (for example, that things ultimately either do or do not exist);
- 3.An explanation of Nirvana
- 4.Another term for emptiness, the ultimate nature of all phenomena, a lack of inherent existence, which avoids the extremes of permanence and inherent existence and nothingness.

-Nirvana

Nirvana often refers to perfect enlightenment, which is the goal of all buddhist