

YEAR 8 TERM 3 PART 2 → Buddhism & Equality



UN DECLARATION OF HUMAN RIGHTS 2

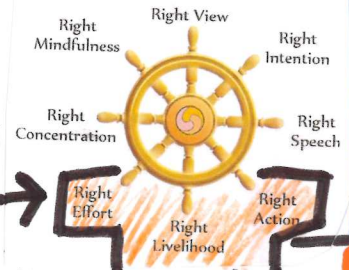
Freedom from discrimination - everyone is entitled to all 30 Human Rights, no matter their face, colour, gender, language, property or birth

TAKING REFUGE → THE DHARMA

As well as the Buddha, Buddhists also take refuge in his teachings. They provide guidance and comfort on how to lead the best possible life. His main teachings are...

The 4 Noble Truths:

1. ALL life contains suffering. Being born in Samsara means we suffer.
2. We suffer because we are attached to things as they are.
3. There is a solution. If we can escape Samsara, we remove suffering.
4. Following the Noble Eightfold Path helps us escape.



These 3 sections are about how we should behave.

TAKING REFUGE → THE SANGHA

→ Buddhist monks + nuns live a strict and secluded life to help get them closer to enlightenment

→ They follow strict rules around when they eat and have only 5 possessions.

→ They help provide refuge to the laity by offering teachings and meditation guidance. They also perform ceremonies like weddings + funerals.



→ The laity live normal lives - they work, go to school + have families.

→ They are not really focused on enlightenment. They are aiming for a good rebirth.

→ They get good karma by helping the monks. They provide all their food, handle their money and help out around the monastery.



There are some modern Buddhist groups working to make sure women are fully equal!

1. PLUM VILLAGES founder Thich Nhat Hanh has always supported the rights of nuns. His monasteries allow nuns full ordination and he often bows down to nuns, showing his respect.
2. SAKYADITA are an international women's group. They fight for equal rights in all Buddhist countries and show how important nuns are.

The Buddha's aunt Gotami became the first full Buddhist nun.



This was not easy for her. The Buddha refused 3 times before finally agreeing to allow nuns. He felt that allowing women would bring the Sangha to an end much earlier. The Buddha insisted that nuns have 8 extra rules

Key Word = Uppekha

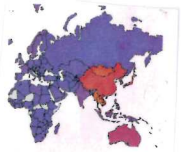
This means equanimity. This is having an equal and fair attitude to every body. Everyone in society deserves fair treatment.

Buddhist responses to women

→ The 8 Garudhammas mean that a monk will always be in charge of nuns. Nuns cannot exist without men.

MYANMAR → Country

has 30000 monks and only 30000 nuns. The nuns must call themselves Sila-ran. They are not equal to monks and they don't get the same funding or treatment.



→ The Noble Eightfold Path is all about equality. Right speech would not allow racist or sexist language. Right action expects Buddhists not to harm any living thing. Discrimination is always harmful.