



BUDDHISM

THE SPIRITUAL ORIENTING SYSTEM OF A PATIENT
POPULATION

GOALS & OBJECTIVES



TO PRESENT A HISTORY OF
BUDDHISM AND Its ORIGIN



TO IDENTIFY AND UNDERSTAND
BELIEFS AND TENETS



TO SHARE WORLDVIEW ABOUT
ILLNESS, DEATH, AND DYING



TO HIGHLIGHT THE PRACTICAL
IMPLICATIONS FOR SPIRITUAL CARE

WHAT IS BUDDHISM?

THE TERM “BUDDHA” refers to an individual who has reached the stage of “Enlightenment” or has “Awaken”.

Founded in the late 6th century by Siddharta Guatama

The warrior son of a king and queen

According to legend, a soothsayer predicted that he might become a renouncer, to withdraw from temporary life

To prevent him, his father provided him many luxuries and treasures, still, he was exposed to the most severe forms of human suffering



The contrast that he's seen with his life and the suffering of others had him realize that all pleasure on earth are transitory

He departed his family (wife and son) and renunciate the modern life and deprived himself of good

Until he recognize this contributed to the suffering

As he meditate near a tree, he achieved Nirvana (Enlightenment)

This enabled him to find the true answers to the causes of suffering

THE THREE SECTS OF BUDDHISM



THEREVADA (THE GREAT ELDERS): OLDEST OF THE THREE MAIN BRANCHES. EMPHASIZES INDIVIDUAL ENLIGHTENMENT AND ADHERENCE TO PALI CANON



MAHAYANA (THE GREAT VEHICLE) EMPHASIZING UNIVERSAL COMPASSION AND THE BODHISATTVA. ONE WHO DELAYS THEIR OWN NIRVANA TO HELP OTHERS



VIJRAYANA (DIAMOND VEHICLE) KNOWN FOR USE OF ESOTERIC PRACTICES SUCH AS MANTRAS, VISUALIZATIONS, AND MANDALAS FOR RAPID ENLIGHTENMENT.

DEMOGRAPHIC

- ▶ 1% OF U.S.ADULTS IDENTIFY AS BUDDHISTS, WHICH AMOUNTS TO 2.6 TO 3.5 MILLION AMERICANS
- ▶ 10% LIVE IN MIDWEST STATES, 13% IN THE NORTHEAST, 32% IN THE SOUTH, AND 45% LIVE IN THE WEST
- ▶ 23% ARE WITHIN THE AGES OF 18-29, 37% ARE WITHIN THE AGES OF 30-49, 18% ARE WITHIN 50-65, WITH 21% OLDER THAN 65

TENETS AND BELIEFS

- ▶ THE DHARMA (TEACHING)- BELIEVE THAT HUMAN BEINGS HAVE THE POTENTIAL TO BE FREE FROM SUFFERING BY PRACTICING MEDITATION
- ▶ REINCARNATION- Depicts the cycle of life and death. Buddhists believe that after beings die, they are reborn or reincarnated into a new form.
- ▶ KARMA- It is believed that all positive thoughts and actions cause good *karma* and may direct one into being reborn in a higher form. The consequences of one's negative deeds, bad *karma*, may result in rebirth in a lower form

TENETS AND BELIEFS PART II

THE FOUR NOBLE TRUTHS:

1. LIFE IS SUFFERING

2. SUFFERING IS CAUSED BY
ATTACHMENT OR DESIRE

3. SUFFERING CAN END

4. THERE IS A PATH WHICH LEADS
TO AN END OF SUFFERING



NIRVANA



The goal of Buddhism is to become enlightened and reach *nirvana*. *Nirvana* is believed to be attainable only with the elimination of all greed, hatred, and ignorance within a person. *Nirvana* signifies the end of the cycle of death and rebirth.



Buddhists believe that the path toward *nirvana*, called the Middle Way or the Eightfold Path, outlines how people should live to reach *nirvana*.



The Eightfold Path consist of three categories: moral conduct, concentration, and wisdom.



MORAL CONDUCT



1. RIGHT SPEECH (NO ABUSIVE LANGUAGE, MALICIOUS TALK, FALSEHOOD)



2. RIGHT ACTION (NO STEALING, KILLING, OR UNCHASTITY)



3. RIGHT LIVELIHOOD (EARNING LIVING THROUGH PROPER MEANS, PRACTICE FORTUNE TELLING, NOT KILLING LIVING BEINGS)



CONCENTRATION

4. RIGHT EFFORT (RID OF EVIL AND PROMOTE GOODNESS)

5. RIGHT MINDFULNESS (BE DELIGENTLY AWARE AND ATTENTIVE)

6. RIGHT CONCENTRATION(RID OF UNWHOLESOME THOUGHT AND ACHIEVE EQUINIMTIY AND AWARENESS)



WISDOM

7. RIGHT THOUGHT(SELFLESSNESS AND
DETACHMENT.THoughts OF LOVE)

8. RIGHT UNDERSTANDING (
UNDERSTANDING OF THINGS AS THEY
ARE, FULL UNDERSTANDING OF THE FOUR
TRUTHS)

DEATH, DYING, AND ILLNESS



BUDDHIST CLERGY REMIND FOLLOWERS ABOUT CLOSENESS OF DEATH AND GETTING TO KNOW IT AND PREPARE SOON.



FOLLOWERS PREPARE THEMSELVES BY BEHAVING IN A MANNER THAT IS RESPONSIBLE, GOOD AND POSITIVE FOR SELF AND OTHERS

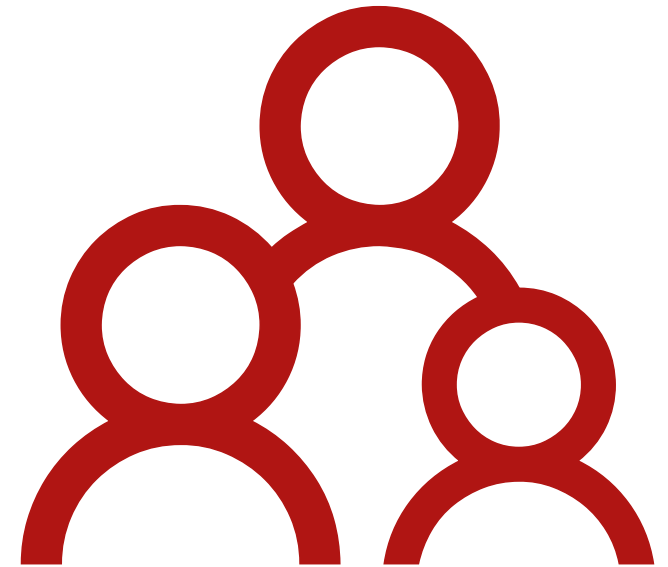


HAVING LED TO A RESPONSIBLE AND COMPASSIONATE LIFE AND HAVE NO REGRETS AS DEATH APPROACHES, BUDDHISTS ARE ABLE TO SURRENDER WITHOUT STRUGGLE TO WHAT'S INEVITABLE

- ▶ A DYING BUDDHIST WILL LIKELY REQUEST SERVICE FROM A MONK OR NUN IN THEIR PARTICULAR TRADITION TO ASSIST IN PROCESS
- ▶ BEFORE AND AFTER THE MOMENT OF DEATH, THE MONK WILL READ PRAYERS AND CHANTS FROM THE BUDDHIST SCRIPTURES.
- ▶ IN THIS TRADITION, THE CHANT IS HIGHLY IMPORTANT BECAUSE IT IS IDEALLY THE LAST THING THE PATIENT HEARS
- ▶ IN BUDDHIST THOUGHT, THE FINAL MOMENT OF CONSCIOUSNESS IS ESSENTIAL, THE PRIEST CAN OFFER PRAYER THAT IN THAT CASE, THEY WILL HAVE THE RIGHT STATE OF MIND AND ENTER INTO A HIGHER STATE OF REBIRTH



- ▶ WHEN DEATH OCCURS, THE MEDICAL TEAM IS NOT TO TOUCH THE BODY OF THE DECEASED FOR 3-8 HOURS, AS THEY BELIEF THAT THE SPIRIT LINGERS ON SOMETIME AND CAN BE AFFECTED BY WHAT HAPPENS TO THE CORPSE
- ▶ THE BODY OF THE DECEASED IS TO BE TREATED GENTLY AS THE PRIEST CAN HELP THE SPIRIT ENTER HIGHER STATES OF BEING



PRACTICAL IMPLICATIONS FOR SPIRITUAL CARE

Improved Psychological and Emotional Well-being

Enhanced Sense of Meaning and Purpose

Increased Coping Mechanisms

Reduced Spiritual Distress

Better Adherence to Treatment

More Peaceful End-of-Life Experience

Cultural Affirmation



1. Initiating Contact with Respect and Openness



2. Active and Empathetic Listening



3. Inquiry into Specific Practices and Needs



4. Respecting Boundaries and Silence



5. Offering Appropriate Support, Not Imposing



6. Addressing End-of-Life Sensitivities



7. Self-Awareness and Continuing Education for the Chaplain



CONCLUSION