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# A BRIEF STUDY OF GAUTAMA BUDDHA AND HIS TEACHING ON FOUR NOBLE TRUTH

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## ABSTRACT:

Gautama Buddha was born about the middle of the sixth century B.C. His original name is Siddhartha. The term 'Buddha,' which means the 'awakened one,' came to be applied to him afterwards, as a sign of the enlightenment which he had succeeded in acquiring and by which he woke to a sense of fact from the dream of life. His father's name is Suddhodana, and mother's name is Maya. Gautama Buddha's mother died seven days after his birth. He married his cousin Yasodhara, and had a son, whose name is Rahula. Gautama Buddha was disturbed by the transience and uncertainty of life, and became keenly conscious of the black depths in which multitudes of human beings perish in darkness and sin. He started meditation under a banyan tree on a bed of grass seven weeks. Under this Bodhi-tree a new light broke upon his mind, and he became fully enlightened (Buddha). The teachings of Buddha are to be found in the three *Pitakas* or Baskets of the law which constitute the Pali canonical literature.

Buddha was not a metaphysician, but an ethical teacher and reformer. The message of his enlightenment points to man the way of life that leads beyond sufferings. The Four Noble Truths of Buddha are: (i) Life in the world is full of suffering. (ii) There is a cause of this suffering. (iii) It is possible to stop suffering and (iv) There is a path which leads to the cessation of suffering (*dukkha*, *dukkha-samudaya*, *dukkha-nirodha*, *dukkha-nirodha-marga*).

**KEY WORDS:** Introduction of Buddhism, Brief History of Buddhism, Four Noble Truths i.e. Life in the world is full of suffering, There is cause of suffering, It is possible to stop suffering, There is a path which leads to the cessation of suffering.

## INTRODUCTION:

Early Buddhism has to be distinguished from the later, which grew up together with the Brahminical systems long after Buddha had taught. We shall defer the consideration of the latter to the next Part dealing with the system, and shall confine ourselves to the former, which is now variously styled as 'Pali Buddhism,' 'Canonical Buddhism,' 'Southern Buddhism' and 'Theravada' (i.e. *Sthavira-vada*, 'the doctrine of the elders'). The founder of this great creed was born about the middle of the sixth century B.C. His name was Siddhartha and he belonged to the ancient family of Gotama or Gautama. The title of 'Buddha,' which means the 'awakened one,' came to be applied to him afterwards, as a sign of the enlightenment which he had succeeded in acquiring and by which he woke to a sense of fact from the dream of life.

It is enough to say that he was born in an aristocratic family at or near Kapilavastu on the lower slopes of the Himalayas and was a young man of about thirty years when he renounced the world and left the palace for the forest in quest of truth. The immediate cause of the renunciation was the thought of suffering which he saw afflicted mankind as a whole. In conformity with the spirit of