



# BUDDHISM/ZEN

## What is Buddhism?

Buddhism is an Indian religion based on a series of original teachings attributed to Gautama Buddha. It originated in ancient India as a Sramana tradition sometime between the 6th and 4th centuries BCE, spreading through much of Asia. It is the world's fourth-largest religion with over 520 million followers, or over 7% of the global population, known as Buddhists. Buddhism encompasses a variety of traditions, beliefs and spiritual practices largely based on the Buddha's teachings (born Siddhārtha Gautama in the 5th or 4th century BCE) and resulting interpreted philosophies.

Two major extant branches of Buddhism are generally recognized by scholars: Theravāda (Pali: "The School of the Elders") and Mahāyāna (Sanskrit: "The Great Vehicle").

**Monk Burin (Part I) On Theravada Buddhism: The Middle Way --> <https://youtu.be/RlcA6GybXTo>**

Monk Burin introduced the history of Buddhism and the role of meditation, particularly the form practiced by his lineage of monks or "orange men" as he likes to call them, with stories and a slide show, he explained how this form of meditation was rediscovered by one of the teachers of his lineage, a little over a hundred years ago, and how the system established by the Buddha himself is followed as closely as possible by his tradition.

**Monk Burin's Leads Meditation (Part II) --> <https://youtu.be/xU6PiqPqDkU>**

Demonstrating the practice described in Part I, Monk Burin leads the class in a session of Theravada Buddhist meditation. Please close your eyes and follow along for your own experience.

**Monk Burin (Part III) Questions & Answers --> <https://youtu.be/wetR7WmGRrc>**

After the meditation session, Monk Burin answers questions from the class about his path, his form of meditation, etc.

[Also mentioned here is a video from the Rubin Museum Theravada meditation featuring a conversation with Prof. Prof. Jeffrey Sachs. A short trailer on this program appears

here: <https://www.youtube.com/watch?v=tcyFeTEu3lc> (2:25)

And the full video can be seen here: <https://youtu.be/l-gKIZP1imQ> (1:32:54).]

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