

What do Buddhists believe about suffering? Student Responses

To: The Secretary of State for Social Cohesion
cc:
Subject:

For the attention of the Secretary of State for Social Cohesion

Dear Madam/Sir

I am writing to share my views and ideas for declaring a bank holiday to celebrate the life of a significant religious figure from a faith other than Christianity

I have heard that this day could be dedicated to the Buddha because of his views on suffering and I would like to say I am for this idea.

I am not a Buddhist but believe his teachings offer practical advice that everyone can follow and that his teachings are an example to everyone not just Buddhists. For example "The Noble Eight folded Path" this shows people how a 'perfect' world would be, if on this day people thought of just one of these ways then people might feel better about themselves for example: Perfect effort is practising good thoughts and actions this way their will be less negative words being used.

↑ *The Buddha has taught Buddhists hope, and taught them what suffering is e.g. suffering is caused by desire so suffering can be ended by overcoming desire ('The Four Noble Truths')

*For Buddhist the Buddha is someone they look up to,

The fact that he achieved enlightenment is also important to the Buddhist religion for he reached a world of happiness and understanding. The Buddha said, "If you don't feel death, then death has no power".

I also feel as we are a multi-religion country we should have bank holiday for another religion. Buddhism is growing in Britain and the Buddha's teaching relates to everyone and don't force you to follow him.

Yours sincerely

Student A

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Dear Secretary of State,

Britain is one of the most culturally diverse countries in the world yet has no national way to celebrate it. I propose for there to be a special day celebrating the religious leaders from all of the widely supported religions in England. Take Buddhism for example. There are thousands of Buddhists in Britain yet there is no way for them to share their beliefs with others. The Buddha is a role model for all Buddhists & his teachings are imperative to their way of life. Without worshipping him Buddhists manage to thank & follow in his footsteps in their own particular way. Even non-believers or people of other religions can take what they like & learn from his teachings in their own way. It doesn't have to be big & it doesn't have to be flashy but everyone can draw something from celebrating his life & ways. Greed, self denial & suffering are just a few of his greatest teachings & by learning about these people could change their own lives & views for the better.* I think Britain needs projects like this to increase awareness of the lives of the people around them & therefor I believe in Buddha day!

Yours sincerely Student b

his views on Suffering, his main teaching, could help people to come to terms with loss & sadness & his harsh view on reality could help put peoples perspective in view.

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Dear Secretary of State,

I think that a bank holiday to celebrate the Life of the Buddha is a good idea because the Buddha helped people with his teachings and helped Buddhists to achieve Enlightenment, his teachings included the three universal truths which are Anicca, Dukka and Aniatta. Anicca means everything that exists changes, everything is impermanent, Dukka means everyone has to suffer at sometime in their life and Aniatta means no one stays the same forever. The Buddha taught the Middle way between luxury and self-denial. He taught the way to Enlightenment with the Eightfold path which is right view, right intention, right speech, right action, right livelihood, right effort, right mindfulness and right contemplation. So the bank holiday would be could for Buddhist and non Buddhist to remember what the Buddha has done for them.

Yours sincerely
Student c