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# China's Philosophies

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RELIGIONS ARE DAOISM, BUDDHISM, AND CONFUCIUS

# Buddhism

## Facts

There are many philosophies and interpretations within Buddhism, making it a tolerant and evolving religion. Some scholars don't recognize Buddhism as an organized religion, but rather, a "way of life" or a "spiritual tradition." Buddhism encourages its people to avoid self-indulgence but also self-denial.

Buddha's most important teachings, known as The Four Noble Truths, are essential to understanding the religion. Buddhists embrace the concepts of karma (the law of cause and effect) and reincarnation (the continuous cycle of rebirth). Followers of Buddhism can worship in temples or in their own homes.

It already existed in the Hindu tradition, and the Buddha himself used meditation as a means to enlightenment. Over the centuries Buddhism has evolved many different techniques: for example, mindfulness; loving-kindness and visualization. ... But what Buddhists get from meditation is more than just calm.



Followers of Buddhism don't acknowledge a supreme god or deity. They instead focus on achieving enlightenment—a state of inner peace and wisdom. When followers reach this spiritual echelon, they're said to have experienced nirvana.

The religion's founder, Buddha, is considered an extraordinary man, but not a god. The word Buddha means "enlightened."

The path to enlightenment is attained by utilizing morality, meditation and wisdom. Buddhists often meditate because they believe it helps awaken truth.

# INTERESTING FACTS ABOUT BUDDHISM

Avoid killing. The Five Precepts in Buddhism are not commandments, but rather undertakings that you should strive toward. The first precept, which is to abstain from killing living beings, can be applied to all creatures, including humans, animals, and insects.

In positive, this precept means to be kind and to love other creatures. For many Buddhists, this precept also entails a general philosophy of nonviolence, which is why many Buddhist are vegetarian or vegan.[5]

Unlike religions that say you'll be punished if you don't abide by the laws and rules of the religion, Buddhism focuses on the consequences that your actions will have in this life and the next.

Do not steal. The second precept is to abstain from taking things that aren't yours or that aren't given to you.[6] Again, this isn't something you're commanded to do, but rather something you must want to practice. Free will and choice are very important principles in Buddhism.

Ashoka promoted Buddhist expansion by sending monks to surrounding territories to share the teachings of the Buddha. A wave of conversion began, and Buddhism spread not only through India, but also internationally. ... Some scholars believe that many Buddhist practices were simply absorbed into the tolerant Hindu faith.

Buddhism was spread along the Silk Road and other trade routes and had reached China by the time of the Later Han Dynasty. ... The Chinese officials invited the monks to return with them to China's capital, Chang'an, to introduce Buddhism to the emperor.



# Questions that you Might Want to Know the Answers to

1. What are the Beliefs?

2. How did they practice their beliefs?

3. How did the belief spread from one place to another?

1. They focus on achieving enlightenment—a state of inner peace and wisdom. When followers reach this spiritual echelon, they're said to have experienced nirvana.

Buddhism encourages its people to avoid self-indulgence but also self-denial. The path to enlightenment is attained by utilizing morality, meditation and wisdom. Buddhists often meditate because they believe it helps awaken truth. Buddhists embrace the concepts of karma (the law of cause and effect) and reincarnation (the continuous cycle of rebirth).

2. The path to enlightenment is attained by utilizing morality, meditation and wisdom. Buddhists often meditate because they believe it helps awaken truth. It already existed in the Hindu tradition, and the Buddha himself used meditation as a means to enlightenment. Over the centuries Buddhism has evolved many different techniques: for example, mindfulness; loving-kindness and visualization. ... But what Buddhists get from meditation is more than just calm.

3. Buddhism is spread along the Silk Road. The Silk Road was a vital route not just for physical goods but ideas as well, and it had a significant impact on the spread of Buddhism through Central Asia. The cradle of Buddhism is to be found in Iron Age India. Buddhism was spread along the Silk Road and other trade routes and had reached China by the time of the Later Han Dynasty. ... The Chinese officials invited the monks to return with them to China's capital, Chang'an, to introduce Buddhism to the emperor. Ashoka promoted Buddhist expansion by sending monks to surrounding territories to share the teachings of the Buddha. A wave of conversion began, and Buddhism spread not only through India, but also internationally. ... Some scholars believe that many Buddhist practices were simply absorbed into the tolerant Hindu faith.





# Questions that you Might Want to Know the Answers to

1. What are the Beliefs?
2. How did they practice their beliefs?
3. How can they use this religion to help them govern?
4. How did the belief spread from one place to another?

1. Taoist's believe in reincarnation and karma, they believe in a start an end, one corresponds to another, yin and yang, they believe that everyone is a blank slate and can choose to be good of bad.
2. They meditate in hopes of reaching Dao, they pray and go to temples to pray and reach Dao, they also do good deeds to not have bad karma.
3. They can use this religion to govern because they need to do good deeds to not have any bad karma and have good karma instead.
4. The belief spread from one place to another could be by family and they can believe in Taoism and the child could move away and spread it to other people like I do for mission trips for my belief {Christianity}



# Confucianism Facts

Confucianism believes in telling stories of the past and retell stories of the past to respect the story. They have very strong relationships with specific family members as well and you need to respect that. They believed in the mandate of heaven which is the discipline of the emperors. They knew that knowledge is first and most important, so that's why they accepted people from different places. Emperors were chosen on if they were good or bad.



# Questions that you Might Want to Know the Answers to

1. What are the Beliefs?

2. How did they practice their beliefs?



3. How can they use this religion to help them govern?

4. How did the belief spread from one place to another?

1. They should always have strong relationships with their family members, and discipline of the emperors which were something called the mandate of heaven. They also have respect their family members. They knew that knowledge was first priority and they accepted lots of students from different countries because they knew that if they shared their cultural development then they would get more famous. Also, the foreigners can share their culture with the whole class and see if they are interested.

2. When they did the mandate of heaven then when the emperor went to the mandate of heaven and they got the right to become the emperor. Then if the emperor was bad and ruling unfriendly, then the gods will be angry, and they will cast their angriness by some science phenomena such as tornados, forest fires, or even flood (etc.). The family members that respected each other were a huge bundle which was important for a family. These were the people that were respected. Father and son, brother and brother (etc.). They got the knowledge by accepting foreigners to schools of the Confucius sayings.

3. It helps them to put them in a mood where his/her people are listening to him/her and that they use the same religion and philosophy. Its somewhat like the basis or the framework for the emperor's people. When the religion is put on then they know that's key to live in the country.

4. There was something called the silk road and it's not a whole road made out of silk. Things were transported to and from places. Also, it's called the silk road because they mostly traded silk on there. Then another thing that they traded was disease. It wasn't a healthy time those days. Then you get religions. From place to place there was religion practiced and it was spread around Asia.

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