

Theravada Buddhism

The school of Buddha which remains closest to Gautamana Buddha's original teachings.

The beliefs of Theravada Buddhism

- Meditation is used for awakening (enlightenment), not supernatural powers.
- The only way to contact the Awakened one (Buddha) is through his teachings which point to the awakened state.
- There is no omnipotent God like the ones found in Judaism, Islam or Christianity. Gods are many types of spiritual beings with limited power.
- Each being must make the path to enlightenment on their own, without any help from a higher power.

Social Cohesion

Without the strong relationship between Monks and Lay People (where the Lay people supply food and cloth and the monks give teaching) Theravada Buddhism would not exist. The people of Theravada Buddhism must work together in order for them all to reach a state of awakening.

Social Control

Followers of Theravada Buddhism are expected to abstain from all kinds of evil, in order to accumulate all of that is good and to purify the mind. This makes the followers of Theravada Buddhism not indulge in every want and maintain order to become better people.

Sense of Purpose

In order for people to reach a state of awakening like Buddha, they must dedicate themselves to the path. If they walk this path, they may be able to awaken like Buddha did.