

1200-1450 C.E.

## **Tibetan Buddhism:**

### Basic Beliefs:

- The status of the teacher or Lama is superior
- Relationship between life and death is defined by reincarnation
- Rituals include mainly meditation
- Rich visual symbolism is included in Buddhism's rituals
- Tibetan Buddhists believe that Bodhisattvas are people who delay their own enlightenment in order to help other to enlightenment
- The Four Noble Truths
- The Eight Fold Path:
  - Right View
  - Right Thought
  - Right Speech
  - Right Action
  - Right Livelihood
  - Right Endeavour
  - Right Mindfulness
  - Right Concentration

### Tibetan Buddhism and Social Cohesion:

- Many Tibetan schools were founded over time, creating many groups and followers of Tibetan Buddhism
- Tibetan Buddhism enlightened people of all kinds, even Lay people (non-ordained members of a church).
- Tibetan Buddhism also brought people together through prayer, meditation, and ceremonies.

### Tibetan Buddhism and Social Control:

- In order to reach enlightenment Buddhists must follow the 8 fold path. (A harsh next life after reincarnation is what they will get if they do not)
- Tibetan Buddhists must follow their current Lama or teacher

### Tibetan Buddhism and a Sense of Purpose:

- Humanity's purpose according to Buddhism is peace of mind, or detaching yourself from all the needs and wants of life.
- Meditation brings people a sense of peace and quiets the mind, without feeling like they need to be something.
- The purpose of living as a Buddhist is to live your best life in order to reach a better next life after reincarnation