



# Claire de Luna`s Wissens-Welt: Buddhismus: Teil 1 - Die Lehre Buddhas (German Edition)

*Claire de Luna*

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Der Buddhismus ist eine Lehrtradition und Religion, die ihren Ursprung in Indien findet. Sie hat weltweit etwa 377 Millionen Anhänger - die Angaben schwanken je nach Quelle zwischen 230 und 500 Millionen Anhängern - und ist damit die viertgrößte Religion der Erde (nach Christentum, Islam und Hinduismus). Der Buddhismus ist hauptsächlich in Süd-, Südost- und Ostasien verbreitet. Etwa die Hälfte aller Buddhisten lebt in China.

Die Buddhisten berufen sich auf die Lehren des Siddhartha Gautama, der in Nordindien lebte. "Buddha" (wörtlich "Erwachter") ist ein Ehrentitel, der sich auf ein Erlebnis bezieht, das als Bodhi ("Erwachen") bezeichnet wird. Gemeint ist damit nach der buddhistischen Lehre eine fundamentale und befreiende Einsicht in die Grundtatsachen allen Lebens, aus der sich die Überwindung des leidhaften Daseins ergibt. Diese Erkenntnis nach dem Vorbild des historischen Buddha durch Befolgung seiner Lehren zu erlangen, ist das Ziel der buddhistischen Praxis. Dabei wird von den beiden Extremen Askese und Hedonismus, aber auch generell von Radikalismus abgeraten, vielmehr soll ein Mittlerer Weg eingeschlagen werden

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