

The very ~~essence~~ essence of Buddhism can be described as simplicity. Buddhism is a practical religion endowed with philosophies instructing a simplistic life free from suffering. It's teachers, practices and doctrines continuously affirm the rejection of the material, of attachments to the worldly, of hatred and violence, and thus the influence of Buddhism on individuals and the Buddhist community is the extensive reverence of the simple path to Enlightenment - The Middle Way.

For it's adherents, Buddhism is a philosophy for living. The principle teachings, ~~or~~ ~~known~~ The Ten Precepts, The Four Noble Truths, and the Eightfold Path to Enlightenment, outline the right behaviour and effort necessary for attaining Enlightenment. The Four Noble Truths convey, for the individual and the community, the nature of existence - that all life is suffering. Dukkha, ~~and~~ the cause of suffering is desire, and the ~~or~~ way to the cessation of suffering is the Eightfold Path. To exit Samsara an individual must ~~or~~ gain karmic merit through the following

of the principal teachings.

That, 'Buddhists just go simply' is reflected within the Five Precepts for lay Buddhists, which directly and significantly influence individuals.

The Five Precepts - To abstain from killing, sexual misconduct, ~~stealing~~, taking that ^{which include} which is not freely given, taking substances which confuse the mind

are a simplistic yet effective guide for individual adherents. Buddhism ~~pre~~ emphasizes the importance of mindfulness and metta, indeed ~~these~~ these core tenets of the faith infuse every aspect of its ~~expression~~ ^{expression} and its adherents' lives.

The simple nature of Buddhism can be demonstrated in the significant practice of Wesak. Buddhism acknowledges that the Buddha asked not for offerings, but for adherents to focus their minds on the ~~expressing~~ ^{truths} truths ~~as~~ and in this way pay homage to him. The significant practice of Wesak demonstrates the influence of Buddhism on both the individual

and the community.

The celebration of the Buddha's birth, enlightenment and parinirvana, culminates the principal teachings of Buddhism in a ceremonial manner.

The dispelling of ignorance, or gaining of wisdom, is an extremely important teaching within Buddhism.

Ignorance is associated with forming attachments to the worldly and material, wisdom the realization that all life is suffering and the Middle Way - the simple way - is the path to the cessation of suffering.

During Wesak, the Bathing of the Buddha symbolises purity and of the mind and the washing away of negative intentions and ignorance.

Candles and incense are lit to signify one of the Three Jewels, taking refuge in the Dhamma - 'the light.' Lotus flowers are often placed at the foot of statues of Buddha, signifying the presence of the spiritual among the worldly.

The simplistic nature of ~~the~~

the ritual of Wesak influence individual adherents by reaffirming their commitment to lead a noble life. ~~Body~~ Attachment and desire bring suffering and thus Buddhists are encouraged to 'go simply,' to be satisfied with what one has.

Wesak also influences the Buddhist community, the Sangha, in that it ~~A~~ brings together all members from all segments of society. The simplicity of Buddhism also lies in its rejection of a caste system, and in some countries such as Sri Lanka and Thailand where Buddhism is the national religion, the ~~Wesak~~^{Wesak} is a public holiday and the Royal Family participate in the festival, reinforcing the universality of the Buddha's teachings.

Buddhism highlights within its sacred texts the importance of dispelling the concerns of the material world and training the mind to achieve Enlightenment.

A great emphasis is placed on meditation, ~~conveying~~ ^{demonstrating} the Buddhist teachings of Right Mindfulness, Effort and Meditation.

Meditation helps the individual to reject worldly attachments and lead a simple life, acquiring good karmic merit through deeds of loving kindness (metta). The Dhammapadam makes clear the simple requirements of ~~any~~ Buddhism:

'Those wise ones who ~~are~~ are devoted to meditation, and who delight in the calm of renunciation, such mindful ones, even the Gods hold dear.' 181 Buddhavagga Dhammapadam.

Buddhism teaches the simple tenet of no harm to sentient beings, non violence and ~~no~~ compassion.

~~Buddhism teaches~~ ~~in the~~ Through these teachings Buddhism influences the lives of ~~all~~ individuals and the world by providing simple yet fundamental principal teachings. These simple teachings of no harm

or violence ~~and no attachment~~ relate directly to bioethics. For example, the Vinaya specifically condemns a monk's involvement in abortion as it requires an act of violence towards a perceived sentient being, 'the intentional destruction of a human being' - D. Keown. Intentionality is a significant concept within Buddhism, karmic merit being accrued or destroyed according to the intention of one's actions. In reference to the statement, 'Buddhists just go simply', the ~~teachings~~ ~~the~~ the simple tenet of no harm to sentient beings ~~is~~ directly influences the lives of adherents, in that it can ~~not~~ easily and simply be applied to contemporary ethical issues.

The ~~most~~ idea of compassion within Buddhism is a simple yet imperative notion which improves the lives of both believers and of the Jangha. The ~~XIV~~ XIVth Dalai Lama Tenzin Gyatso is a profound example of the

Buddhist teaching of compassion
and its practice.

'Peace is, the manifestation of
human compassion.' XIVth Dalai Lama

The Dalai Lama influences
individuals and the community
by acting as a living role model,
a spiritual and political leader
who actively practices what he
teaches. ~~His research~~ The 1989
Noble Peace Prize awarded to
the Dalai Lama is an example
of his far reaching influence and
~~his~~ ~~pr~~ ~~is~~ ~~is~~ ~~is~~ the importance
of his ~~own~~ persistent attempts
to ~~Free~~ free Tibet. #

The Dalai Lama also
influences ~~the~~ the lives of his
people by increasing the accessibility
of his ~~teachings~~ teachings. The Peace Buddhism
The Buddha emphasized the
universality of his teachings, and
the Dalai Lama, in touring
over 70 nations and publishing
over 72 books in English,
has profoundly influenced the

individuals and the worldwide community, ~~as~~ a defacto leader of western Buddhists, the Dalai Lama ~~has~~ emphasises the simple and accessible nature of his faith, his seminars given in many languages, using lay person terms and reaching out to the universal sangha. An incredible influence on Buddhist adherents, the Dalai Lama maintains he is but 'a simple monk', perhaps perfectly encapsulating the nature of Buddhism.

It can^{be} extensively determined, through an evaluation of religious expression, demonstration and ~~and~~ teaching, that Buddhism is a religion for ~~the~~ contemporary world, for the individual and the community. In all aspects of their lives, Buddhists, certainly do 'just go simply.'