



Khmer Buddhist Society Norway (KBS)

Buddhism

Nath Men, Leader for KBS

Buddhist Era 2563 / 2019

Address: Senterveien 54, Apartment 112, 4790 Lillesand, NORWAY. OrgNO: 980 411 931

Website: <https://www.khmerbuddhison.net>



Introduction

- More than 535 million Buddhists in the World (Buddhistforbundet, BF:2015)
- Buddha (Name: Siddhartha Gautama) was born in India (563 – 483 BC): Birth place at Lumbini, Nepal (today) and passed away in Kushinagar, India.
- Most people in **East Asia**: China, Tibet, Japan, Korea, Mongolia, and **South East Asia**: Cambodia (95%), Thailand (90%), Burma (85%), Sri Lanka (70%), Vietnam, Laos,... etc.
- Forward to USA, Canada, South America, Australia , Europe, Africa –(new resettling residences).
- Buddhists in Norway are bout 40000 people (8%), (BF:2015)

There are 2 main parts: Theravada and Mahayana

- **Theravada or Hinayana Buddhism**

- Sri Lanka, Myanmar, Thailand, Cambodia, Laos and South Vietnam.
- Buddhists must practice like Buddha – Goal: **Nirvana/Nibbana** (death)

- **Mahayana** is separated as **Tantrayana, Tibetan Buddhism, and Zen** (Japan).

- China, Tibet, Vietnam, Japan, Korea, Mongolia and some countries in South East Asia.
- Buddhists learn among Buddha's thinking – Many can be to **Nirvana/Nibbana**.



Who do practice the Buddhist regulations?

- Monks
- Nuns
- Buddhists can voluntarily join by themselves



Buddhists learn among:

- Buddha
- Dharma (buddhist regulations, and thinking)
- Monks



The Five Precepts

1. Do not harm or kill living things.
2. Do not take things unless they are freely given.
3. Lead a decent life.
4. Do not speak unkindly or tell lies.
5. Do not abuse drugs or drink alcohol.



Four Noble Truths

1. Human life has a lot of suffering.
2. The cause of suffering is greed.
3. There is an end to suffering.
4. The way to end suffering is to follow the Middle Path

The Eightfold Path

1. **Right understanding and viewpoint** (based on the Four Noble Truths).
2. **Right values and attitude** (compassion rather than selfishness).
3. **Right speech** (don't tell lies, avoid harsh, abusive speech, avoid gossip).
4. **Right action** (help others, live honestly, don't harm living things, take care of the environment).
5. **Right work** (do something useful, avoid jobs which harm others).
6. **Right effort** (encourage good, helpful thoughts, discourage unwholesome destructive thoughts).
7. **Right mindfulness** (be aware of what you feel, think and do).
8. **Right meditation** (calm mind, practice meditation which leads to nirvana).

Activities for Khmer Buddhist Society Norway (KBS)

- **Dharma learning** – 2 times an every month (Saturday/Sunday)
- Invite monks to visit us at KBS Center for 1 time a month
- **Khmer New Year Ceremony** (Moha Songkran), and New Year Party - on **13 or 14 april**
- **Vesak Ceremony** has scheduled in **May** (Remind: *Buddha's birth, Enlightenment and Passed away*)
- **Summer**: Dharma learning
- **Pchum-Ben Ceremony** has scheduled in **Sept/October**
- **Khmer Culture Event** has scheduled in **November/December**

