

"Buddhists Don't Go Simply"

The above quotation epitomizes the influence of Buddhism on individuals & the Buddhist community. As expressed through the four Noble Truths, attachment is the source of suffering in one's life, and only through the observation of the 8 fold path, encompassing all of the key ethical teachings & concepts of Buddhism can one end this suffering. Indeed the statement above, illustrates the Buddhist way of life.

The four Noble Truths are central to Buddhism, and directly link to the quotation. "Attachment" in Buddhism ~~is~~ prohibits the adherence from fulfilling one's goal in breaking the cycle of Samsara, or rebirth. Therefore Buddhists are encouraged to refrain from indulging in materialistic or superficial pleasures of the modern world, to the point where it will prevent one from adhering to the teachings of the Buddha.

So one can see how the quotation - "Buddhists don't go simply" - ties in with the concept and message behind the four Noble Truths, as the four Noble Truths encourages the individual to indulge themselves in a "simple" manner, attending to the importance to achieving inner peace or peace of mind, rather than indulging themselves

in external pleasures. To achieve this though, one must observe, in particular the 4th noble truth, the 8 fold path.

An unknown source once said - "A simple life means a happy soul, and a happy soul equates to peace of mind" - Though Buddhism rejects the idea of a soul, ~~though some would~~ the quotation is still relevant towards the statement mentioned previously. It also relates to the concept of the 8 fold path. Substitute "soul" for ~~existence~~ "Conscience", and the epitomy of the 8 fold path is revealed. To achieve the 8 fold path, the adherent must conform to all the fundamental teachings of Buddhism achieving, along the way, one stage after another of the 8 fold path. While this conformitty does requires the individual to undertake many practices to achieve a "Right Mindfulness" or "Right Speech", it requires just as much abstaining from objects that can lead to one indulging in the 3 poisons of Jealousy, Anger or Lust. For the individual to avoid such ~~practices~~ ^{actions} he must adhere to devout practicing of the 5 precepts, which in many ways form a blueprint for the individuals righteous life.

For the individual, the Four Noble truths detail what is wrong with humanity

What needs to be done
and ~~the~~ to fix these problems. The
5 precepts show Buddhists what they need to do
or not do to live a Righteous, "simple" life. As with the
Four Noble Truths, the 5 precepts echo the statement
- "Buddhists just go simply" - through it's direction of ~~the~~ its
adherents. ~~It~~ Stated above, while the 8 fold path is the
objectives, the 5 precepts are the directives to achieving them.
Adherents must observe such things as non-violence
toward living ~~things~~ ^{objects}, theft, lying, substance abuse or
sexual misconduct. In short it empowers the adherent to
show respect and care for others, and respect or
care for self.

The quotation - ~~the~~ "Buddhists just go simply" - speaks
volumes in relations to the practice of the four
Noble truths, adherence to the 5 precepts, and
avoidance of ~~the~~ harmful indulgences, as
shown through the 3 poisons. The quotation
illustrates the impact that Buddhism has on it's adherents,
as they are encouraged, through practices like the
ones forementioned, to avoid superficial attachment,
and focus on attaining peace of mind or creating
peace in others.