

The philosophy of Buddhism in bringing inner peace

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Abstract-

Buddhism is not only a peaceful religion; the philosophy also teaches us to bring inner peace and as the meaning of 'peace' is defined and understood in various ways. Omitting violence from one's life is peace. Peace encompasses happiness and harmony among living beings. Being peaceful is living in friendship with oneself and with every creature. Peace is invincible and it is gained after lot of hardship and its all about our inner feeling. Buddhism envisions peace as inner state of mental tranquillity which spreads outward and the meditation helps us to bring the inner peace. Life is full of worries and its in our hand how to bring inner peace.

Keywords- Inner Peace, tranquillity, harmony, hardship.

As we know Buddhism is a philosophy of life expounded by Gautama Buddha ("Buddha" means "enlightened one"), who lived and taught in the 6th century B.C. The teachings of the Buddha are aimed solely at liberating sentient beings from suffering. The Basic Teachings of Buddha which are core to Buddhism are: The Three Universal Truths; The Four Noble Truths; and The Noble Eightfold Path. The word "Buddhism" comes from the word "buddha", which in turn comes from the word "buddhi" and "bodhi". These words literally mean "intellect", "intelligence", "wisdom" or "supreme knowledge". They refer more specifically to the intelligence and supreme knowledge that a Buddha possesses due to the understanding of the four noble truths. But metaphorically they are usually translated as "enlightenment" or "awakening", and the word

Buddha became a source of inspiration to all humanity as he attained peace of mind. Buddhism is mainly focused on collective happiness and harmony among people and has offered solutions to different problems in our day-to-day problems that are coped with difficulty and confusion. Buddhism's basic teachings revolve around the alleviation of suffering using noble truths that explain the existence of suffering and how to cure and remedy this using balance practices. Buddhism is known as the science of the mind a person can achieve inner peace through

the philosophy of Buddhism and according to Buddhist doctrine, happiness comes from inner peace and could

lead a happy life if inner peace exists in us. The main form of mental training is meditation, Studies show that meditating has many mental health benefits such as reducing stress, anxiety and depression. It accomplishes this over time through teaching people to experience unproductive thoughts from a different perspective. For Buddha, the path to happiness starts from an understanding of the root causes of suffering. Those who consider Buddha a pessimist because of his concern with suffering have missed the point. The first and second verses of the *Dhammapada*, the earliest known collection of Buddha's sayings, talk about suffering and happiness. The sufferings in the life of human beings are due to his excessive want. Due to our desire and in order to feel safe and secure, we constantly strive to gain experiences and objects that create pleasant emotions. We avoid anything that causes us pain and try to manipulate situations and people around to achieve what we want. In reality, the rest of the unstable world seldom matches what we want, and thus, we are often hurt and frustrated. In today's world we are so busy in fulfilling our desires that we forgot the concept of peace. The philosophy of Buddhism says that in order to bring peace in our life the excessive want for desires to eliminated. The Eightfold path is a practical and systematic way out of ignorance, eliminating dukkha from our minds and our lifestyle through mindful thoughts and actions. It is presented as a whole system, but the three paths associated with the area of mental cultivation are particularly relevant to the happiness that we can find in equanimity or peace of mind.

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