

Myanmar and Buddhism

Myanmar is a country, in which, most of the population practice Buddhism. Though Buddhism is the main religion, there are other religions followers who are all coexisting peacefully with Buddhists in Myanmar.

Since, 2600 years ago, a time when Buddhism was first born, Buddhism has existed in Myanmar. For that very simple reason, majority of the country's population practice Buddhism today. As the majority follow Buddha, the teachings and guidance that come from Buddhism has helped individuals to be kind, helpful to each other, and generous toward fellow citizen. Because of these wonderful teachings and practices, the people in Myanmar has been spiritually uplifted, and full with inner peace, though the political and economic prosperity have not been met. Throughout generations, leaders and governments of Myanmar have also supported and promoted Buddhism which in turn contributed tremendously to spreading Buddhism in Myanmar.

As I have mentioned above, the followers of Buddha and other religions have coexisted so peacefully in Myanmar. However, because of a small group of people who are responsible, there have been some conflicts, tensions, and disagreements between religions in Myanmar. Nevertheless, leaders of different religions have come together in harmony to solve those issues whenever they arise. Thus, I am very happy to say, peace continues between religions in Myanmar.

Buddhism and its Fundamental Principles

Buddha had set fundamental principles and taught them to every human kind. Those who have dedicated their lives for Buddhism (Yahan), such as myself, have fundamental principles we must follow. Those who are not in the ministry, but are ordinary human, also have fundamental principles they must follow. Yahan, such as myself, are trying to live so that we can one day escape from the worries and troubles all the world, simply called life. Thus, we, Yahan, have a much more practices to follow, as oppose to five principles that ordinary human must follow. However, no one is being forced to become Yahan, and it is a personal choice to dedicate one's life for Buddha. Therefore, a person must search his or her heart before deciding to become Yahan, and once that person becomes Yahan, he or she must be dedicated to follow fundamental practices set for Yahan.

In addition to setting fundamental principles for those who have dedicated their lives for Buddhism, Buddha has set fundamental principles for ordinary human. For example, there five fundamental principles of husbands and wives, teachers and pupils, and so on. Buddha also had taught that there are five main principle a person must follow to become a good person. They are,

1. Abstain from killing

2. Abstain from stealing
3. Abstain from sexual misconducts
4. Abstain from lying
5. Abstain harming one's body though consumption of alcohol and other harmful things.

Every fundamental principle, whether it be for Yahan or ordinary people, if followed and practice will lead to peace, security, happiness, and other desirable things. A person must follow every fundamental principle related to him or her to see success and joy in life. In like manner, Yahan must follow everything that related to him or her. Otherwise, neither Yahan nor ordinary persona achieve that which is important to him. Therefore, Buddha had set these five-fundamental principles for every human on earth.

In addition to these principles Buddha has given extra measures to follow. This is called Eight-Fold Noble parts. They are,

1. Right of understanding
2. Right of speech
3. Right of thought
4. Right of action
5. Right of livelihood
6. Right of efforts
7. Right of mindfulness
8. Right of concentration

In summary, one can achieve successes, and society will have peace and happiness, if everyone would avoid wrongful practices to follow the right path as shown by Buddha. That is the essence of Buddhism.

I wish you all these blessings, that you will be able to follow and practices principles that are vital to achieving success, joys, peace, and happiness in your lives. Thankyou!

Ashin Thondara