[Name of the Writer]

[Name of Instructor]

[Subject]

[Date]

Journal Unit 5

**Introduction**

 There are many religions in this world, roughly around 4200, and every religion has its own set of teachings and practices. Every religion has its sepearte population of followers who are scattered on the whole planet, following the teachings as per prescribed by their religious leaders and working for the progress and propagation of their religion. Out of all the popular religions or spiritual codes in the world, Buddhism is one of the top ten popular religions.

 Buddhism is the world’s fifth most popular religion with around 520 million followers all around the globe. This makes up 7% of the total population of the world. The followers of Buddhism are known as Buddhists (Siderits). Buddhism is, in fact, a code of life, based upon the spiritual teachings, practices, and beliefs, mostly preached and propagated by Buddha. The teachings of Buddha have greatly inspired me and changed my life in a very positive way. Following details explain that how the Buddhist teachings have transformed my life

**Discussion**

 I came across an article that changed my thinking and perspective towards life and many other things. In short, the article changed my life. It was a comparative account that compared the various facts about the Rene Girard, Bernard Lonergan and the four noble truths in Buddhism. The paper also inculcated the teachings by Pema Chodran regarding some aspects of the Tibetan lineage (Dadosky).

 The paper encompassed certain themes of daily life like compassion, healing, suffering, violence, and the role of affectivity in the paradigm of desire. The article provided details that how these daily life values can be shaped up and improved by the teachings of Buddha and the explanations of these scholars.

The article emphasizes over the importance of compassion. It stresses on the roles of *shenpa* and *klesha*, in defining the reactions of daily life. According to Buddhist teachings, the root of all suffering is the ignorance of the truth. Lonergan emphasis over the fact that every dramatic reaction or bias is due to some wound; behind every dramatic school of thought, it's an unhealed, bleeding wound. Although the wound is caused spontaneously and unwillingly, the reward will be great. According to the concepts of Lonergan, the *klesha*, any dramatic feeling is attached to the memory of some painful event that has occurred in the past. This linkage or attachment has been referred to as *shenpa*.

Buddhism also lays great emphasis on the aspect of patience. The teachings imply that greater the level of patience, greater would be the reward in the end. These teachings have significantly allowed me to ponder over my life goals and even reshape them. These teachings have inspired me a lot and molded my concepts about various occurrences in life in a positive manner

My career inspirations were only money centered initially, but after a thorough study of the Buddhists teachings, I have found out that the real goal or objective in one’s life should be serving humanity. This is where the actual virtue lies. Money should not be everything. Moreover, this article has also helped me gather much knowledge about my major, World Culture. I have learned a lot about Buddhists culture and values through this article. Buddhist culture has gone through many changes over the period of time but the values are still rich and nourishing.

**Conclusion**

 In a nutshell, after a thorough study of this article, I have been able to learn a lot about the teachings and preaching’s of Buddhism. This article has enabled me to give a thorough study to Buddhism and have an overlook at my life in the light of those concepts.

Works Cited

Dadosky, John. "Healing and Transformation: Lonergan, Girard and Buddhism." *New Blackfriars* 100.1085 (2019): 55-80.

Siderits, Mark. *Buddhism as philosophy: an introduction*. Routledge, 2017.