Are you a 
BUDDHIST?

“You do not care to know your various theories about God. What is the use of discussing all the subtle doctrines about the soul? Do good and be good.”—Buddha

Siddharta Gautama lived from about 563 BCE to 483 BCE. According to Buddhist tradition, he was born a prince. Shielded from knowledge of human suffering his entire life, one night he left his palace in curiosity. Far away from home, he encountered disease, death and poverty. Seeing this, he learned that sickness, age, and death are inevitable. Afterwards, he sought a life as a monk to help him seek answers to human suffering.

Traveling over India, he met with monks and holy men and led a life of austerity. After nearly drowning from hunger and weakness, he contemplated his path under the Bodhi Tree. Meditating for over 40 days, he was said to have reached enlightenment. For the rest of his life, he traveled to teach others of his knowledge and path.

Through his lessons, Buddha taught his students:

- the impermanence of existence
- respect and reverence for humans and the web of life
- a faith grounded on our common human capacities, not in a god or those who claim to speak for a god
- the interdependence of humanity
- the will to put an end to human suffering

Today, there are over 400 million practicing Buddhists around the world, with over 1 million in the US alone, making it the sixth largest religious tradition.
But *how* can I be a **BUDDHIST** and a **HUMANIST**?

Buddhists, like nontheists, are diverse. Not all Buddhists believe in reincarnation. Likewise, humanists have different political and economic leanings. According to a 2008 survey from the Pew Foundation, two-thirds of Buddhists either don’t believe in a god, or believe that God is an impersonal force.

What’s more important, however, is that we strive to do good deeds, regardless of our creed! Doing good—that’s why you’re a humanist!

**HUMANISTS | BUDDHISTS** affirm the dignity of every human being and assert that humanity is responsible for its own destiny, having within itself all that is needed to improve the conditions of life.

**HUMANISM | BUDDHISM** is a philosophy of avid service for the greater good of humanity. It provides that happiness is attained by harmoniously combining personal development with work that contributes to the welfare of the community.

**HUMANISM | BUDDHISM** is guided by reason, inspired by compassion, informed by experience.

“Rich, poor, believer, non-believer—no difference. We are all the same.”  
—The Dalai Lama

See more at [www.americanhumanist.org/paths](http://www.americanhumanist.org/paths)