

Candidate 3 evidence

World Religion Essay 3

Buddhism

Devotion in Buddhism is showing respect and dedication to the worship of the Buddha and his teachings through reciting the three jewels. The Three Jewels are the Dhamma, the Buddha's teaching, the Buddha, the one who got enlightened and the Sangha, the community of Buddhists. The purpose of practising devotion is so Buddhists can show that they are committed to Buddhism and has the goal of Nibbana to escape suffering as the main focal point.

Buddhists, when meditating, they can often have a picture of the Buddha in front of them as it shows devotion to his teachings and to him and is a reminder that they have a goal to achieve which is to emulate his actions of achieving Nibbana. The purpose of devotion is to help with mindfulness which will get you closer to getting enlightened. Mindfulness is achieved by having the right frame of mind for the eightfold path and achieving Nibbana. Ways to practice devotion is by chanting and meditating, this ensures that you are ignoring all distractions and focusing on the teachings of the Buddha.