

Candidate 5 – Buddhism (Question 2)

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2.	<p>The Three marks of existence are known to comprise of Anicca, Anatta and Dukkha. It has been argued that they are the most significant of all beliefs of Buddhism, this essay will discuss if that is really the case.</p>
	<p>The first mark of existence, Anicca, is the doctrine of impermanence, it expresses the concept of constant change, that nothing ever stays the same. Some changes in life occur really slowly, like rocks changing shape through the process of erosion, whereas other changes happen very quickly</p>

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	<p>like rotting fruit. The concept of Anicca is very hard for many Buddhists to understand for the illusion of permanence is so strong and strong convincing. A consequence of this illusion of permanence is that many Buddhists will cling to impermanent experiences to bring them happiness, however nothing ever lasts is so being so caught up in impermanence ultimately leads to suffering.</p> <p>A strength of Anicca as a belief in Buddhism is is in accepting that nothing lasts can bring great comfort to Buddhists as they are given</p>

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	<p>realisation they can overcome the sorrows, however this is still a massive challenge as Anicca is a very complex concept to accept. The three marks of existence also includes the concept of Anatta, that there is 'no self'. Anatta is instead is explains that Bodhihi are comprised of five impermanent Skandas which can constantly change and will not stay with you forever. A consequence of Anatta as a belief is that in accepting you have no fixed state of identity, you are given the freedom from the mistakes you fear that define you, an implication</p>	

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	<p>of an is impermanent / non existent self is that you can move forward in a positive direction without unskillful actions like pride and regret holding you back. Overall, the three marks of existence is a core belief which underpins some very key concepts which Buddhists must understand to reach enlightenment. The three marks of existence are important, but they are not the most significant of all Buddhist beliefs for they are overshadowed by the end goal of Nirvana, which is ultimately more important, the three marks of</p>	

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	<p>existence are ultimately stepping stones of knowledge to reach / * enlightenment, not the most important factor in the journey.</p>	
	<p>The belief of Nibbana is the awakening to the true nature of life, allowing Buddhists to become one with reality.</p>	
	<p>Nibbana puts end to all suffering, but it is a difficult concept to describe for it is an off a spiritual experience outside the realm of words.</p>	
	<p>The quotation "who can trace the invisible path of the man who soars in the sky of liberation can be used to understand Nibbana as a belief."</p>	

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	<p>This source could be interpreted to suggest that there is no one set path to Nibbana, that it is a spiritual process which Buddhists must develop personally to reach enlightenment, they can promote a guideline but each path is ultimately unique. This source does provide could be understood to suggest that in order to soar in the sky of liberation, you must rid yourself of all that holds you back, most significantly notably bad kamma which is generated from unskillful actions. Therefore, it is Nibbana which is the most important belief to the Buddhists as it is ultimately what</p>	

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everyone aspires to one day reach. However, it is not an easy process to aspire to: a weakness of Nibbana as a belief is that it is a long, enduring process to achieve, which can be a real test of faith for many people as they fear they will never reach it. Despite this however, it still remains the most central belief to Buddhists and, even if they're not looking to reach Nibbana in this lifetime, it will always play on their mind as the end goal.

Samsara is the cycle of birth, life/death and rebirth which all Buddhists believe they endure.

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	<p>Closely linked with the belief of kamma, it is best expressed in the art of the wheel of life which depicts all the different realms of re-incarnation such as humans, animals and the realm of hungry ghosts. The significant relationship between kamma and samsara is that your actions which generate your kamma in this life can have great influence on your samsara. An implication of this is that Buddhists can look to act more skillfully, treating others with kindness to improve their time re-incarnation in their next life. The relationship between kamma and samsara is significant as it can give Buddhists the strength</p>

