

R&W - Why is there suffering? (Part 2)

Chardi Kala	Having eternal optimism, resilience and maintaining a positive outlook.
Four Noble Truths	Core teachings in Buddhism that explain suffering in life.
Guru Gobind Singh	The tenth Sikh Guru, known for founding the Khalsa and being a great warrior and poet.
Guru Arjan	A Sikh leader who became the first Sikh martyr and was father to Guru Hargobind.
Hukam	The Sikh belief of God's plan or Divine order reflecting the idea that everything happens according to God's will.
kami	Shinto spirits, gods, deities or ancestors.
Kisa Gotami	A woman who lived at the time of Buddha and became a disciple.
sukha	A Sikh word meaning God's name.
Naam	The Buddhist concept meaning happiness and fulfilment.




Kisa Gotami is a woman who lived at the same time as the Buddha. She experienced the death of her young son and sought help. The Buddha helped her to realise suffering is an unavoidable part of life.



Many Sikhs believe in Hukam, which represents the divine order, or God's plan. Some believe everyone is born with a certain number of breaths from God. This can help Sikhs accept suffering.




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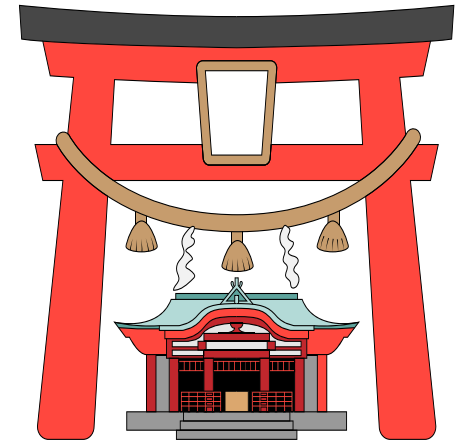
 Many Buddhists follow the Buddha's teaching of the Four Noble Truths:


- ▶ **dukkha:** life involves suffering.
- ▶ **tanha:** suffering is caused by cravings and attachments.
- ▶ **nirodha:** there is a way to end suffering.
- ▶ **magga:** the path to end suffering is through the Eightfold Path.

The Eightfold Path is a guide to end suffering, consisting of eight practices.



 Followers of the Shinto worldview generally believe in kami which can be translated into English as gods, spirits and even ancestors. Kami can be called upon in shrines or homes to help people in times of difficulty.



 Chardi Kala is a virtue the Sikh Gurus showed in difficult times. It can translate to having eternal optimism, resilience and maintaining a positive outlook.

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Sikhs may explain suffering as a result of past karma, to help a person learn and grow or to remember God.