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Quote #27

Buddha

“Do not dwell in the past,
do not dream of the future,
concentrate the mind on
the present moment.”



Gautama Buddha (ca. 480–400 BCE), also known as **Siddhārtha Gautama** or simply **the Buddha**, was an **ascetic** (*śramaṇa*) and **sage**, on whose teachings **Buddhism** was later founded. He is believed to have lived and taught mostly in **Eastern India** between the **sixth and fourth centuries BCE**. Gautama preached a **Middle Way** between sensual indulgence and the severe asceticism found in the śramaṇa movement common in his region. He is recognized by Buddhists as an **enlightened teacher** who attained full **Buddhahood** (the cessation of *dukkha*, that is, suffering) , and shared his insights to help sentient beings **end rebirth and suffering**. Accounts of his life, discourses, and monastic rules are believed by Buddhists to have been summarized after his death and committed to memory by his followers. Various collections of teachings attributed to him were passed down by **oral tradition** and then passed down in written form about **400 years after his death**.

Click on the Picture for a **VIDEO** on Buddha