

Buddhist beliefs about prejudice and discrimination

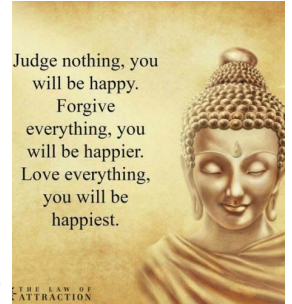
Buddhists teach that prejudice is caused by ignorance, one of the three poisons that should be extinguished.



Furthermore, believing that we are in some way superior to those around us is an example of craving or of fear – you desire to be better than people, and may fear those different to yourself.

When people discriminate, their behaviour reflects an ignorant attitude towards other people. Buddhists believe that ignorance and craving cause people to suffer – known as dukkha.

Although they recognise that suffering is a part of life, they also believe that it is important to do what they can to avoid unnecessary suffering through their own actions. Another key belief that they draw on is karuna, compassion – so they try to reduce the suffering of others. When people discriminate, their behaviour reflects an ignorant attitude towards other people. Buddhists believe that ignorance and craving cause people to suffer.



UPEKKHA

- the Buddhist concept of

equanimity. As one of the Brahma Vihara, it is a pure mental state cultivated on

The Noble Eightfold Path

Right SPEECH

Right ACTION

Right LIVELIHOOD

Right VIEW

Right INTENTION

all suggest that you should follow Buddhist teachings and respect everyone equally



Buddhists believe that there is no fundamental difference between any human. Every individual is valued and should be treated fairly and therefore with justice.



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