

## 20160506 **Buddhism and Hinduism**

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Buddhism teaches about the inconstant Non-Self, whilst Hinduism teaches about the constant Self. Buddhism teaches about the *rebirth* cycles, in which the karmic tendencies or consciousness stream is reborn in a new body after death, whilst Hinduism teaches about the *reincarnation* cycles, in which the soul is reborn in a new body after death. *Nirvāna*, extinguishing the fires of desire, aversion, and delusion, is the goal of the Buddhist in halting rebirth cycles. *Moksha*, attaining freedom, self-realization, and self-knowledge, as the droplet soul joins the ocean God and escapes the reincarnation cycles, is the goal of the Hindu. The Hindus divide into two camps: those adherents who maintain that individuality is lost in the joining, and those adherents who maintain that individuality is retained in the joining.