

Отже, основними напрямками діяльності соціального педагога в школі-інтернаті для дітей-сиріт і дітей, позбавлених батьківського піклування, стають: створення умов, які б забезпечили їм повноцінну участь у всіх сферах соціальних відносин; формування соціальних умінь; допомога в особистісному та професійному самовизначенні; підготовка вихованців до самостійного життя.

Підготовка до життя може стати успішною за наявності об'єктивних обставин і за умови спеціально організованого цілеспрямованого виховання й навчання.

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TIBETAN BUDDHISM

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Tibetan Buddhism, the teaching of the Buddha as practiced and taught in Tibet, is at last becoming known to the world. Buddhism is a tolerant religion that places emphasis on practical methods for cultivating spiritual awareness and on the importance of finding the truth for oneself. It treasures loving-kindness, compassion, equanimity, clarity of mind, and wisdom. Its hope is to alleviate suffering and to create healing and transformation so that all beings may experience the highest peace (nirvana). Followers of the Buddha entrust their spiritual growth and well-being to 1) the Buddha as the perfect teacher, 2) his teaching (the Dharma) as the holy path to awakening, and 3) the lamas, tulkus, and the ordained (the Sangha). These three objects of refuge are collectively revered in Buddhism as the "Three Jewels," and are the basis for Buddhist spiritual commitment.

Because of Tibet's secluded location, the Buddhist tradition developed there for fourteen centuries in relative isolation, unknown or misunderstood by the outside world. A turning point came in the late 1950s, when the Communist Chinese takeover precipitated the migration of Tibetan teachers to India. Since then Tibetan Buddhist teachers have traveled further abroad and have established teaching centers that are now flourishing in Japan, Southeast Asia, Australia, Europe, and North and South America. For the first time in history, people from all over the world are able to learn directly from authentic sources about how Tibetan Buddhism was practiced in Tibet. The Tibetan migration has found a particularly receptive audience in the United States – which is, after all, a country of immigrants.

The historical Buddha (named Siddhartha at birth and commonly known as Shakyamuni Buddha) lived in northern India approximately five centuries before Christ. He was a prince who renounced a privileged royal life in order to search for ultimate peace and the highest good. He realized the highest level of enlightenment at the age of thirty-five. Through arduous practices, concentrated meditation, and deep reflection he became a fully awakened being – a Buddha. He then taught the path of spiritual liberation to numerous disciples for over forty years, until his passing at the age of eighty. Afterward the communities of monks and nuns that he founded dedicated themselves to preserving and upholding his teachings, thereby laying the foundations for what has become known as Buddhism.

The term "Buddha" means an "awakened" or "enlightened" one who has discovered true wisdom and attained nirvana (the cessation of desire) in this world. It is a descriptive title given to all fully enlightened beings, rather than being the exclusive name of a single

individual. There have been Buddhas in the past (for example Kashyapa, Dipangkara, or Shakyamuni – the historical Buddha), and other Buddhas are expected in the future.

In practice Tibetan Buddhism draws upon the teachings, meditation techniques, and ordination vows of the Theravada, and the philosophy and cosmology of Mahayana. But it was in Tibet that many of the Vajrayana teachings were preserved, and most of the distinctive qualities of Tibetan Buddhism can be found in its Vajrayana heritage.

The Vajrayana path largely follows the Mahayana philosophical teachings, but there are some variations in attitude. Whereas Mahayana seeks to destroy the poisons of craving, aggression, and ignorance, Vajrayana places an emphasis on transmuting them directly into wisdom. This is based in the Tibetan Buddhist belief that the mundane world (samsara) is inseparable from enlightenment.

Tibetan Buddhism is distinguished by its many methods and techniques of spiritual development and for its great acceleration of the spiritual journey. Theoretically, the path of the Mahayana practitioner takes three incalculable eons to reach full awakening; by contrast, the path of the Vajrayana practitioner can be as short as one lifetime. In order to accelerate the process of enlightenment, Vajrayana uses advanced yoga techniques in combination with elaborate meditations. The meditations incorporate visualizations of personified archetypes of enlightenment, frequently referred to as “meditational deities.”