

Essay on Life After Death

The Buddhists think that there is a life after death. They believe that you are reborn into something else that lives. This is called Rebirth, similar to reincarnation apart from it is not actually you reborn because Buddhists believe we don't have a soul. They think that you affect something else that is reborn (like a mirror reflection, it looks like you but it isn't actually you). The Buddha taught that there was an end to suffering (Dukkha) where you can no longer be reborn so your life doesn't have suffering, because every life has suffering no matter what. The cycle of rebirth is called Samsara and the goal for every Buddhist who follows the Dharma is to achieve Nirvana, by Moksha, which means the escape route of Samsara. Nirvana means 'the end of suffering' which is similar to Heaven but at Nirvana there is nothing, so there is no suffering. To reach Nirvana, a Buddhist will have to follow the teachings of the Buddha, from the Dharma. They must also have good Karma which can only be gained from performing good deeds, and following the Dharma, which tells Buddhists not to want things and be selfless.