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Level 3 Education for Sustainability 2024

91736 Analyse how different worldviews, and the values and practices associated with them, impact on sustainability

EXEMPLAR

Achievement

TOTAL 04

AS 91736 - Analyse how different world-views, and the values and practices associated with them, impact on sustainability

- The purpose of this report is to examine different world views about the two most popular religions in our world which are Roman Catholicism and Buddhism (Theravada). And they are spiritual worldviews which involve the spiritual well being of a person that helps people to live a healthy and religious life. The worldviews about these two religions and analyse the values are practices within the two religions. I will provide evidence which helps me to describe and compare the two wolves and relate to the aspect of sustainability. So that I can identify which worldview is more sustainable for the world.

Terms and concepts relevant to this topic are defined as follows;

World view

Sustainability

- Worldviews are a certain group of people that reflect on what they believe in and sustainability is how these worldviews have changed overtime and make the world into a better place.

Values

Practices

- Values are ideological or theological perspectives that point out how we should live our lives. To live according to the values people follow practices that are deeply held beliefs that control the way people act and think.

World-view 1 is introduced, along with associated values and practices (8 lines only)

- Buddhism is one of the oldest religions, which originated in South Asia around the 5th century and Siddhartha Guatama is known to be the lord Buddha¹. The worldviews about Buddhism are spiritual worldviews that acknowledge the journey of life. Buddhism teaches about the four noble truths that life is a sorrowful journey and that it is filled with miserable situations (Dukkha). Along with the cause of suffering is come across desires and addictive relationships (Tanha). ²This suffering life can be ended through enlightenment (Nirodha) and be rewarded with an eternal rest according to Buddhism. The path for this is the 'Middle path'. Which means that you should be able to control your emotions and not get extremely attached to relationships in your life, so that you can be in a middle state and understand that everything is temporary.

World-view 2 is introduced, along with associated values and practices (8 lines only)

- Catholicism is also one of the most popular religions in the world and worldviews about Catholicism are spiritual worldviews. Catholics task is evangelization and salvation which means that the

¹ *Buddhism* (no date) *Education*. Available at: <https://education.nationalgeographic.org/resource/buddhism/> (Accessed: 01 August 2024). <https://education.nationalgeographic.org/resource/buddhism/>

² *Buddhism: Basic beliefs* (no date a) *URI*. Available at: <https://www.uri.org/kids/world-religions/buddhist-beliefs> (Accessed: 01 August 2024). <https://www.uri.org/kids/world-religions/buddhist-beliefs>

believers are supposed to follow the word of God and are to believe in the Holy Spirit³. They do this by reading the Bible which is known to be an essential source of the god's word written down as ten commandments⁴. And the followers of God are supposed to live according to this so they can get closer to god. Catholics believe in the Holy Trinity as a third person who guides and sacrifices the church. They can also confess their sins to their priest and can ask for forgiveness from God through the priest. Catholics pray to Jesus and Mother Mary the mother of Jesus and all the saints to get connected with God⁵.

Section 2: Explanation of two different world-views

Buddhism Values and Practices

One of the most important values in the Buddhist world view is to cultivate good and not to do harm to others and care about others.

It is defined by that they should be kind to one another, be patient and sacrifice. Most of the time they also value wisdom and compassion. Because ahimsa or harmless is connected with compassionate meaning that they should not cause any harm to living beings including plants and animals. In Buddhism they believe that they should express compassion to everyone. Which means that they should consider how they would feel if that happens to themselves. In that case they should be more mindful of what they are doing. So that can help others to escape the suffering and experience compassion. And being kind to others is also very important because ahimsa or harmlessness is very close to compassion, which means that the followers of buddhism believe that they should not harm any living beings. And Lord Buddha himself told his followers not to believe without questioning, but to try and test for themselves⁶.

This world view leads to practices such as Meththa (loving and kindness), Muditha (Gladness at other's success), Karuna (Compassion) and Upeksha (onlooking equanimity). Mudhitha is practised by offering other people's their necessities. It is the quality of seeing someone else happy before yourself. This can be hard sometimes because the opposite of being happy for someone is jealousy and hate. However this

³ *Catholicism: History, tradition, & beliefs of the catholic church* (no date) *Christianity.com*. Available at: <https://www.christianity.com/church/denominations/what-is-catholicism.html> (Accessed: 07 August 2024). <https://www.christianity.com/church/denominations/what-is-catholicism.html>

⁴ (No date) *What do Catholics believe?* - *walpole catholic collaborative* - *walpole, MA*. Available at: <https://walpolecatholic.net/what-do-catholics-believe> (Accessed: 07 August 2024). <https://walpolecatholic.net/what-do-catholics-believe>

⁵ *What do Catholics believe?* (no date) *Diocese of Lansing*. Available at: <https://www.dioceseoflansing.org/general/what-do-catholics-believe> (Accessed: 07 August 2024). <https://www.dioceseoflansing.org/general/what-do-catholics-believe>

⁶ *Fundamental teachings* (no date) *The Buddhist Society*. Available at: <https://www.thebuddhistsociety.org/page/fundamental-teachings#:~:text=In%20General,-%27Not%20to%20do&text=Although%20Buddhists%20value%20highly%20such,very%20closely%20connected%20with%20compassion> (Accessed: 14 August 2024). <https://www.thebuddhistsociety.org/page/fundamental-teachings#:~:text=In%20General,-%27Not%20to%20do&text=Although%20Buddhists%20value%20highly%20such,very%20closely%20connected%20with%20compassion>

practice can change people's thoughts about others and help them to love and support each other rather than hating on each other⁷.

A real life example of this practice is that in Sri Lanka Buddhist followers offer food for the Monks that walk pass by their houses and this is known as pindapata. Alms giving has become a daily routine for Monks and they wait outside their houses with the food and when the Monks walk pass by they collect their food in their food bowls. They also bow down to the Monks when they arrive before offering food to show respect⁸. This can also lead to Karuna and Metththa because this is showing loving and kindness towards other people and yourself. And also when you see someone else is suffering you are willing to help by showing love and kindness and you can be extremely happy about seeing someone else being very grateful for the support.⁹

Another example of practice that helps to follow Upeksha is meditation. In Buddhism meditation is an important practice that they follow to keep themselves calm and to have a peaceful mindset. This also helps the person to achieve the deeper understanding of themselves and the nature of reality, so they can achieve enlightenment¹⁰. There are three main types of meditation. The first one is Samatha (The concentration meditation), this type of meditation is great for beginners as it helps you to focus on something singular, such as breathing, visual object or mantra. Once you are able to concentrate on anything, you will be able to go onto the deeper levels of meditation. The second one is Vipassana (insight meditation) which includes the concentration that you achieve from Samatha to feel your body, your thoughts and feelings. This way you can reach the deeper levels of understanding in life which is how everything is temporary in life and also suffering. The third type of meditation is Metta Bhavana (loving-kindness Bhavana), which focuses on wishing good luck to others unlike the previous type of meditations which focus on yourself. Metta Bhavana is all about connecting with other people, especially people who you dislike and have good intentions about. Also help you to be kind and calm towards others¹¹.

A real life example is that people get to meditate and learn how to properly meditate with monks. The Monastery that is near the town of Ella in Sri Lanka, is home to over 20 Theravada Buddhist Monks and if anyone makes it to the top of the mountain get the chance of spiritual teachings of Buddha. These meditation sessions typically follow the Theravada Buddhist tradition which emphasises mindfulness meditation with the monks. Meditation sessions are guided by the experienced monks who teach the Buddhist followers on

⁷ (No date) Godwin Samararatne: *Metta, Karuna, Mudita, Upekkha* (2). Available at: <https://godwin-home-page.net/Living-Meditation-HK-98/Basics-04.htm> (Accessed: 15 August 2024). <https://godwin-home-page.net/Living-Meditation-HK-98/Basics-04.htm>

⁸ *About alms in Sri Lanka* (2024) American Monk: *Life with Buddha, Dhamma and Sangha*. Available at: <https://americanmonk.org/about-alm-in-sri-lanka/#:~:text=In%20Sri%20Lanka%2C%20alms%20giving,groups%20and%20collect%20alms%20together>. (Accessed: 15 August 2024). <https://americanmonk.org/about-alm-in-sri-lanka/#:~:text=In%20Sri%20Lanka%2C%20alms%20giving,groups%20and%20collect%20alms%20together>.

⁹ (No date) Godwin Samararatne: *Metta, Karuna, Mudita, Upekkha* (2). Available at: <https://godwin-home-page.net/Living-Meditation-HK-98/Basics-04.htm> (Accessed: 15 August 2024). <https://godwin-home-page.net/Living-Meditation-HK-98/Basics-04.htm>

¹⁰ (No date) *Buddhist meditation: Types, techniques & how to practise — calm blog*. Available at: <https://www.calm.com/blog/buddhist-meditation> (Accessed: 16 August 2024). <https://www.calm.com/blog/buddhist-meditation#:~:text=Buddhist%20meditation%20is%20a%20collection,developing%20compassion%20and%20loving%20Dkindness>.

¹¹ (No date) *Buddhist meditation: Types, techniques & how to practise — calm blog*. Available at: <https://www.calm.com/blog/buddhist-meditation> (Accessed: 16 August 2024). <https://www.calm.com/blog/buddhist-meditation#:~:text=Buddhist%20meditation%20is%20a%20collection,developing%20compassion%20and%20loving%20Dkindness>.

how to achieve peace through meditation. They start by the mediation which are Vipassana and Samatha Meditation which helps concentrate on one thing and also help observing the mind and the body to help gain insight into the nature of reality¹².

In this way, this value causes people to act in a sustainable way because people will learn how to treat other people and also respect nature, including plants and animals. This will also help people to control their feelings and anger and will also help them to be more calm. By following these habits the people will also understand life and will be selfish with what they are desiring for. Loving each other and being kind to each other can build up healthy relationships with each other and also know your limits. This will be helpful for social sustainability as people learn how to build good relationships with each other and will cause less disagreement in the society. This will also support environmental sustainability because people learn how to respect, protect and love nature and the environment. They will do less harm to any plant or animals.

A second important value that the Buddhist followers believe in the four noble truths. This value is understood as the truths of suffering, the cause of the suffering, the freedom from suffering and the truth to the path that leads to the end of suffering. The Buddha taught the buddhist followers the eightfold path to achieve enlightenment and overcome suffering. The four noble truths are the contingency plan that Lord Buddha came up with to deal with suffering. If this is understood by the person then that person can easily achieve enlightenment. End of suffering is meant by either ending the suffering in this life or the spiritual life through achieving Nirvana. In Buddhism desire and ignorance are known to be the cause for suffering. Desire includes having a deep connection with something and being selfish. And ignorance includes being disappointed for not going your way. These are the causes of suffering, if people manage to understand this and achieve to end the suffering they can break the cycle of rebirth¹³.

Research has shown that the practices associated with this world view are the eightfold path which are practices to achieve enlightenment and to end suffering. It is not a linear path that we take step by step. However it is a holistic and interconnected set of practices to be engaged. It is a lifelong journey that is practised. One of the practices is right action. Skillful actions point out ethical conduct and the importance of leading a life journey that is full filled with more principals. This clarifies that we should be avoiding any actions that could harm ourselves and other people. Such as killing, stealing and sexual misconduct etc¹⁴.

A real life example of this is in Sri Lanka Buddhist followers are against slaughtering cows and any other animal. Most Buddhist followers believe that consuming meat is sin, in that case most of them prefer to be vegetarian. One of the things that the Buddhist people do to overcome unlucky moments of their lives is that they save a cow's life that is dedicated to be killed for the meat. They believe that doing good things like this

¹² *Meditation with a monk Sri Lanka: Buddhism in Sri Lanka: Meditation Centre Sri Lanka* (no date) *Meditation with a monk Sri Lanka | Buddhism in Sri Lanka | Meditation Centre Sri Lanka*. Available at: <https://go-srilanka.com/unique-experiences/mediation-monk#:~:text=Daily%20Routine%3A%20Participants%20often%20follow,be%20part%20of%20the%20practice>. (Accessed: 18 August 2024). <https://go-srilanka.com/unique-experiences/mediation-monk#:~:text=Daily%20Routine%3A%20Participants%20often%20follow,be%20part%20of%20the%20practice>.

¹³ *Basics of buddhism* (no date) PBS. Available at: <https://www.pbs.org/edens/thailand/buddhism.htm#:~:text=The%20Four%20Noble%20Truths&text=They%20are%20the%20truth%20of,to%20bring%20about%20its%20end>. (Accessed: 18 August 2024). <https://www.pbs.org/edens/thailand/buddhism.htm#:~:text=The%20Four%20Noble%20Truths&text=They%20are%20the%20truth%20of,to%20bring%20about%20its%20end>.

¹⁴ *What is the eightfold path?: Buddhism A–Z* (2024) *Lion's Roar*. Available at: <https://www.lionsroar.com/buddhism/eightfold-path/> (Accessed: 18 August 2024). <https://www.lionsroar.com/buddhism/eightfold-path/>

can help them to have better luck in their lives and overcome their sins¹⁵. Therefore the practice of vegetarianism helps Buddhist reinforce their values and help them understand it in a deeper way.

Another practice that is followed that is part of the eightfold path is right effort. Which means making a persistent and elegant effort to cultivate wholesome qualities that help you live a peaceful and a good life that does not harm others. This includes avoiding negative mental states and nurturing positive ones. This also means that you should be getting rid of one's self of unwholesome thoughts. Words and actions lead to a perfect and wholesome state of being¹⁶.

A real life example of this could be that buddhist followers often go to the buddhist temples to show respect to the Lord Buddha and also to pray for themselves. They can still do this at home and show devotion to lord Buddha. They also have a meditation hall that they meditate to help themselves to calm themselves¹⁷. And also they do different chantings as well as they do offering to lord Buddha which is called 'pooja' which they believe that they can overcome suffering. Poojas are ceremonies involving offerings and gifts to lord Buddha such as food and flowers. This is done to show devotion to Lord Buddha for all his teachings¹⁸.

In this way, this value and practices are linked to sustainability because these actions help the people to live a good life in the society. This is because they avoid harmful habits such as killing, stealing and sexual misconduct. That way the world can be a better place and people don't have to live in fear. People can have better and healthier connections with each other and avoid unnecessary things that could possibly happen. This also relates to the aspect of social sustainability because the people will learn how to avoid harmful actions that could harm others and be more kind towards others. This can also support environmental sustainability because the people will also stop harming nature and also animals since they are practising how to abandon harmful actions.

The third value associated with the Buddhist worldview that this report will examine is karma. In Buddhism karma is not the things that are decided for you. The website defines this value as,

Karma is the thing that you do that will come back to you as karma. Good actions such as being kind to others, and not harming others and helping each other etc. And bad actions such as killing, stealing, sexual misconduct, harming others, telling lies etc can have a bad effect on you. And the impact on your actions depend on a few things such as how often you do them, how determined you are when you do them, whether

¹⁵ (No date a) (PDF) *cow protectionism in Sinhala Buddhist sri lanka*. Available at: https://www.researchgate.net/publication/287647105_Cow_Protectionism_in_Sinhala_Buddhist_Sri_Lanka (Accessed: 19 August 2024).
https://www.researchgate.net/publication/287647105_Cow_Protectionism_in_Sinhala_Buddhist_Sri_Lanka

¹⁶ *What is the eightfold path?: Buddhism A–Z* (2024) *Lion's Roar*. Available at: <https://www.lionsroar.com/buddhism/eightfold-path/> (Accessed: 18 August 2024).
<https://www.lionsroar.com/buddhism/eightfold-path/>

¹⁷ *Places of worship - practices in buddhism - GCSE religious studies revision - eduqas - BBC bitesize* (2023) *BBC News*. Available at: <https://www.bbc.co.uk/bitesize/guides/zh67xfr/revision/1#:~:text=This%20is%20because%20Buddhists%20can,the%20art%20of%20the%20community> (Accessed: 19 August 2024).
<https://www.bbc.co.uk/bitesize/guides/zh67xfr/revision/1#:~:text=This%20is%20because%20Buddhists%20can,the%20art%20of%20the%20community>

¹⁸ *Worship and rituals - practices in buddhism - GCSE religious studies revision - AQA - BBC bitesize* (2024) *BBC News*. Available at: <https://www.bbc.co.uk/bitesize/guides/zkdbcj6/revision/2#:~:text=Puja%20can%20help%20Buddhists%20to,find%20answers%20to%20overcome%20suffering> (Accessed: 19 August 2024).
<https://www.bbc.co.uk/bitesize/guides/zkdbcj6/revision/2#:~:text=Puja%20can%20help%20Buddhists%20to,find%20answers%20to%20overcome%20suffering>

you regret it or not and lastly, how you treat important people and how you help those who have helped you before. There is also another type of karma which is daily activities such as breathing or eating, however these actions do not have an effect on you or drawbacks¹⁹.

One of the practices that are followed for this value is that in Theravada Buddhism preaching is the transmission of dharma which is known as dharma desana. This is practice with the most spiritual and moral significance for the Buddhist followers²⁰. At the very beginning of Buddha's ministry, he considered that it is important to share the enlightenment knowledge with others. He then walked on his foot over one hundred and fifty miles from Buddhagaya to Benares to preach his dharma. Buddha also travelled in Kosala and Magadha to preach his knowledge of enlightenment. This continued for thousands of years and began an unbroken history of the tradition of Buddhist preaching (bana)²¹.

A real life example of this is that this tradition still continues and in Sri Lanka Buddhist followers listen to preaching through attending preaching halls, public ceremonies, on TV and even in the radios²².

Another practice includes meditation. Meditation helps Buddhist followers to reach enlightenment²³. Over centuries Buddhism practised techniques such as loving and kindness and also mindfulness. And most importantly meditation helps Buddhist followers to understand their deeper thoughts and overcome suffering because meditation helps you reach enlightenment²⁴. There are three types of meditation in Buddhist meditation. Calm meditation which is known as the samatha meditation which is the practice meditation of contraction and calming themselves down (samadhi). The second type of meditation is insight meditation that is also known as Vipassana. In this practice meditation Buddhist followers are aimed to reach three sites

¹⁹ *Basics of buddhism* (no date) PBS. Available at:

<https://www.pbs.org/edens/thailand/buddhism.htm#:~:text=The%20Four%20Noble%20Truths&text=They%20are%20the%20truth%20of,to%20bring%20about%20its%20end>. (Accessed: 18 August 2024).

<https://www.pbs.org/edens/thailand/buddhism.htm#:~:text=The%20Four%20Noble%20Truths&text=They%20are%20the%20truth%20of,to%20bring%20about%20its%20end>.

²⁰ Colombo Theological Seminary (Colombo, S.L. (no date) *Buddhist preaching in contemporary Theravada Sri Lanka: Lessons for the Church*, *InSights Journal*. Available at: <https://insightsjournal.org/buddhist-preaching-in-contemporary-theravada-sri-lanka-lessons-for-the-church/> (Accessed: 26 August 2024). <https://insightsjournal.org/buddhist-preaching-in-contemporary-theravada-sri-lanka-lessons-for-the-church/>

²¹ Colombo Theological Seminary (Colombo, S.L. (no date) *Buddhist preaching in contemporary Theravada Sri Lanka: Lessons for the Church*, *InSights Journal*. Available at: <https://insightsjournal.org/buddhist-preaching-in-contemporary-theravada-sri-lanka-lessons-for-the-church/> (Accessed: 26 August 2024). <https://insightsjournal.org/buddhist-preaching-in-contemporary-theravada-sri-lanka-lessons-for-the-church/>

²² Colombo Theological Seminary (Colombo, S.L. (no date) *Buddhist preaching in contemporary Theravada Sri Lanka: Lessons for the Church*, *InSights Journal*. Available at: <https://insightsjournal.org/buddhist-preaching-in-contemporary-theravada-sri-lanka-lessons-for-the-church/> (Accessed: 26 August 2024). <https://insightsjournal.org/buddhist-preaching-in-contemporary-theravada-sri-lanka-lessons-for-the-church/>

²³ *Why do Buddhists meditate?* (no date) BBC Teach. Available at:

<https://www.bbc.co.uk/teach/articles/zdt9f4j#:~:text=The%20ultimate%20goal%20for%20a,key%20technique%20to%20achieve%20it> (Accessed: 28 August 2024).

<https://www.bbc.co.uk/teach/articles/zdt9f4j#:~:text=The%20ultimate%20goal%20for%20a,key%20technique%20to%20achieve%20it>

²⁴ *Why do Buddhists meditate?* (no date) BBC Teach. Available at:

<https://www.bbc.co.uk/teach/articles/zdt9f4j#:~:text=The%20ultimate%20goal%20for%20a,key%20technique%20to%20achieve%20it> (Accessed: 28 August 2024).

<https://www.bbc.co.uk/teach/articles/zdt9f4j#:~:text=The%20ultimate%20goal%20for%20a,key%20technique%20to%20achieve%20it>

of central characteristics of existence which includes. The impermanence (anicca), the suffering (dukkha) and the nonself and understanding deeper levels of thinking. The third type of meditation includes calm and insight meditation combined where buddhist followers are aimed to calm themselves through meditation and focus on one thing while also trying to understand deeper levels of thinking²⁵.

A real life example of this is mediation is practised in Sri Lanka there is a Buddhist meditation centre which is called the Nilambe buddhist meditation centre²⁶. In 1970 a group of friends decided to have a buddhist meditation centre for people to meditate peacefully that is when this centre was built. There is a Buddhist meditation session that is happening in this centre where people can come and attend the session and meditate peacefully²⁷.

In this way, this value and practices are linked to sustainability because people will understand the journey of life and will do less harm to the world. People will understand how to calm themselves and to have a good mindset through meditation, that will lead people to handle their situation in a better way. Buddhist preachings will help people to learn how to have a peaceful life without harming others and themselves. This will be supportive of social sustainability because people will be better citizens and do less harm to the world and will also support each other which will help each other to have good interactions with each other. This will also affect environmental sustainability because people will also respect nature such as plants and animals because they are willing to do less harm in order to reach enlightenment according to lord buddha's teachings.

Values and practices are interrelated because they learn how to overcome suffering by meditating and also offering what they have to other people which help them to overcome their karma. They also stay away from violence such as stealing and killing etc to show love and kindness to the society.

World-View Two Values and Practices

One of the most important values in this catholicism world view is love and dignity. In Cardinal Levada's glossary, love (charity) is explained by "The theological virtue by which we love God above all things for his own sake, and our neighbour as ourselves for the love of god."²⁸ According to Catholicism we are all created in God's image, in that case showing dignity and showing love to other people is very important because they are created in God's image. Love and dignity is given to everyone whether it is saint or sinner, imprisoned or freed, powerful or marginalised. Because the christ died for all of us in that case everyone is loved and has fullness in their lives. "If we share our lives with others and generously give ourselves, we also have to realise that every person is worthy of our giving. God created that person in his image, and he

²⁵ *Buddhist meditation* (2022) *Theravada*. Available at: <https://www.theravada.gr/en/about-buddhism/methods-of-buddhist-meditation/> (Accessed: 28 August 2024). <https://www.theravada.gr/en/about-buddhism/methods-of-buddhist-meditation/>

²⁶ Greenexpress.lk (no date) *Welcome to Nilambe Buddhist Meditation Centre in Sri Lanka, Nilambe*. Available at: <https://old.nilambe.lk/> (Accessed: 28 August 2024). <https://old.nilambe.lk/>

²⁷ Greenexpress.lk (no date) *Welcome to Nilambe Buddhist Meditation Centre in Sri Lanka, Nilambe*. Available at: <https://old.nilambe.lk/> (Accessed: 28 August 2024). <https://old.nilambe.lk/>

²⁸ Blackburn, J. (2019) *How does the church define love?*, *Catholic Answers*. Available at: <https://www.catholic.com/qa/how-does-the-church-define-love> (Accessed: 20 August 2024). <https://www.catholic.com/qa/how-does-the-church-define-love>

or she reflects something of God's glory. Every human being is the object of God's glory. Every human being is the object of God's infinite tenderness, and he himself is present in their lives²⁹."

This world view leads to practices such as that they show love and dignity by forgiving them and building healthy relationships with each other. Forgiving each other is a key aspect in one's participation in the catholic faith. This can be found in the bible because forgiveness actually originates from god. However there are conditions for the one that is forgiven: he must pray and confess his sins and also must turn to god to repent his sins. God's mercy and forgiveness became the grounds of the covenant that is catalysed by God forgiving other people. Forgiving people could help build healthy relationships because you are allowing broken connections to get back together. Jesus introduced a new logic to human relationships where forgiving each other could lead to mercy. The website suggests evidence that "As sure as the follower of Jesus experiences God's love by loving his neighbour, so too does that believer experience the forgiveness of God in the act of forgiving his neighbour³⁰." This explains that if we start to forgive other people for what they have done to us, we can experience the love of god and become a follower god because Jesus experienced God's love by loving his neighbour.

A real life example of this is the sacrament of confession. It is instituted by Jesus Christ in his love and mercy to provide a chance to sinners to ask for forgiveness for going against God and your sisters and brothers. Confession Brings resolving between the God and the penitent³¹. This is done by walking up to the priest and confessing your sins to the priest. So that the priest gives you a punishment, so that you can ask for forgiveness from God through the priest³².

Another practice that includes is that Catholics are against abortion because they strongly believe that killing a growing baby inside a woman's womb is wrong and that it is like murdering a human being that is not born yet³³. And it is considered as attacking a being with a human destiny that was being prepared by god to

²⁹ CST: *Human dignity* (no date) Caritas Aotearoa New Zealand. Available at: <https://www.caritas.org.nz/catholic-social-teaching/human-dignity#:~:text=in%20God's%20Image-,The%20Catholic%20social%20teaching%20principle%20of%20human%20dignity%20is%20about,or%20freed%2C%20powerful%20or%20marginalised.> (Accessed: 21 August 2024). <https://www.caritas.org.nz/catholic-social-teaching/human-dignity#:~:text=in%20God's%20Image-,The%20Catholic%20social%20teaching%20principle%20of%20human%20dignity%20is%20about,or%20freed%2C%20powerful%20or%20marginalised.>

³⁰ *One magazine a Catholic perspective on forgiveness* (no date) CNEWA. Available at: <https://cnewa.org/magazine/a-catholic-perspective-on-forgiveness-30824/> (Accessed: 22 August 2024). <https://cnewa.org/magazine/a-catholic-perspective-on-forgiveness-30824/>

³¹ *Confession step by step* (2017) Cathedral of the Blessed Sacrament. Available at: <https://www.altoonacathedral.org/confession-step-by-step/#:~:text=Confession%20is%20a%20sacrament%20instituted,and%20to%20the%20individual%20penitent.> (Accessed: 30 August 2024). <https://www.altoonacathedral.org/confession-step-by-step/#:~:text=Confession%20is%20a%20sacrament%20instituted,and%20to%20the%20individual%20penitent.>

³² *Confession step by step* (2017) Cathedral of the Blessed Sacrament. Available at: <https://www.altoonacathedral.org/confession-step-by-step/#:~:text=Confession%20is%20a%20sacrament%20instituted,and%20to%20the%20individual%20penitent.> (Accessed: 30 August 2024). <https://www.altoonacathedral.org/confession-step-by-step/#:~:text=Confession%20is%20a%20sacrament%20instituted,and%20to%20the%20individual%20penitent.>

³³ *Respect for unborn human life: The Church's constant teaching* (no date) USCCB. Available at: <https://www.usccb.org/issues-and-action/human-life-and-dignity/abortion/respect-for-unborn-human-life> (Accessed: 28 August 2024). <https://www.usccb.org/issues-and-action/human-life-and-dignity/abortion/respect-for-unborn-human-life>

receive an immortal soul. It is also believed that human life should be respected and protected since conception. The well-being of a pregnant woman and the child should not be separated³⁴.

A real life example of this is most catholic churches are against abortion and are trying to convince women to look for other options without taking an abortion. Bishops in New Zealand are very disappointed in legalising abortion the in the country because they strongly believe that it is human life that is growing in the womb that was created by God and we are rejecting a God's gift by killing it³⁵.

In this way, this value leads to a more sustainable lifestyle because in catholicism it is important to show love and dignity to each other. The more people show love and dignity to each other the more people will have healthy relationships with each other. And when people start to forgive each other there will be less violence in the world and will lead to a peaceful environment. These practices are related to social sustainability because people are forgiving each other and showing love and dignity to each other. This can help people to have a peaceful connection with others. This is also helpful for environmental sustainability because people will learn how to respect the environment since they are practising how to respect and show love to the world.

A second important value is faith and it is a gift which drags us into a personal loving union with a father, son and holy spirit³⁶. And this grace helps us to hear and keep the word of god. This reminds us of the basic ways in which we show our belief in God and that it challenges us to apply our faith in daily lives. This value is understood as a personal and communal relationship, it is a personal adherence to god. And at the same time it is an assent to the whole truth that the god had revealed to us³⁷. Faith helps strengthen the relationship with god. Because it is believed that having faith in God is the way to overcome our problems in life. "Faith is necessary for salvation. The lord himself teaches : he who believes and is baptised will be saved, but he who does not believe will be condemned³⁸."

³⁴ (No date) *Catholic australia*. Available at: <https://www.catholic.au/s/article/What-is-the-Catholic-Church-s-position-on-abortion> (Accessed: 28 August 2024).
<https://www.catholic.au/s/article/What-is-the-Catholic-Church-s-position-on-abortion>

³⁵ *NZ Catholic bishops deeply disappointed at abortion law's disregard for rights of Unborn* (no date) *New Zealand Catholic Bishops Conference*. Available at: <https://www.catholic.org.nz/news/media-releases/nz-catholic-bishops-on-new-abortion-law/> (Accessed: 31 August 2024).
<https://www.catholic.org.nz/news/media-releases/nz-catholic-bishops-on-new-abortion-law/>

³⁶ *What is faith? how does it tie in to what we believe as Catholics?* (2020) *Archdiocese of Saint Paul and Minneapolis*. Available at: <https://www.archspm.org/faiht-and-discipleship/catholic-faiht/what-is-faiht-how-does-it-tie-in-to-what-we-believe-as-catholics/#:~:text=%E2%80%9CFaiht%20is%20necessary%20for%20salvation,citing%20Mk%2016%3A16> (Accessed: 28 August 2024). <https://www.archspm.org/faiht-and-discipleship/catholic-faiht/what-is-faiht-how-does-it-tie-in-to-what-we-believe-as-catholics/#:~:text=%E2%80%9CFaiht%20is%20 necessary%20 for%20 salvation,citing%20 Mk%2016%3A16>

³⁷ *What is faith? how does it tie in to what we believe as Catholics?* (2020) *Archdiocese of Saint Paul and Minneapolis*. Available at: <https://www.archspm.org/faiht-and-discipleship/catholic-faiht/what-is-faiht-how-does-it-tie-in-to-what-we-believe-as-catholics/#:~:text=%E2%80%9CFaiht%20is%20necessary%20for%20salvation,citing%20Mk%2016%3A16> (Accessed: 28 August 2024). [https://www.archspm.org/faiht-and-discipleship/catholic-faiht/what-is-faiht-how-does-it-tie-in-to-what-we-believe-as-catholics/#:~:text=%E2%80%9CFaiht%20is%20 necessary%20 for%20 salvation,citing%20 Mk%2016%3A16](https://www.archspm.org/faiht-and-discipleship/catholic-faiht/what-is-faiht-how-does-it-tie-in-to-what-we-believe-as-catholics/#:~:text=%E2%80%9CFaiht%20is%20necessary%20for%20salvation,citing%20Mk%2016%3A16)

³⁸ *What is faith? how does it tie in to what we believe as Catholics?* (2020) *Archdiocese of Saint Paul and Minneapolis*. Available at: <https://www.archspm.org/faiht-and-discipleship/catholic-faiht/what-is-faiht-how-does-it-tie-in-to-what-we-believe-as-catholics/#:~:text=%E2%80%9CFaiht%20is%20necessary%20for%20salvation,citing%20Mk%2016%3A16>

Research has shown that the practice associated with this world view is prayer. Catholics believe in prayer because it gives them the opportunity to communicate with god³⁹. Prayer helps Catholics to request good things from and ask for help when they have problems in life. Prayer is a two way process, which includes that they pray to develop spiritually and god has the power to answer the prayers⁴⁰. There are three types of prayer types. The set prayer is often where people gather and pray together. The Lord's Prayer is fixed prayer where it is believed that it was taught by Jesus. Informal prayers don't have a set format and can be done anyhow⁴¹.

A real life example of prayer is that Catholics gather and pray in churches every Sunday. It is called the Mass, Eucharist or the Divine Liturgy. It culminates in celebration of the sacrament of the Eucharist. Mass includes two principal rites. One is the liturgy of the world and also the second is the liturgy of the Eucharist⁴². Catholics believe that going to church every sunday is a way of showing love to god and also having faith towards god. Catholics go to the church to praise the lord together and to show trust in god⁴³.

Another practice for Catholics to express their faith in God is that they read the bible and leave according to the word of god. The Bible is known as the holy scripture. It includes the word of god and the catholics are supposed to read it and follow it⁴⁴. The bible helps catholics to find their answers for the problems that they get in their lives. This can help you to get closer to god and be aware of what god said about how we should live our lives. It also provides the god's character and his love towards us. Catholics believe that if you are failing to read the bible often it is their responsibility to ask god to give the motivation to read the word of god⁴⁵.

(Accessed: 28 August 2024). <https://www.archspm.org/faith-and-discipleship/catholic-faith/what-is-faith-how-does-it-tie-in-to-what-we-believe-as-catholics/#:~:text=%E2%80%9CFaith%20is%20necessary%20for%20salvation,citing%20Mk%2016%3A16>

³⁹ *Prayer - ways of Catholic living - edexcel - GCSE religious studies revision - edexcel - BBC bitesize* (2024) BBC News. Available at: <https://www.bbc.co.uk/bitesize/guides/zffxh39/revision/4#> (Accessed: 28 August 2024). <https://www.bbc.co.uk/bitesize/guides/zffxh39/revision/4#>

⁴⁰ *Prayer - ways of Catholic living - edexcel - GCSE religious studies revision - edexcel - BBC bitesize* (2024) BBC News. Available at: <https://www.bbc.co.uk/bitesize/guides/zffxh39/revision/4#> (Accessed: 28 August 2024). <https://www.bbc.co.uk/bitesize/guides/zffxh39/revision/4#>

⁴¹ *Prayer - ways of Catholic living - edexcel - GCSE religious studies revision - edexcel - BBC bitesize* (2024) BBC News. Available at: <https://www.bbc.co.uk/bitesize/guides/zffxh39/revision/4#> (Accessed: 28 August 2024). <https://www.bbc.co.uk/bitesize/guides/zffxh39/revision/4#>

⁴² *Eucharist* (2024) *Encyclopædia Britannica*. Available at: <https://www.britannica.com/topic/Eucharist> (Accessed: 28 August 2024). <https://www.britannica.com/topic/Eucharist>

⁴³ *Why should we attend the church every Sunday* (no date) *Harvest Church*. Available at: the <https://harvestchurch.lk/why-we-should-attend-the-church-every-sunday/#:~:text=It%20is%20a%20way%20of,that's%20required%20of%20all%20Christians.&text=The%20church%20is%20also%20where,thank%20and%20honour%20the%20Father.> (Accessed: 28 August 2024). <https://harvestchurch.lk/why-we-should-attend-the-church-every-sunday/#:~:text=It%20is%20a%20way%20of,that's%20required%20of%20all%20Christians.&text=The%20church%20is%20also%20where,thank%20and%20honour%20the%20Father.>

⁴⁴ *The Bible* (no date) *History.com*. Available at: <https://www.history.com/topics/religion/bible> (Accessed: 28 August 2024). <https://www.history.com/topics/religion/bible>

⁴⁵ *The importance of reading the Bible* (no date) *GCU*. Available at: <https://www.gcu.edu/blog/theology-ministry/importance-reading-bible> (Accessed: 29 August 2024). <https://www.gcu.edu/blog/theology-ministry/importance-reading-bible>

A real life example of this in New Zealand is a bible reading community that encourages people to read and learn the Bible together. This bible society has been around since 1846 and they became a group when Manna Christian stores became a part of the mission in 2017. Their goal is to help everyone to get to read the bible and spread the gospel and fill empty hearts with the word of God everywhere⁴⁶.

In this way, this value leads to a more sustainable lifestyle because people will be more religious and when they are religious they will be willing to stay away from sins. This will help to build a better society and safer environment because people will be good to each other. This will support social sustainability because people will follow the word of God and will have faith in God, in that case they will also encourage other people to do it so they become good citizens to the world and they will not cause any violence. This will also support environmental sustainability because since people have faith in God and express their love towards the God that created the world they will respect the environment and will protect plants and animals which they believe that God created this world.

Values and practices are inter-related because Catholics are supposed to have faith in God which helps them to be kind and love each other because they follow their only God which is loving and kind to his children. And these values are shown from practices such as forgiving each other and loving each other and also they always read the bible so they can increase their faith in God.

Section 3: Comparison of each of the two world-views

Two present day and on-going issues that both world views face are that most of the people are rejecting the lifestyle of the spiritual leaders in Buddhism. Traditionally Buddhism monks and nuns are expected to fulfil a variety of roles that include a simple and a focused life⁴⁷. Their job is to go around and teach other people about what Lord Buddha has taught them. And most current monks and nuns are refusing to play this role because they have to live a very simple life. For instance they are only supposed to have one meal a day and that is also provided either by the direct donations of food from the lay community or from a monastery kitchen. And they also are required to be role models or living examples to the lay community and live exactly according to what Buddha said in the teachings⁴⁸.

Although this is an on-going issue in the Buddhist community this can also lead to a future issue because when more people refuse to be spiritual leaders there will be a decrease in the distribution of Buddhism around the world. And when there are less monks, people won't be able to have teachings of Buddha or any role models to follow the teachings. This will cause people to be more violent because Buddhism teaches how to be polite and kind towards each other.

The same issue occurs with Catholicism, where people reject becoming priests because they have to live a very restricted and simple life. Many people do not consider being a priest because they don't think it is

⁴⁶ O'Leary, O. (2022) *About Us, Bible Society New Zealand*. Available at: <https://biblesociety.org.nz/about-us/> (Accessed: 29 August 2024). <https://biblesociety.org.nz/about-us/>

⁴⁷ (No date a) *Modern buddhism: Issues and challenges*. Available at: https://www.edu.gov.mb.ca/k12/docs/support/world_religions/buddhism/modern-buddhism.pdf (Accessed: 30 August 2024). https://www.edu.gov.mb.ca/k12/docs/support/world_religions/buddhism/modern-buddhism.pdf

⁴⁸ (No date a) *Modern buddhism: Issues and challenges*. Available at: https://www.edu.gov.mb.ca/k12/docs/support/world_religions/buddhism/modern-buddhism.pdf (Accessed: 30 August 2024). https://www.edu.gov.mb.ca/k12/docs/support/world_religions/buddhism/modern-buddhism.pdf

really important to be one and it is your own choice⁴⁹. And most people don't prefer to live that religious life that they are meant to be living when they become a priest because they are interested in living that ordinary life. One of the reasons they don't want to enter this field is because priests remain celibate and most people want to get married and have a family so they refuse becoming a priest⁵⁰. Another reason is most people are never asked if they are interested in becoming priests. "For many young black men, another reason why they never entered the priesthood was because they were never asked⁵¹."

Although this is an on- going issue this can lead to future issues such as when more people refuse to become priests. There will be no one to carry out Masses in church or to spread the gospel. Teach people the word of god. This can lead people to commit more sins and go against God. This will affect them because when people miss out on God's word they will become more violent and sinners which will cause the world to be a more dangerous place in the future.

This issue will affect the sustainability of both world views because when there are less monks and priests available in the world spread these two religions. The society will then fail to live a religious life and since there are no teachings of being polite to other people. Society will become more violent towards people and the environment such as plants and animals. This will affect environmental sustainability. People will be more aggressive and greedy and this can cause weaker relationships with each other which will affect social sustainability.

Another issue that Buddhism faces is climate change, because in Buddhism most buddhist people refuse to consume animals. They prioritise animals such as cows which has been a biggest threat to global warming⁵². Because cows release a lot of carbon to the environment which increases global warming. Since Buddhist followers are being polite to the environment and viewing animals consuming as a sin they choose to be vegetarian which can affect the global climate because when they don't consume cows, the population of cows will increase therefore the amount of carbon that they release will increase which will lead to global warming⁵³.

⁴⁹ *Why are fewer men becoming priests?* (2024) *Fordham Now*. Available at: <https://now.fordham.edu/living-the-mission/why-are-fewer-men-priests/> (Accessed: 30 August 2024). <https://now.fordham.edu/living-the-mission/why-are-fewer-men-priests/>

⁵⁰ *Why are fewer men becoming priests?* (2024) *Fordham Now*. Available at: <https://now.fordham.edu/living-the-mission/why-are-fewer-men-priests/> (Accessed: 30 August 2024). <https://now.fordham.edu/living-the-mission/why-are-fewer-men-priests/>

⁵¹ *Why are fewer men becoming priests?* (2024) *Fordham Now*. Available at: <https://now.fordham.edu/living-the-mission/why-are-fewer-men-priests/> (Accessed: 30 August 2024). <https://now.fordham.edu/living-the-mission/why-are-fewer-men-priests/>

⁵² Jonathanhall (2022) *Buddhism and climate change*, Cornell University Press. Available at: <https://www.cornellpress.cornell.edu/buddhism-and-climate-change/#:~:text=Some%20practitioners%2C%20for%20instance%2C%20stated,emit%2C%20from%20our%20dinner%20plates> (Accessed: 30 August 2024). <https://www.cornellpress.cornell.edu/buddhism-and-climate-change/#:~:text=Some%20practitioners%2C%20for%20instance%2C%20stated,emit%2C%20from%20our%20dinner%20plates>

⁵³ Jonathanhall (2022) *Buddhism and climate change*, Cornell University Press. Available at: <https://www.cornellpress.cornell.edu/buddhism-and-climate-change/#:~:text=Some%20practitioners%2C%20for%20instance%2C%20stated,emit%2C%20from%20our%20dinner%20plates> (Accessed: 30 August 2024). <https://www.cornellpress.cornell.edu/buddhism-and-climate-change/#:~:text=Some%20practitioners%2C%20for%20instance%2C%20stated,emit%2C%20from%20our%20dinner%20plates>

The Dalai Lama has called the World leaders to take actions for global warming and also mentioned and even declared a book that is called “ Buddha would be green” and in this book they talk about if Buddha returned to the world⁵⁴. The issue here is that instead of taking action against global warming this makes the society rely on a myth or a religion which does not really fix the problem. This makes the society busy considering the myths instead of actually taking actions to solve the issue of climate change.

This can be a future issue because Buddhist followers choosing to be vegetarian can negatively impact environmental sustainability because the population of cows will increase when they are not used as a food source. This will increase the carbon in the environment which will cause global warming. This can be an issue in the future as if there is more global warming this can cause climate change and destroy the environment and the living beings.

In Catholicism climate change has a different impact because according to catholic teachings although climate changes can be a threat to human life and the environment. Climate change is known to be a part of God’s creation and sometimes it can be a good thing in the future as the future generation can have more resources⁵⁵. The issue here is it has been normalised and considered as a part of God’s plan without taking action to stop climate change. And climate change can be a threat because this can affect environmental sustainability as it destroys the environment.

In conclusion, this report has examined the world views of the Roman Catholicism worldview and Buddhism (Theravada). It has found that out of the two world views, the worldview of Buddhism is more sustainable because they are more on the reality side of looking at the world and the solutions to overcome the issues. Where in catholicism people are more depended on god. In Buddhism teachings people can easily learn how to overcome suffering and reach enlightenment. And also helps them to overcome greediness and get rid of unnecessary desires which lead to suffering. Buddhism also teaches you how to calm yourself down through meditation and that people can have better connections with each other. And also to respect and protect the environment which can lead to a sustainable world. People will learn how to overcome suffering and have a simple life which will lead to a calm and peaceful world in the future. Both worldviews are leading the world to a better place because both religions are encouraging people to show their good side and make the world more sustainable by respecting each other and loving each other and also the environment. Which can support social and environmental sustainability.

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[change/#:~:text=Some%20practitioners%2C%20for%20instance%2C%20stated,emit%2C%20from%20our%20dinner%20plates.](#)

⁵⁴ ‘buddha would be green’: Dalai Lama calls for urgent climate action (2020) *The Guardian*. Available at: <https://www.theguardian.com/world/2020/nov/11/buddha-would-be-green-dalai-lama-calls-for-urgent-climate-action> (Accessed: 30 August 2024). <https://www.theguardian.com/world/2020/nov/11/buddha-would-be-green-dalai-lama-calls-for-urgent-climate-action>

⁵⁵ Ford, R. (no date) *Catholic social teaching 101: Climate change*, Catholic Charities of Southwest Kansas. Available at: <https://catholiccharitiesswks.org/about-us/46-home/news/social-justice/819-catholic-social-teaching-101-climate-change/#:~:text=Catholic%20teaching%20insists%20that%20climate,with%20future%20generations%3B%20to%20realize> (Accessed: 31 August 2024). <https://catholiccharitiesswks.org/about-us/46-home/news/social-justice/819-catholic-social-teaching-101-climate-change/#:~:text=Catholic%20teaching%20insists%20that%20climate,with%20future%20generations%3B%20to%20realize>

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<https://www.christianity.com/church/denominations/what-is-catholicism.html>

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Achievement

Subject: Education for Sustainability

Standard: 91736

Total score: 04

Task	Grade score	Marker commentary
One	A4	<p>This response provided a thorough breakdown of Roman Catholic and Buddhist values and practices, with extensive evidence linking these to aspects of sustainability. While this focus is commendable, it dominated the report at the expense of a more balanced analysis.</p> <p>Conclusions addressed present and future issues facing both worldviews, demonstrating an understanding of key challenges. Similarities and differences were noted, but were not analysed in sufficient detail to reach the depth required for Merit.</p>