







<p>KEY VOCABULARY AND SPELLINGS</p> <p>Siddhartha Gautama - the Buddha</p> <p>Buddha – the title given to the founder of Buddhism</p> <p>Dharma – the Buddha’s teachings, known as truth</p> <p>Noble Truths – the teachings of Buddha</p> <p>Eightfold Path – 8 primary teachings that Buddhists follow and use in their daily lives</p> <p>Karma – the sum of a person’s actions in this and previous existence decides their future fate</p> <p>Wesak – Buddhist festival to commemorate the birth, enlightenment and death of Buddha</p> <p>Three jewels – include the Buddha, the Dharma and the Sangha (community who follow the teaching)</p> <p>Enlightenment – the action or state of attaining spiritual knowledge or insight</p>	
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<p>BUDDHA’S LIFE & FOUR SIGHTS</p> <p>Buddha was born Siddhartha Gautama around 500BC in southern Nepal. He grew up in a life of luxury as the son of a Queen. He was inspired to leave this life by the Four Sights. After this he lived an ascetic life of self-denial and pain but wasn’t able to become enlightened so left it for the Middle Way between pain and luxury.</p> <p>The Four Sights Siddhartha saw on his trip outside the palace were:</p> <p>An old man – everyone ages</p> <p>An ill man – everyone becomes ill</p> <p>A dead man – all things die</p> <p>A holy man – the only answer to these problems</p>	
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<p>THE THREE MARKS OF EXISTENCE</p> <p>The Three Marks of Existence are the fundamental Buddhist beliefs about the nature of human existence. That suffering is inevitable, that everything is impermeant and that we have no fixed, immortal soul.</p> <p>Dukkha – suffering is a part of life that everyone must face. Buddhists should try to overcome this.</p> <p>Anicca – everything in life is impermeant – everything changes and nothing lasts forever.</p> <p>Anatta - we have no fixed self/soul.</p>	
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<p>4 NOBLE TRUTHS</p> <ol style="list-style-type: none"> 1) Dukkah – suffering exists 2) Samudaya – there is a cause for suffering 3) Nirodha – there is an end to suffering 4) Magga – in order to end suffering you must follow the eightfold path 	
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<p>One of the main causes of suffering is tanha or craving. Other causes are known as the Three Poisons of greed, hatred and ignorance. Ultimately Buddha teaches that we can and must overcome these causes of suffering in order to become enlightened and reach nirvana – a state of freedom, happiness and peace</p>	
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<p>EIGHTFOLD PATH</p> <p>Buddhists follow these 8 divisions of the path to achieve spiritual enlightenment and cease suffering.</p> <p>RIGHT UNDERSTANDING – seeing things as they really are and not how you think they are.</p> <p>RIGHT THOUGHT – kind thoughts and Not cruel ones. RIGHT SPEECH – not lying, being rude or chattering. RIGHT ACTION – saving life not destroying it.</p> <p>RIGHT LIVELIHOOD – earning a living without hurting others.</p> <p>RIGHT EFFORT – understand truth and do what is right. RIGHT MINDFULNESS – being aware of your actions, words and thoughts.</p> <p>RIGHT CONCENTRATION – learning to meditate without losing concentration</p>	
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<p>PLACES OF WORSHIP</p> <p>Buddhists often worship in a temple where they gather to meditate together and perform puja.</p> <p>A temple or vihara will have rupas (statues of Buddha), stupas (towered structures designed to symbolise Buddhist teaching) and often shrines where offerings can be made.</p>	
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<p>MEDITATION</p> <p>Samatha Meditation</p> <p>This is a type of meditation that involves calming the mind and developing deepened concertation. This can be done through mindfulness of breathing where Buddhists concentrate on the pattern of their breath to relax their mind.</p> <p>Vipassana Meditation</p> <p>This type of meditation focuses on developing an understanding of the nature of reality. Buddhists focus on the teachings of Buddha, especially the Three Marks of Existence in order to move them closer to enlightenment.</p>	
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<p>FESTIVALS</p> <p>Wesak</p> <p>Wesak is a Theravada Buddhist festival which celebrates the Buddha’s birth, enlightenment and passing away into nirvana. It is celebrated by lighting up candles and lanterns to represent enlightenment and by attending the local temple to take part in worship or meditation.</p> <p>Parinirvana Day</p> <p>Parinirvana Day is a Mahayana festival that commemorates the death and passing into enlightenment of Buddha. It is celebrated by Buddhists reading and studying the last writings of Buddha, meditating at home or in a temple or going on a retreat to reflect and meditate.</p>	
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<p>FIVE MORAL PRECEPTS</p> <p>These form a Buddhist ethical code. They are five principles that Buddhists try to live their life by.</p> <ol style="list-style-type: none"> 1. to abstain from taking life 2. to abstain from taking what is not given 3. to abstain from sexual misconduct 4. to abstain from wrong speech 5. to abstain from intoxicants 	
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<p>REINCARNATION</p> <p>Buddhists believe that when they die they will be reincarnated. This depends on the life that they have lived. The positive and negative karma will be transferred to the new body. A Buddhist will be stuck in this cycle (samsara) until they are able to reach enlightenment. They do not want to reincarnate and be in this cycle as their ultimate goal is to reach enlightenment and go nirvana.</p>	
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<p>KARMA</p> <p>Karma is the ethical idea that a Buddhist’s actions lead either to happiness or suffering.</p> <p>Skilful actions result in good karma and happiness.</p> <p>Unskilful actions result in bad karma and suffering.</p> <p>When a Buddhist is reborn their new life will be affected by their karma from past lives.</p>	
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<p>DALAI LAMA</p> <p>This is the head of the Tibetan Buddhism denomination. He is an enlightened being and a source of wisdom and guidance for Buddhists. He tries to cultivate peace on earth.</p>	
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<p>MANDALA</p> <p>These are symbolic to Buddhists and helps them to focus and meditate. Once they have spent the time completing a mandala they will throw this in the bin and destroy this. The reason is to remember anicca.</p>	
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