



<p><u>Key Terms:</u></p> <p>1. Buddhism - a widespread Asian religion or philosophy, founded by Siddhartha Gautama in NE India in the 5th century BC.</p> <p>2. Enlightenment - Achieving ultimate knowledge and wisdom.</p> <p>3. Middle Way - Living with just 'what is needed'.</p> <p>4. Annica - the belief that all things, including the self, are impermanent and constantly changing</p> <p>5. Anatta - We have no soul, we are always changing.</p> <p>6. Reincarnation - Rebirth into a new body.</p> <p>7. Mantra - a word or sound repeated to aid concentration in meditation.</p>	<p><u>Key Facts:</u></p> <p>8. Founded in 520BCE.</p> <p>9. Started in Northern India.</p> <p>10. It has approximately 360 million followers worldwide.</p> <p>11. Buddhism is the 4th largest religion in the world.</p> <p>12. Their holy book is called the Pali Canon.</p> <p>13. Monks and Nuns make up a large part of the Buddhist religion.</p> <p>14. They pray in a temple.</p> <p>15. Do not believe in a 'God'.</p> <p>16. There are two main traditions 'Mahayana' and 'Theravada'.</p> <p>17. Buddhism is very popular in Asia, but is growing in Europe / America.</p>	<p><u>Siddhartha Gautama:</u></p> <p>18. He was born a prince, which meant he lived in luxury.</p> <p>19. His father did not allow him to see any death or illness, so he did not know either existed.</p> <p>20. He was not allowed out of the palace walls, however his father let him.</p> <p>21. When outside of the palace walls, Siddhartha saw the 4 sights - this led him to seek enlightenment and become the Buddha.</p> <p>22. The four sights were an old man; an ill man; a dead man and a wandering holy man.</p>	<p><u>Buddhist Symbols:</u> <u>(Examples)</u></p> <p>23.  The three jewels sum up the most precious part of Buddhist belief.</p> <p>24.  The 8 spokes represent the Noble Eightfold Path.</p> <p>25.  A symbol of purity & goodness.</p>
<p><u>The 8 Fold Path:</u></p> <p>26. Right Understanding</p> <p>27. Right intention</p> <p>28. Right Speech</p> <p>29. Right Action</p> <p>30. Right Livelihood</p> <p>31. Right Effort</p> <p>32. Right Mindfulness</p> <p>33. Right Concentration</p>	<p><u>The 4 Noble Truths:</u></p> <p>34. The truth of suffering</p> <p>35. The truth of the origin of suffering</p> <p>36. The truth of the cessation of suffering</p> <p>37. The truth of the path to the cessation of suffering</p>	<p><u>The 5 Precepts:</u></p> <p><u>Refraining from:</u></p> <p>38. harming living things.</p> <p>39. taking what is not given.</p> <p>40. sexual misconduct.</p> <p>41. lying or gossip.</p> <p>42. taking intoxicating substances eg drugs or drink.</p>	<p><u>Features of a Buddhist Temple</u></p> <p>Buddhist temples are designed to symbolise the five elements: fire, air, earth (symbolised by the square base), water and wisdom (symbolised by the pinnacle at the top).</p> <p>All Buddhist temples contain an image or a statue of Buddha.</p>
<p><u>Mantras</u></p> <p>Mantra = a word or sound repeated to aid concentration in meditation.</p> <p>Buddhists believe that Mantras are important in Meditation. Meditation is practiced in order to calm the body and the mind. It is believed that by meditating, we become better people.</p>			

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Dalai Lama:

People inflict pain on others in their selfish pursuit of happiness and satisfaction. Yet true happiness comes from a sense of brotherhood and sisterhood. We need to cultivate a sense of universal responsibility for one another and the planet we share.