

Key Vocabulary

Buddhism	Buddhism is based on the Buddha's teachings, which are called the Four Noble Truths.	Dharma wheel	The wheel represents the Dharma, the teachings of the Buddha. In the center of the wheel are three swirls that represent the three jewels of Buddhism, which are the Buddha (or the teacher), the Dharma (teachings of Buddha), and the sangha (the community).
Buddha	A Buddha is not a god. They believe he was a human being who became enlightened, understanding life in the deepest way possible.	stupa	A stupa is a Buddhist shrine used for meditation.
Siddhartha Guatama	Siddhartha Gautama, most commonly referred to as the Buddha, was a wandering ascetic and religious teacher who lived in South Asia during the 6th or 5th century BCE and founded Buddhism.	Bodhi tree	The Bodhi Tree is a religious symbol in Buddhism due to its prominence in the story of the Buddha's discovery of enlightenment, or total peace and happiness found in Nirvana, or the greater reality.
enlightenment	It is the state of having knowledge or understanding.	Four Noble truths	They are the truth of suffering, the truth of the cause of suffering, the truth of the end of suffering, and the truth of the path that leads to the end of suffering.
Eightfold path	the Buddhist teaching of the means of attaining Nirvana through rightness of belief, resolve, speech, action, livelihood, effort, thought, and meditation	Sangha	The Sangha is the Buddhist community; it is the men, women and children who follow the teachings of the Buddha.

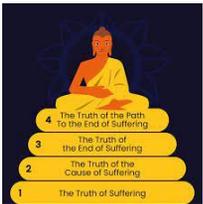
WHAT?

1



The religion based on the teachings of the Buddha is known as Buddhism. The Buddha was born with the name Siddhartha Gautama. The Buddha taught his followers how to achieve this too. Buddhism is based on the Buddha's teachings, which are called the Four Noble Truths. The first truth is pain and suffering. The second is suffering is caused by one's desires. The third is that one can be free of these desires. The freedom from desire is called nirvana. The fourth truth is the Eightfold Path.

4



Nirvana is when someone becomes enlightened and understands the three universal truths. Anitya is nothing lasts forever as all things change, some quickly and some slowly. Duhkha is suffering. We suffer because we don't like change. Anatma is no soul as everything changes, including your body and mind so if you are not the same then you have karma not a soul. Reincarnation is believed by Buddhists and Hindus. People living many lives. Suffering exists; it has a cause; it has an end; and it has a cause to bring about its end.

2



Buddha was a Prince called Siddhartha. Buddhists believe in reincarnation, or rebirth. Reincarnation is the belief that when someone dies, they are reborn again as something else. They believe that the human life is a cycle of suffering and rebirth, but it is possible to escape this cycle forever by reaching a state of enlightenment, or nirvana. Nirvana is a state of enlightenment. Siddhartha has the four sights of old age, death, sickness and monks. Monks lives were about suffering through starvation but changed to meditation and calmness after the enlightenment of Siddhartha.

5



The Eightfold Path covers eight of the most important things in our lives: 1. right view - knowing the truth of situations 2. right intention - make a choice for the right reasons/ not being selfish 3. right speech - saying kind and thoughtful things not being hurtful 4. right action - your actions affect others 5. right livelihood - don't have a job that could harm others 6. right effort - is something worth the effort that is put into it? 7. right concentration - concentrate without distraction 8. right mindfulness - being aware of the moment you are in.

3



The Dharma Wheel, represents the teachings of the Buddha. In the centre there are three swirls that represent the three jewels of Buddhism, Buddha (the teacher), the Dharma (teachings of Buddha), the sangha (the community). The Bodhi Tree stands next to the Mahabodhi Temple in India. It was built to mark the place where, around 2,500 years ago, Siddhartha Gautama sat down to meditate. The lotus flower is used during Vesak to help celebrate the birth, enlightenment and death of the Buddha. Stupas are commemorative monuments that were originally built to house the earthly remain or relics of the Buddha and his associates.

6



Buddhist worship is called puja and they can worship at home or at a temple. Worshippers may sit on the floor barefoot facing an image of Buddha and chanting their love for him. Feet face away from the image of Buddha. All Buddhist temples contain an image or a statue of Buddha. Puja - is the method of worship ritual for Buddhists to pray to Buddha. Vihara - a monastery with an open court yard. Buddhism is based on the Buddha's teachings, which are called the Four Noble Truths.