



Unit Vocabulary:

Buddha	The Buddha was a human being (not a god or prophet) who became "enlightened."
Eight-Fold Path	The Buddha's practical instructions to reach the end of suffering and find happiness.
Luxury	A state of great comfort, especially when involving great expense.
Self-denial	The refusal of one's own interests and needs
State of mind	A person's thoughts and feelings
Hostile	Showing or feeling opposition or dislike; unfriendly.
External Lives	Every need and possibility outside our minds
Guarantee	A promise that something will be or will happen.
Enlightenment	When a Buddhist finds the truth about life.
Meditation	A way of taking control of the mind so that it becomes peaceful and focused
The Four Sights	An old man, a sick man, a dead man and a poor, but radiant holy man.

Overview:

- Buddhism is not strictly a religion, but a philosophy, a way of living centred on achieving **enlightenment** and **nirvana**.
- **Buddhists** are the people who follow Buddhism. They follow the teachings of a man named **Siddhartha Gautama**, who became known as **the Buddha**.
- **Buddha** means 'awakened' or 'enlightened one'
- The religion began when Gautama, the prince who had lived a life of luxury, realised that there was **suffering in the world**, and committed himself to understanding why
- He lived in Nepal and began to seek the path to enlightenment after seeing the **Four Sights**.
- This happened in **India** around 2,500 years ago.
- Buddha is not worshipped as a god, as there is no **supreme deity** in Buddhism, but is honoured as a **great teacher**.
- The holy book in Buddhism is called **Tipitaka**.
- **Buddhist Temples** are buildings designed for Buddhist worship.

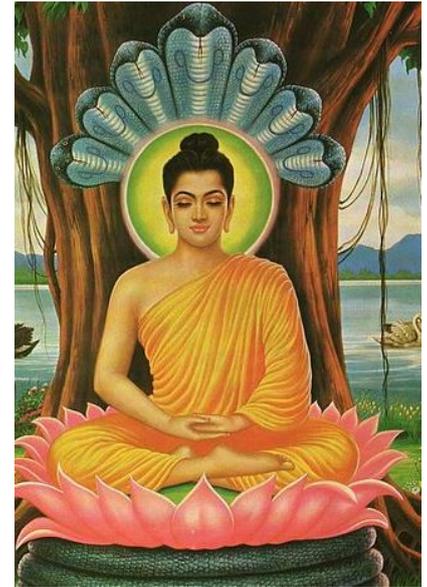


Image of the Buddha, known in life as Siddhartha Gautama, whose teachings founded Buddhism.

The Noble Eightfold Path



The Eightfold Path is not linear, but more like a wheel. It is a path of self-transformation which Buddhists of all traditions and all walks of life try to follow.

Key beliefs:

Siddhartha Gautama's Story

As a young man, a prince, protected from the suffering in the world, left the palace for the first time and was upset by the things that he saw: old age, sickness and death. He decided to leave his comfortable life to see if he could find an answer to the suffering. After many years of trying, he sat under a tree (the Bodhi tree) by a full moon and started **meditating**. In doing this he became Enlightened- he saw the meaning in all things. He was then known as the Buddha.

Buddhist teachings:

The Buddhist teachings are known as Dharma. They include the Four Noble Truths and the Eightfold-Path.

The Four Noble Truths

1. Life always involves suffering (dubbha)
2. Suffering happens because people are greedy and never satisfied with what they have.
3. Greed and selfishness can be overcome.
4. The way to overcome them is to follow the Eightfold Path.

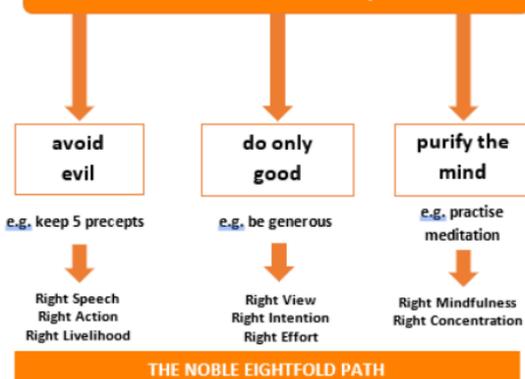
Links with other religions:

Many religions have **rules** which believers try to follow in order to live a good life:

- The 10 Commandments (Judaism/Christianity)
- Mitzvot (Judaism)
- The 5 Pillars of Islam (Islam)

- The 3 Golden Rules (Sikhism)
- Purusharthas (Hinduism)
- The Eightfold path (Buddhism)

The heart of Buddhist practice



THE NOBLE EIGHTFOLD PATH