

## Key terms you should know:

<b>Buddhism</b>	A faith tradition based on the teachings of the Buddha dating back 2500 years
<b>Buddha (real name: Siddhartha Gautama)</b>	Founder of Buddhism, also referred to as a teacher and spiritual leader
<b>Suffering</b>	The state of undergoing pain, distress or hardship
<b>Enlightenment</b>	The action or state of having gained spiritual knowledge or insight, in particular that awareness which frees a person from the cycle of rebirth
<b>Nirvana</b>	A state of pure happiness, mental peace and freedom from fear
<b>Karma</b>	The combined effect of our good and bad deeds in our past lives
<b>Reincarnation</b>	The belief that when a person dies, they are born again as a new living being
<b>Samsara</b>	The cycle of birth, death and rebirth
<b>Atman</b>	The eternal soul – the belief that you have one soul that lives on throughout reincarnation
<b>Monk</b>	A member of a religious community of men typically living under vows of poverty, chastity and obedience



# Buddhism

## How did Buddha become enlightened?

***Siddhartha was meditating under a Bodhi tree and became deeply absorbed in his meditation, and reflected on his experience of life, determined to understand the truth – this is how become the Buddha***

### Where do Buddhists worship?

***Buddhists have their own temples and monastery (where monks live and fulfil their vows).***

***Any place where an image of the Buddha is used in worship is known as a shrine, and many Buddhists also have shrines at home.***

### The Four Noble Truths:

**What Buddha saw in the real world that he had never seen before:**

**1. The truth of suffering**

He saw an old man.

**2. The truth of the cause of suffering**

He saw a sick man.

**3. The truth of the end of suffering**

He saw a dead body – he had never heard of anyone dying before.

**4. The truth of the path that leads to the end of suffering**

He saw a holy man – he spoke to the man who told him that he had left his home, his family and friends, and was wandering from place to place trying to find the meaning of life.

## The Three Universal Truths:

### 1. Anitya

Means nothing lasts forever, *everything changes*. Just like the world around us, and sometimes those changes are quick and easy to see. The Buddha said that existence is like the flowing water in a river or the flame of a candle – it is never the same for two moments.

### 2. Duhkha

Means suffering; *suffering is everywhere*. Duhkha includes all the things which are unsatisfactory – not just really bad things like pain and unhappiness, but also things like being bored and uncomfortable. Change is upsetting and it causes us suffering.

### 3. Anatma

Means no soul; Buddha said *there is no such thing as a soul*. Many find this hard to understand; however, Buddhists believe that everything about you changes; Buddha said that what goes into your next life is not you or your soul, but your karma.

