



# RE: BUDDHISM – THE BUDDHA KNOWLEDGE ORGANISER



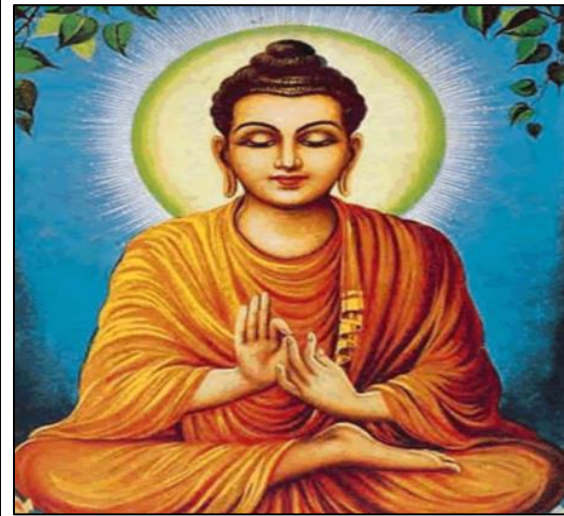
## Overview

Buddhists are the people who follow Buddhism. They follow the teachings of a man named Siddhartha Gautama, who became known as the Buddha.

The religion began when Gautama, a prince who had lived a life of luxury, realised how much suffering was in the world, and committed himself to understanding why. He wanted to end the suffering.

This happened in India around 2,500 years ago.

The holy book in Buddhism is called Tipitaka. Buddhist Temples are buildings designed for Buddhist worship.



## The Story of Siddhartha Gautama



-Siddhartha was a rich prince of an area north of India. His mother and father treated him well, and protected him from the suffering in the world.

-Siddhartha grew up, was married and had a son. He had the kind of comfortable life that many would dream of.

-However, when Siddhartha left the palace, he was upset by the things that he saw: old age, sickness and death – too much suffering. He decided to leave his life to see if he could find an answer to the suffering. He became curious when he met a Sadhu (holy man) who had no material possessions, but was still very content.

-Siddhartha left his family in the company of relatives, and gave away all of his material possessions. It is thought that this happened when he was around 29 years old.

-He joined a group of five Sadhus (holy men) who taught him meditation. He went without food, shelter or any sort of comfort. However, this made him ill and weak.

-Siddhartha decided to take the 'Middle Way' between self-indulgence (having too much) and self-denial (having too little). He felt that perhaps this would prove to be the route to 'Enlightenment' (fully understanding what brings contentedness in life).



## Enlightenment and Nirvana



-Siddhartha began following the 'Middle Way' and began to feel much more content.

-One night, under a full moon, Siddhartha sat in a forest glade under a tree and began to meditate.

-Mara, the Buddhist spirit of evil, tried to lead him into distraction and awareness, but he was able to resist all of the temptations.

-He reached a state of complete peace, awareness and wisdom. He had achieved 'Nirvana' (blowing out of fires of temptation).

-From this time onwards, he became known as the Buddha (meaning 'The Enlightened/Awakened One'). The tree that he sat under became known as the Bodhi Tree (Tree of Enlightenment).

-He devoted the rest of his life to travelling throughout India, sharing his wisdom.



## Key Vocabulary

Buddhism

The Buddha

Siddhartha Gautama

Contentedness

Suffering

Sadhu

Enlightenment

Middle Way

Mara

Nirvana

The Four Noble Truths

The Eightfold Path

## The Four Noble Truths

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



Buddhism's Noble Truths are:

1. Life always involves suffering (dukkha).
2. Suffering happens because people are greedy and not satisfied with what they have.
3. Greed and selfishness can be overcome.
4. The way to overcome them is to follow the Eightfold Path.

## The Eightfold Path

-Siddhartha created a way of life which ensured that his basic needs were covered, but didn't require any extra comforts.

Buddhists try to live

following the Eightfold Path:

1. Right viewpoint
2. Right values/ thought
3. Right speech
4. Right actions
5. Right livelihood
6. Right effort
7. Right concentration
8. Right mindfulness



## Personal Spirituality – Key Questions

What do you think is meant by the word 'suffering'?

What suffering have you felt in the past?

Can people have 'too much' in life?

How far do you agree that there is a lot of suffering in life?

Have you ever given anything up?

How did it make you feel?

What brings you contentedness in life?

What comforts do you think you need in your life?

Which things would you be able to give up?