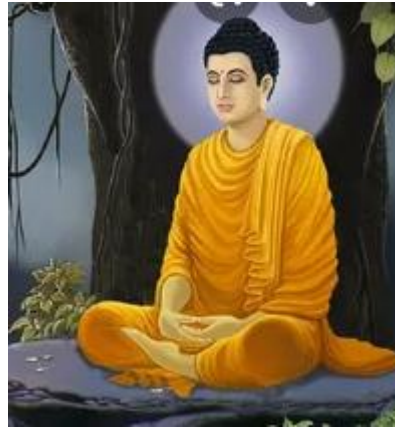


Vocabulary

| | |
|-------------------|---|
| Buddha, | one who is fully awake to the truth' or Enlightened |
| Enlightenment | the state of having knowledge or understanding |
| meditation | the action or practice of meditating |
| Dharma and Sangha | Sangha, Buddhist monastic order, traditionally composed of four groups: monks, nuns, laymen, and laywomen. The sangha is a part-together with the Buddha and the dharma (teaching)—of the Threefold Refuge, a basic creed of Buddhism |
| samsara | Life, death and rebirth |
| nirvana | Nirvana, the state to which all Buddhists aspire, is the cessation of desire and hence the end of suffering. |
| pilgrimage | . A pilgrimage is a devotional practice consisting of a prolonged journey, toward a specific destination of significance |



Buddhism, founded in the late 6th century B.C.E. by Siddhartha Gautama (the "Buddha"), is an important religion in most of the countries of Asia.

Buddhism, Beliefs and Enlightenment

Key Knowledge

- Buddha is not a god.
- Buddha means 'one who is fully awake to the truth' or Enlightened
- Through his own efforts, the Buddha overcame greed, hatred and ignorance.
- Features of Buddhist temples include shrines, artefacts and offerings.
- The Jataka Tales are stories told about and by the Buddha.
- Buddha taught that possessions can't give us lasting happiness; in the end they break, grow old or let us down, making us unhappy.
- Buddhists follow the noble eight-fold path and try to show the qualities of the Buddha in their own lives
- Buddhists aspire to fearlessness, contentment, kindness, meditation
- Buddhists believe in the Four Noble Truths: