

Key concepts

The Buddha	One who has gained enlightenment. 'The awakened'.
The Middle way	Living in a middle way free from extremes: no luxury, no poverty. You will crave if you don't have enough but can become greedy and attached if you have too much.
Four Noble truths	The four truths about life that the Buddha discovered when he reached enlightenment.
Meditation	The act of clearing and focusing the mind.
Enlightenment	An awakening; understanding the truth of reality
Samsara	Cyle of birth, life, death and rebirth
Nirvana	When you are released from the effects of karma and the cycle of death and rebirth. It represents the final goal of Buddhism.
Eightfold path	The path to help you to become enlightened
Dharma	The Buddha's teachings
Dukkha	Suffering

True Enlightenment

Awakening, understand the meaning of life/why we suffer. Reach a state of Nirvana.

No longer suffer, no longer attached, no longer trapped in samsara, no longer bound to your karma. Buddha said that it cannot be described, just experienced.

All Buddhists have enlightenment as their ultimate goal- knowing truth/happiness/state of bliss.



The Buddha

Siddhartha Gautama was a prince born 2,500 years ago in India. He became the first Buddha. When he was born, a wise man prophesised that if he saw suffering, he would leave the palace (where he lived) in search of answers. To prevent Siddhartha from leaving, his father tried to hide all suffering from his son. However, Siddhartha snuck out of the palace and saw the **Four Sights**.

1. An old man
2. A sick man
3. A dead man and people mourning
4. A Holy Man



Year 8 Buddhism



Eightfold path	What does it mean?
Right Understanding	Accept Buddha's teachings. Understand the four noble truths; know the truth of the Buddha.
Right Emotion	Control emotions, no anger or hate- instead, have empathy/love/compassion
Right Speech	Avoid saying things that hurt others. No name calling/no lying
Right Action	Control actions (no violence, for example)
Right Livelihood	Earn a living in a way that is good and makes others happy. There should be no greed and selfishness.
Right Effort	Put effort into a good life. Help people who are suffering.
Right Awareness	Be aware of those around you and aware of suffering. Be aware of your own actions and do not be ignorant.
Right Meditation	Spend time meditating. This will focus your mind and help you to live the middle way. Train your mind to be positive, calm and full of wisdom.

After seeing the Four Sights, Siddhartha renounced his family, belongings and life in the palace (gave them up) in search of the meaning of life and answers to questions that he had such as 'Why do we suffer?' To reach his answers, he tried extreme methods: starvation and extreme indulgence but neither worked.

The Middle Way

Eventually, Siddhartha meditated under a Bodhi tree for 46 days. During this time, he truly focused his mind. He struggled with temptation, desire, craving, attachment, anger and jealousy. In the end, he understood what caused people's sadness and suffering. He had discovered the truth. It was like waking up.

Siddhartha became the first 'enlightened one' or the Buddha. He taught others to reach enlightenment for the next 50 years

The Four Noble Truths

When the Buddha reached enlightenment, he discovered:

1. There is suffering in the world.
2. Suffering has an origin (cause) which is attachment and craving.
3. Suffering can be stopped.
4. There is a path out of suffering- if you follow the Buddha's teaching (Dharma), the Eightfold Path and the Middle way.