

Buddhism

Buddha

Eightfold path

Four noble truths

Dharma

Temple

Siddhartha Gautama

Tipitaka

Lotus Flower

Theravada

Mahayana

Tibetan

Wesak

By the end of this unit you will know about the Buddhist faith and what their main beliefs are. You will also know where Buddhism originated.

**Buddhism** is one of the world's major religions. It is the **world's 4<sup>th</sup> largest religion**, with about 520 million followers.

**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 that there was **suffering in the world**, and committed himself to understanding why.

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.

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



### 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 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.



### 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     |

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	Lesson Outcome	What you will learn	Learning Review
1	Where was Buddhism founded?	You will learn about the origins of the Buddhist faith. We will look at the teachings of Buddhism and how it came to be a popular religion.	
2	What are the main beliefs and values of Buddhism?	We will look at what Buddhist people believe and their main values they live their life by.	
3	What is the 8 fold path?	You will learn about the 8 fold path and how Buddhist people think this can make their life better.	
4	What are the Buddhist special festivals?	You will learn about the Buddhist special festivals of Wesak and Parinirvana and how Buddhists celebrate these special days.	
5	What are Buddhist special symbols?	You will learn about the symbols that are special to Buddhist people and why they are significant.	