



BUDDHISM RELIGION



FOUNDER OF BUDDHISM

Siddhartha Gautama who later became known as “the Buddha,” lived during the 5th century B.C. Although, Buddha, is considered an extraordinary man, he is not a god. The word Buddha means “enlightened.”

BELIEFS

Followers of Buddhism don’t acknowledge a supreme god or deity. They instead focus on achieving enlightenment—a state of inner peace and wisdom. When followers reach this spiritual echelon, they’re said to have experienced nirvana. The path to enlightenment is attained by utilizing morality, meditation and wisdom. Buddhists often meditate because they believe it helps awaken truth.

TEACHINGS

Buddha’s teachings are known as “dharma.” He taught that wisdom, kindness, patience, generosity and compassion were important virtues.

BUDDHA’S MOST IMPORTANT TEACHINGS, KNOWN AS THE FOUR NOBLE TRUTHS.

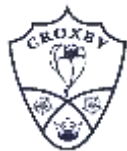
They are:

- The truth of suffering (dukkha)
- The truth of the cause of suffering (samudaya)
- The truth of the end of suffering (nirhodha)
- The truth of the path that frees us from suffering (magga)

Buddhists embrace the concepts of karma (the law of cause and effect) and reincarnation (the continuous cycle of rebirth).

The Buddha taught his followers that the end of suffering, as described in the fourth Noble Truths, could be achieved by following an Eightfold Path.

The Eightfold Path of Buddhism teaches the ideals for ethical conduct, mental discipline and achieving wisdom.



BUDDHIST HOLY BOOK

Buddhists revere many sacred texts and scriptures. One of the most important is **Tipitaka**. These texts, known as the “three baskets,” are thought to be the earliest collection of Buddhist writings.

BUDDHIST HOLIDAYS

Every year, Buddhists celebrate Wesak, a festival that commemorates Buddha’s birth, enlightenment and death.

PLACE OF WORSHIP

Followers of Buddhism can worship in temples or in their own homes.

SYMBOLS

There is no single Buddhist symbol, but images have evolved that represent Buddhist beliefs.



The Eight-Forward dharma wheel



Lotus Flower

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Buddhism <https://www.bbc.co.uk/bitesize/topics/zh4mrj6/articles/zdbvjhv>

Nirvana <https://ichef.bbci.co.uk/images/ic/448xn/p074b54k.png>

Wesak <https://ichef.bbci.co.uk/images/ic/448xn/p071wnrn.png>

EXAMPLE QUESTIONS

1. Enlightenment is achieved through?
2. Who founded the religion?
3. In Buddhism, where does the Eightfold path lead?
4. What does the word Buddha mean?
5. In Buddhism, what does the Lotus flower represent?
6. Where do Buddhist’s worship?
7. What are Buddhist’s taught?
8. What is the Buddhist’s holy book called?
9. What is the festival called that celebrates the birth, enlightenment and death of Buddha?