

Vocabulary

Mantra – word or phrase said in prayer over and over again.

Dharma

Stupa – Type of temple

Pagoda – Type of temple

Cessation – To end something

Reverence – Adoration (think something is fantastic)

Karma – Phrase that means if you do good things, good things will happen but doing bad things then bad things may happen.

Nirvana – you reach the end of suffering

Dukhka – existence of suffering

Trishna – suffering has a cause



Dharma wheel is a symbol of Buddhism. It has 8 spokes and represents lots of things but the main one is the 8 fold path.

Buddhism

Buddhism is one of the six main world religions.

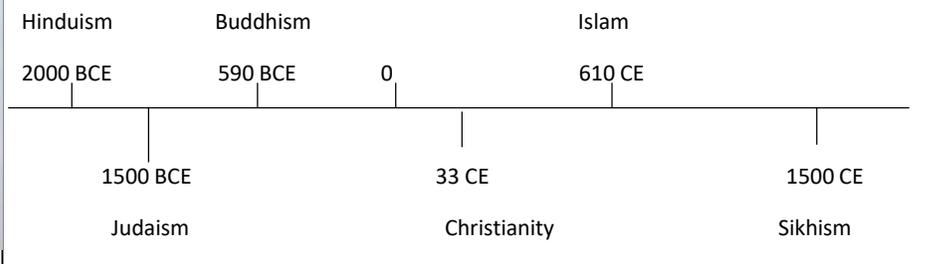
Buddhists do not pray to a god, the Buddha was human and Buddhists show reverence to him and his teachings..

Sacred Text: The Tripitaka also known as Pali Canon is one of the main texts.

Timeline of Buddhism compared to other religions



The Buddha



Buddhist temple, pagoda

Places of Worship:

- The Temple.
- At home.

Rules and Laws

Eight fold path is the pathway of eight steps that lead Buddhists to the cessation of suffering.

They are:

Right views, right resolve, right speech, right action, right livelihood, right effort, right mindfulness, right concentration.

The Five Precepts

1. No killing of any life being.
2. No stealing.
3. Respect each other.
4. Speak kindly of other and no lies.
5. No alcohol or drugs.

Other Buddhism facts:

Buddhist monks and nuns who dedicate their whole lives to teaching the religion, give up all their possessions and rely on Buddhist lay people to give them food and things they need. It is known as giving alms.

Main Festivals

Wesak (Buddha day), Parinirvana Day, Dharma Day.

The Buddha and how Buddhism Began

A young prince named Siddhartha Gautama was born in 570 BCE in Nepal. He had led a very sheltered life and was not allowed outside the palace as his father had word from a fortune teller that the Prince would see suffering and it would change his life. When he did venture out as a young adult on four different occasions he came across an old man, a sick man, a dead man and a wandering priest. The first three experiences saddened him deeply as he had never come across this before. But the priest that he saw seemed happy and got him thinking. He wanted to find happiness too. So he left all his worldly riches behind and became a wandering monk. After many years he became enlightened to knowledge that everyone suffers but you can finally find happiness in trying to stop some of the suffering and one way was simply not wanting things. He began to teach this to everyone and so Buddhism began.



A Buddhist monk



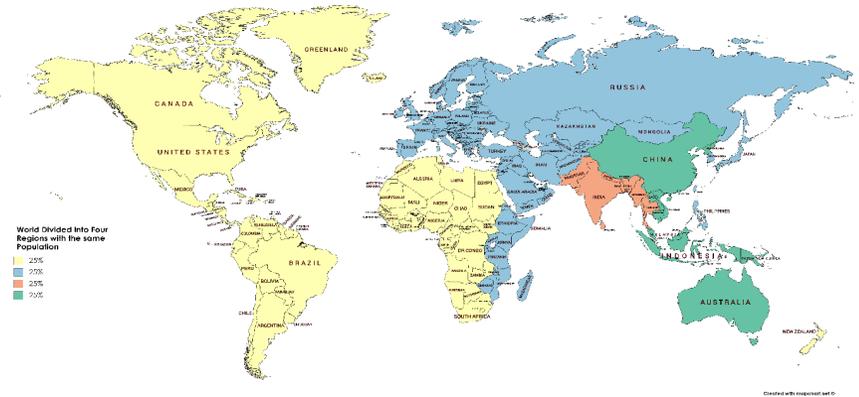
Buddhism symbol – the conch shell



Buddhism symbol – the two golden fishes.

Where Buddhism Began: North East India

Map of the world showing India in red.



Worship and prayer

Buddhists usually pray at home or they can visit a temple.

- Worshippers may sit on the floor barefoot.
- They face an image of Buddha and chant.
- Their feet however must not face the Buddha.
- In a temple they listen to the monks chanting from religious texts and take part in prayers chanting mantras.
- At home a room will be set aside especially for praying which will contain a shrine.
- On a shrine will be an image or statue of Buddha, incense burner and candles.



Buddhism symbol, endless knot



Enlightened Buddha

Temples

Buddhist temples come in many shapes. Perhaps the best known are the pagodas of China and Japan.

Another typical Buddhist building is the Stupa, which is a stone structure built over what are thought to be relics of the Buddha, or over copies of the Buddha's teachings. Buddhist temples are designed to symbolise the five elements: Fire, Air, Earth (symbolised by the square base), Water and Wisdom (symbolised by the pinnacle at the top).

All Buddhist temples contain an image or a statue of Buddha.

Main Beliefs

Buddhists believe in a constant cycle of life and death and they will be reborn unless they reach enlightenment and nirvana.

They believe in karma which determines what they are reborn as.

They believe in the Four noble truths which are:

Dukhka – the existence of suffering

Trishna – that suffering has a cause mainly craving for things.

Nirvana - the cessation of suffering.

Eight Fold Path – the path that leads to the cessation of suffering.

Wesak Festival



Lotus flower is a Buddhism symbol.

This is a day to celebrate the birth, enlightenment and death of the Buddha.

It occurs on a full moon in May/June. Buddhists send cards and presents and decorate the temple. They often take a statue of the Buddha outside and walk around it 3 times with candles. Buddhists often decorate the town with hundreds of flags all different colours.