

Buddhism

Karma

The existence of karma is a core belief in Buddhism, as with all major Indian religions, it implies neither fatalism nor that everything that happens to a person is caused by karma.

Buddhists try to live a good life by following the Buddha's teachings, helping them to avoid suffering and bad feelings. They believe nothing in life is perfect and the way to avoid suffering is to follow a set of important guidelines known as the Noble Eightfold Path.

Did you know?

- ⇒ Buddhism is the world's fourth-largest religion with over 520 million followers
- ⇒ The word Buddha means 'enlightened'
- ⇒ Buddhists use prayer beads called malas

Tipitaka

The Buddhist scriptures are known as the Tipitaka which means 'three baskets'. This is because the original writings were made on palm leaves and stored in baskets. The Tipitaka contains the teachings of the Buddha and his companions, comments on those teachings, as well as rules for monks.

Siddhattha Gotama

Was a prince who lived a life of luxury. When he was 29, Siddhattha went outside his palace and saw people suffering for the first time.

He decided to leave his palace and live among holy men in search of truth. His search took him six years, but he became enlightened while meditating under a fig tree.

Following this, Siddhattha became known as the Buddha, which means the 'awakened' or 'enlightened' one. From then on, he dedicated his life to spreading his teachings.

Buddhism started in India over 2,500 years ago. Buddhists follow the teachings of a man called Siddhattha Gotama