

RS	Inspiring People- The Buddha	Year 7	Term 5
Key terms		The Four sights	
<ul style="list-style-type: none"> • The Buddha- ‘The enlightened one’ the title used to refer to Siddhartha Gautama. • Buddhism- started in India over 2,500 years ago. Buddhists follow the teachings of a man called Siddhartha Gautama. • Dukkha-Translated as suffering, a dissatisfactory state of all things. • Meditation-Deliberate training of the mind practised by Buddhist’s to purify the mind and work towards achieving enlightenment. • The Four Noble Truths-The basis of the Buddha’s teachings, they explain why people suffer and how they can end that suffering. • Nontheistic- not having or involving a belief in a god or gods religion. 		<p>At the age of 29, Gautama persuaded his chariot driver, Channa, to take him out of the palace to the city where he encountered the Four Sights:</p> <ol style="list-style-type: none"> 1. An old person - Siddhartha had never before seen an old person. 2. A sick person - when Siddhartha saw an ill person by the side of the road, he was upset as he had never before seen anyone who was ill. 3. A dead person - the third sight was a dead person being carried. 4. A holy man (ascetic), who lived a life of self-denial, was the fourth sight. This person made Siddhartha curious, because the holy man was looking to understand truth. 	
The Four Noble Truths		The Eightfold Path	
<p>After the Buddha had become enlightened and learnt how to overcome dukkha, he taught people the Four Noble Truths to overcome suffering.</p> <ol style="list-style-type: none"> 1. The truth of dukkha (suffering)- accepting that all life is impermanent and imperfect, and it involves suffering (dissatisfaction). 2. Dukkha is caused by greed, hatred and ignorance. 3. By giving up craving, desire and attachment <i>dukkha</i> can be destroyed. 4. The path to ending dukkha is ‘The Eightfold Path’. 		<ol style="list-style-type: none"> 1. Right speech –Speaking truthfully and kindly. 2. Right effort – Working to develop a positive state of mind, free from craving and hatred. 3. Right view – Learning and coming to understand the Buddha’s teachings (Dhamma). 4. Right action – Acting in a loving and peaceful way 5. Right mindfulness – Develop mindful awareness of the body, the mind and the nature of reality. 6. Right intention – Being committed to develop the attitudes needed to learn from the Dhamma. 7. Right livelihood – Making a living in a way that does not cause harm to living creatures or exploit others, and also not selling harmful items. 8. Right concentration – Working towards a state of mental focus necessary for effective meditation. 	
Purpose of life		Denominations	
<ul style="list-style-type: none"> • Samsara- is the continuous cycle of birth, death and rebirth. Buddhists aim to escape from this cycle. They believe that samsara is where suffering happens, and therefore freedom from samsara means an end to suffering. • Nirvana- means ‘blowing out’, as a candle is blown out. Nirvana can be understood as finally being free from the cycle of samsara, which means that the soul is no longer reborn. The soul is finally blown out and is free from suffering. • A Buddha- is an enlightened being, or ‘one who is awake’. <p>Enlightenment is necessary to attain nirvana. Enlightenment is a state of complete understanding and complete compassion.</p>		<p>Theravada- each person has to find their own enlightenment (the truth about the meaning of life which the Buddha gained) through meditation and help from wise monks. Their special books are written in an ancient Indian language called Pali and they will remember the birth, enlightenment and death of the Buddha during the festival of Wesak.</p> <p>Mahayana- their special books are written in another ancient language of India called Sanskrit and during the festival of Wesak they only celebrate the birth of the Buddha.</p> <p>Mahayana Buddhists believe there are many different ways to gain enlightenment and that the Bodhisattvas will help them.</p>	