

# The Buddha: How and why do his experiences and teachings have meaning for people today?

Year 7 Spring 1



## This topic covers

- The life of Siddhartha Gotama.
- Key Buddhist teachings – The three signs of being, the Four Noble Truths and the Noble Eightfold Path.
- Key Buddhist practices to include the Five Moral precepts.
- The types and purposes of meditation.
- How the Sangha was formed and how this can impact on other communities.
- Different types of Buddhism.

## Key Words and Definitions



- **Buddha** – ‘the Enlightened one’
- **Enlightenment** – understanding the truth about the way things are
- **Meditation** – mental control leading to concentration, calmness and wisdom
- **Nirvana**- the stopping of greed, hatred and ignorance
- **Dhamma** – ‘natural laws’ – teachings of the Buddha
- **Sangha** – the community of Buddhist monks and nuns
- **Kamma** – action which affect future lives
- **Dukkha** – suffering and everything is unsatisfactory
- **Samara** – Continual cycle of birth, illness, death and rebirth.

## The Life of Siddhartha Gotama

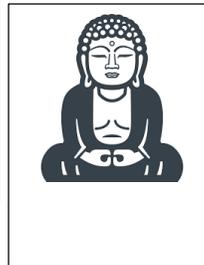
- Siddhartha was an Indian Prince, born in Lumbini (Nepal) in the fifth century BCE.
- When he was born there was a prophecy about who would become. He would either be a great religious ruler or a great leader.
- A wise man told his Father that if Siddhartha ever saw suffering he would become a great religious leader rather than a great leader. His Father decides to hide all suffering from him.
- One day, bored by his sheltered life, Siddhartha leaves the palace and sees four different sights: an old man, a sick man, a funeral and a holy man. The holy man seemed contented and happy even though he had nothing.
- Siddhartha leaves the palace and goes in search of the answer to why there is so much suffering in the world.

## Schools of Buddhism

The two main ‘schools’ of Buddhism are Theravada Buddhists and Mahayana Buddhists. Mahayana means ‘great vehicle’. Theravada means ‘teachings of the elders’.

## The Five Moral Precepts

- Do not harm another living being.
- Do not take anything that has not been given to you freely.
- Do not be obscene or behave in a sexually improper way.
- Speak truthfully.
- Do not confuse your brain with alcohol and drugs.



## The Three Signs of Being

- **Anicca – Everything changes.** Nothing in the world stays the same; people, plants, and ‘solid’ things like mountains are always changing.
- **Anatta – ‘No-soul’ (everyone changes).** There is no thing making us exactly the same person tomorrow as we are today. We do not even have a soul that remains the same.
- **Dukkha – Suffering (uncomfortable and bored).** Because everything and everyone changes and nothing is ever perfect, this causes people suffering. Our whole lives are dukkha and we cannot escape it. However, if we follow the teachings of the Buddha, we can overcome it.

## The Four Noble Truths

1. The problem is always **suffering** (dukkha).
2. Suffering is caused by desire – wanting things or people or situations.
3. The cure is to stop getting too attached to things, people or situations.
4. People need to accept things as part of life, be kind, and think positively (Eightfold Path).

## The Three Jewels

The Three Jewels are the most important part of Buddhist beliefs. Buddhists repeat these words everyday...*‘I take refuge in the Buddha. I take refuge in the Dhamma (teaching). I take refuge in the Sangha (community).’*

## The Noble Eightfold Path (The Middleway)

**Right view** - following Buddhism will help in life. **Right intention** - you need to actually follow Buddhism, not just think about it. **Right speech** - speak honestly and kindly to others. **Right action** - treat people kindly. **Right livelihood** - have a honest job and do not con or take advantage of others for money. **Right effort** - think kindly about others. **Right mindfulness** - be aware of who and what is around you. **Right contemplation** - recognise the importance of training your mind in these things through meditation and practice.

Arrow Tasks You could enhance your learning by visiting one of the suggested websites below. Evaluation question challenges – ‘Selfishness leads to suffering.’ Discuss. ‘Actions have consequences.’ Discuss. You could research further local Buddhism centres and look at what activities and classes they offer.

Links to further resources: [truetube.co.uk](http://truetube.co.uk) – excellent documentaries and clips on some of the topics studied in this course.



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## YEAR 7 Spring 1 BUDDHISM KNOWLEDGE ORGANISER

### KEY VOCABULARY AND SPELLINGS

**Siddhartha Gautama** - the founder of Buddhism. The Buddha

**Buddha** – the title given to the founder of Buddhism

**Dharma** – the Buddha’s teachings,

**Noble Truths** – the teachings of Buddha

**Eightfold Path** – 8 primary teachings that Buddhists follow and use in their daily lives

**Karma** – the sum of a person’s actions in this and previous existence decides their future fate

**Wesak** – Buddhist festival to commemorate the birth, enlightenment and death of Buddha

**Three jewels** – include the Buddha, the Dharma and the Sangha (community who follow the teaching)

**Enlightenment** – the action or state of attaining spiritual knowledge or insight

**Tripitaka** – sacred text

There are no gods in Buddhism. It was created by a man called Siddhartha Gautama, who was born into a noble family. He lived a sheltered early life, but when he was older he went out into the world and saw that sickness, age and death come to everyone. After seeing this, Gautama meditated and found the answer to life. This made him the Buddha. This was called enlightenment and the Buddha decided to teach others how to reach it.

### EIGHTFOLD PATH

Buddhists follow these 8 divisions of the path to achieve spiritual enlightenment and cease suffering.

**RIGHT UNDERSTANDING** – seeing things as they really are and not how you think they are.

**RIGHT THOUGHT** – kind thoughts, not judging others

**RIGHT SPEECH** – not lying, being respectful

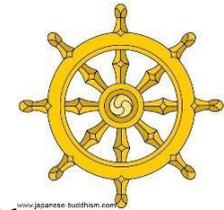
**RIGHT ACTION** – saving life not hurting or destroying it.

**RIGHT LIVELIHOOD** – earning a living without hurting others.

**RIGHT EFFORT** – do what is right.

**RIGHT MINDFULNESS** – being aware of your actions, words and thoughts.

**RIGHT CONCENTRATION** – learning to meditate and focus your mind.



### 4 NOBLE TRUTHS

- 1) **Dukkah** – suffering exists
- 2) **Samudaya** – there is a cause for suffering
- 3) **Nirodha** – there is an end to suffering
- 4) **Magga** – in order to end suffering you must follow the eightfold path

**WORSHIP** Buddhists can worship at shrines in their home or in temples. People will bring flowers and incense for the shrine and in the temples bring food for the monks. Buddhists take their shoes off in the temple and bow to the image of Buddha.



### WESAK

Wesak is a very happy occasion celebrating the birth of Buddha and for some, his enlightenment and death. Buddhists visit their local temples for services and teaching and give offerings to the monks or food, candles and flowers.