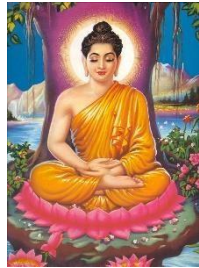


Moulsham Junior School Year 5 Autumn2 – Blissful Buddhism

BUDDHISM

It began in North-Eastern India and is based on the teachings of Siddhartha Gautama. It is a religion about suffering and the need to get rid of it, when you are enlightened you are in a state without suffering.



At 29 Siddhartha Gautama realised that wealth and luxury did not guarantee happiness. After he was enlightened he spent the rest of his life teaching the principles of Buddhism (the Dharma).

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.

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

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 and Not cruel ones.

RIGHT SPEECH – not lying, being rude or chattering.

RIGHT ACTION – saving life not destroying it.

RIGHT LIVELIHOOD – earning a living without hurting others.

RIGHT EFFORT – understand truth and do what is right. **RIGHT MINDFULNESS** – being aware of your actions, words and thoughts.

RIGHT CONCENTRATION – learning to meditate without losing concentration

KEY VOCABULARY AND SPELLINGS

Siddhartha Gautama – the Buddha

Buddha – the title given to the founder of Buddhism

Dharma – the Buddha’s teachings, known as truth

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

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