

# KNOWLEDGE MAP: BUDDHISM

## SUMMARY

**Buddhism originated in Northeast India and now has followers all around the world. It was founded in the 6th Century BCE. There is no God in Buddhism. Instead, Buddhism is centred on the Dharma, or the ultimate truth about the way things really are. Human beings are deluded about the true nature of reality, for example thinking that impermanent things can make us eternally happy, and enlightenment consists of seeing reality as it really is.**

## KEY TERMS

**Siddhartha Gautama:** The prince that became the Buddha

**Buddha:** Enlightened one

**Enlightenment:** Having complete knowledge that will free a person from the wheel of rebirth

**The Four Sights:** The four people Siddhartha saw on his visit to the city  
**The Four Noble Truths:** The four Buddhist teachings that explain the truth about life

**The Eightfold Path:** The eight rules Buddhists should follow

**The Middle Way:** Avoiding living life to the extreme so never having too much or too little

**Asceticism:** Living a simple life with very few possessions and begging for food

**Karma:** The belief that every action has a reaction ; cause and effect. This will impact how a person is reborn

**Reincarnation:** To be born again in a different form or as a different human

**Nirvana:** "Blissful extinction" reaching enlightenment and no longer being reborn

## SIDDHARTHA GAUTAMA

**In 500BC a King and his wife were given a prophecy about their future son; "He could one day be a great leader, but if he is to see the world as it is he will instead become a holy man". When their son Siddhartha was born he immediately showed himself to be special by walking 7 steps.**

**Siddhartha's father was so fearful of the prophecy that for 29 years he would not let his son leave the palace.**

**However one day Siddhartha persuade his charioteer to take him to the city and he saw an old man, a sick man, a corpse and a holy man.**

**He was so distressed by these sights that he left his wife and family in search of the 'truth'.**



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## THE FOUR NOBLE TRUTHS

**Dukkha** - Everyone suffers in life. Nothing is perfect.

**Samudaya** - The cause of suffering is a craving for things and wanting to control things.

**Nirdha** - To end the suffering, life must be lived one day at a time. You must also let go of cravings.

**Magga** - To end the suffering for good, people must follow the Middle Way and the Eightfold Path.

## THE MIDDLE WAY

The purpose of the middle way is that people should find a middle path between two extremes.

TOO LITTLE— JUST ENOUGH — TOO MUCH

## THE EIGHTFOLD PATH

Right view (understanding)

Right thought

Right Speech

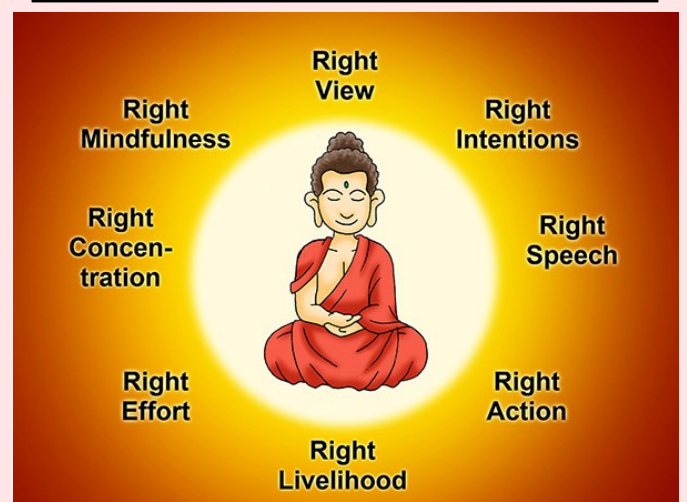
Right action

Right livelihood

Right effort

Right mindfulness

Right contemplation (concentration)



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## THE 5 PRECEPTS

**Buddhists live by 5 precepts (morals):**

**Never take the life of a living creature.**

**Do not steal.**

**Be faithful to your partner.**

**Do not lie.**

**Do not drink alcohol.**

## THE LOTUS FLOWER

**The lotus flower represents the stages of enlightenment:**

A **closed** lotus symbolises a person before they have become aware of the Buddha's teachings.

The **partially opened** lotus means the spirit born into murkiness is gradually purifying and beginning enlightenment.

A **more open** lotus refers to those who are working to rise above the muddy waters by becoming faithful followers of Buddhist teachings.

A **fully opened and bloomed** lotus represents full enlightenment and self-awareness.

## DEATH

**Buddhists believe in reincarnation.**

**Buddhists believe the ultimate goal is Nirvana. It is not a place but instead a state or non-existence.**

**When someone reaches Nirvana their soul is in harmony with the Universe and they would cease to exist.**

**Buddhists believe in Karma. Meaning that actions have results. Past actions affect who or what they are in the next life.**

**Buddhists believe that death is a major transition between the present life and the next, and therefore an opportunity for the dying person to influence their future birth. Because of this and because of the restriction on their participating in parties and the like, funerals are the only major life rite in which Buddhist monks and nuns are actively involved. Ceremonies are held for the benefit of the deceased person but also for the benefit of friends and family left behind.**

