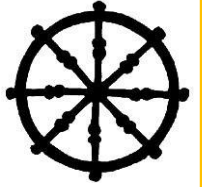


RE Year 5

Buddhism



Origins: Buddhism began in north-eastern India and is based on the teachings of Siddhartha Gautama (The Buddha). The religion is 2,500 years old and is followed by 350 million Buddhists worldwide.

Key Vocabulary



The Buddha: The founder of Buddhism whose real name was Siddhartha Gautama



Enlightenment: knowing the truth about life. Buddha achieved this through meditation.

Meditation: a way of taking control of the mind so it becomes peaceful and focussed.

Puja: Buddhist ceremony which involves offerings, meditation and prayer.

RE GOLDEN WORDS:

symbolise

represent

belief

Key Facts Learnt



- The story of how **Siddhartha Gautama** became **Buddha**.
- **Nirvana**, the most enlightened, and blissful state that one can achieve. **A state without suffering.**
- The **Four Noble Truths** are at the core of Buddha's teaching. They are:
 - **Dukkha:** The truth about suffering
 - **Samudaya:** The truth about the cause of suffering
 - **Nirodha:** The truth about ending suffering
 - **Magga:** The truth of the path which will end suffering
- The **Eightfold Path:** this is part of the fourth noble truth which is the path that leads to the end of suffering. Buddha taught that the way to achieve enlightenment and to minimize human suffering was to live an ethical life. Buddha placed all human behaviour into one of eight categories or paths.

Sacred Places:

- **Stupa:** special place (often hemispherical) where old religious items are kept and Buddhists go to meditate
- **Lumbini, Nepal:** the birthplace of Siddhartha Gautama. Buddhists still make a pilgrimage here.
- **Bodhi Tree:** the tree under which Buddha found enlightenment. It is found in the village of Bodh Gaya where Buddhists still visit.



Sacred Text & Special Items:

- Tripitaka



- Singing bowl



- Butter lamp



- Incense



- Buddharupa



- Offering bowls



- Thangka



Major Festivals:

- **Wesak:** celebrates the birth, enlightenment and death of Siddhartha Gautama, the Buddha.

Special People:

- **Buddhist Priests** are also known as **monks**, **monastics**, **brothers**, and **bhikkhus**.