

Key Vocabulary:

Siddhartha Gautama	A prince who became known as the Buddha.
Buddha	A person who has reached enlightenment.
Enlightenment	Understanding the world, how it works and the meaning of life.
Dukkha	Suffering
Bodhi Tree	It marks the spot where the original Bodhi tree once stood, under which Lord Buddha attained enlightenment.
Meditation	Connection of the mind and soul with the Divine using breathing and other techniques.
Greed	A selfish and excessive desire for more of something (such as money) than is needed.
The wheel of life	This symbolises the cycle of life, death and rebirth. The eight spokes remind people that the Buddha taught about eight ways of life.

Buddhism

Is it possible for everyone to be happy?



General knowledge

Where did Buddhism originate?

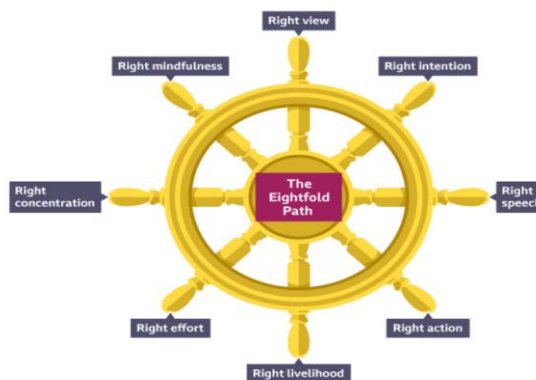
The religion started in (what was) India (but is now Nepal) 2,500 years ago.

The four noble truths

1. Life is filled with suffering
2. Suffering is caused by people's wants.
3. Suffering can be ended if people stop wanting things i.e. more pleasure or more power.
4. To stop wanting things, people must follow 8 basic laws, called the Eightfold Path

What is the story of the Buddha?

Prince Siddhartha, Gautama was born into a royal family and had a most comfortable life. Yet all he could see was suffering. He decided to leave his family and wife, Yasodhara to become a monk. He travelled for many years seeking happiness, and eventually found it. He became enlightened under a Bodhi tree.



- Why did the Buddha sit under the Bodhi tree?
- If everybody lived by the 8-fold path would it make people happy all of the time?

