

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
Nirvana	release from the cycle of life, death and rebirth.
Karma	A belief that our past actions affect us, either positively or negatively, and that what we do in the present time will affect us in the future
Buddhist	A Buddhist is someone who follows the teachings of a man called Siddhartha Gautama (or Siddhattha Gotama), who became known as the Buddha.
Samsara	The cycle of death and reincarnation.



Term 5-Religious Education

What is the best way for a Buddhist to lead a good life?

Knowledge

Most Buddhists believe in a cycle of life, death and rebirth. They believe that people live many times and try to be better each time - the goal of this is to achieve enlightenment which will mean they do not have to live again, this is called Nirvana.

Some enlightened people like the Buddha choose to keep living in order to pass their teachings on.

The Buddha lived to an old age helping people by explaining his teachings.



Four Noble Truths

Truth of Suffering.
Truth of Cause of Suffering.
Truth of Ending the suffering.
Truth of the path to end the suffering.