

A KEY TERMS		
1	Abstain	To refrain or stop oneself from doing or enjoying something.
2	Ahimsa	Non-violence – not to harm living things.
5	Buddha	'The enlightened one'
7	Eightfold path	Also known as the Middle way, a way of life made up of 8 elements that all Buddhists should follow in life. A way of overcoming craving and ignorance.
8	Enlightenment	An understanding of the truth about the world.
9	Karma	The law of cause and effect—all actions have consequences that will influence the future of the person.
10	Meditation	Training to purify the mind towards achieving enlightenment.
11	Five precepts	Five rules Buddhists follow.
12	Samsara	The cycle of rebirth (birth, death, rebirth)
13	Sangha	The community of Buddhist monks and nuns often used to refer to the monastic community.

B THE FOUR SIGHTS		
1	Siddhartha Gutama	<ul style="list-style-type: none"> • Siddhartha Gautama, later known as The Buddha, was born around 500BC in Southern Nepal. • He grew up within a palace and was kept from leaving by his father, the King. • One day Siddhartha ordered a servant to take him out of the palace grounds and on his trip he witnessed four sights he had been protected from. • An old man, a sick man, a dead man and a holy man. • After witnessing these men of affliction and religion he left the palace in search of enlightenment.

C THE FOUR NOBLE TRUTHS		
1	Dukkha	There is suffering
2	Samudaya	Suffering has a cause
3	Nirodha	Suffering can come to an end
4	Magga	There is a way to end suffering (The eightfold path)

D THE FIVE PRECEPTS	
1	To abstain from taking life
2	To abstain from taking what is not given
3	To abstain from sexual misconduct
4	To abstain from wrong speech
5	To abstain from intoxicants

E THE EIGHTFOLD PATH	
1	Right View
2	Right Intention
3	Right Speech
4	Right Action
5	Right Livelihood
6	Right Effort
7	Right Concentration
8	Right Mindfulness

F THE SIGNS OF BEING /MARKS OF EXISTENCE

1	Dukkha	Suffering is a part of life that all people must face. Buddhist's try to overcome suffering through the use of the 'Four Noble Truths' and 'The Eightfold Path'.
2	Anicca	The idea of impermanence – that everything constantly changes and we suffer when we resist it
3	Anatta	The idea that we don't have a fixed soul – there is no unchanging essence to us

G PLACE OF WORSHIP

1	Vihara/ Temple	The Buddhist Temple are centres for study, meditation and worship.
2	Shrine Room	The most important room is the shrine room, containing one or more buddharupas - an image of the Buddha used in worship)
3	Rules	Shoes removed, modest dress and everyone must sit crossed legged
4	Stupas	Also a type of shrine to the Buddha, often circled around during chanting

H BUDDHIST VIEWS ON MATERIALISM

1	Attachment	Attachment in life causes suffering because one day they will cease to exist - this belief extends to possessions, they will not bring happiness, only suffering when they are taken away.
2	The Middle Way	The Buddha experienced extreme wealth and extreme poverty - he concluded the best way to live was in the middle of both.
3	Wealth	Whilst Buddha not condemn working hard to earn enough money to live comfortably, he reminds us that Wealth is impermanent and cannot source happiness
4	Spiritual wealth	Buddha taught that while we can enjoy material comforts without going to extremes, we must also put forth effort to develop the spiritual aspects of our lives.

I THE SANGHA - COMMUNITY OF MONKS AND NUNS

1	Monks and nuns have chosen a life that focuses entirely on the teachings of the Buddha.	
2	Monks and nuns follow strict rules of conduct, such as: 1. No sexual relations 2. Eating only before midday 3. Not Possessing money 4. Not dancing, singing or listening to music	
3	Monks and nuns spend their day mediating, chanting and studying.	
4	Monks and nuns own very little, often just their robes and belt, a food bowl, a needle and thread to mend their robes, and a razor to shave their hair.	