

PINGLE RE – YEAR 9 BUDDHISM (SUMMER)

A KEY TERMS

1	Ahimsa	Non-violence – not to harm living things.
2	Buddha	'The enlightened one'
3	Dukkha	Suffering
4	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.
5	Enlightenment	An understanding of the truth about the world.
6	Karma	The law of cause and effect—all actions have consequences that will influence the future of the person.
7	Meditation	Training to purify the mind towards achieving enlightenment.
8	Nirvana	Point at which Enlightenment has been achieved.
9	Five precepts	Five rules Buddhists follow.
10	Samsara	The cycle of life: birth, illness, ageing, death and rebirth.
11	Sangha	The community of Buddhist monks and nuns often used to refer to the monastic community.

B SIDDHARTHA GAUTAMA

1	Who was Siddhartha?	<ul style="list-style-type: none"> Siddhartha Gautama, known as the Buddha Born 2,500 years ago in India, what is now modern Nepal. Siddhartha was a prince born into a life of luxury. His father tried to protect him from pain and suffering. This was because at birth, six wise men had told his father his son would become a great king, unless he saw suffering.
2	The Four Sufferings	<ol style="list-style-type: none"> Old man (old age) Sick man (sickness) Dead body (death) Holy man, apparently happy and at peace with the world.
3	Life after the palace	<ul style="list-style-type: none"> Left his wife and son after he saw the four sufferings to find the answer to suffering. Six years, meditated, studied and spent time with religious teachers, and starved himself. Sat under the Bodhi tree, and meditated. He purified his mind and achieved enlightenment at the age of thirty-five, earning the title Buddha, or "Enlightened One."

C THE FOUR NOBLE TRUTHS

1	Life is full of suffering (dukkha).
2	Suffering is caused by greed, which leads us to desire things.
3	Suffering can be ended by stopping desire.
4	The way to end desire and suffering is by following the Noble Eightfold Path.

D THE THREE SIGNS OF BEING

1	Anicca	The idea of impermanence - everything changes nothing stays the same. Therefore, nothing can be perfect.
2	Anatta	The idea that we don't have a fixed soul – there is no unchanging essence to us. There is no such thing as 'self'.
3	Dukkha	Nothing is perfect therefore suffering is everywhere.

E THE NOBLE EIGHTFOLD PATH

1	Right view	Know the truth
2	Right intention	Free your mind of evil
3	Right speech	Say nothing that hurts others
4	Right action	Work for the good of others
5	Right livelihood	Respect life
6	Right effort	Resist evil
7	Right concentration	Practice meditation
8	Right mindfulness	Control your thoughts

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E THE FIVE PRECEPTS	
1	Avoid harming living things e.g. do not kill.
2	Avoid taking what is not given e.g. do not steal.
3	Avoid inappropriate sexual behaviour
4	Avoid lies and gossip
5	Avoid taking intoxicating substances

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

F BELIEF IN LIFE AFTER DEATH		
1	Samsara	All life is a cycle of death and rebirth called samsara. This is a cycle Buddhists want to escape from.
2	Good actions	Through good actions Buddhists and following the Buddha's teachings, Buddhists hope to either achieve enlightenment or to ensure a better future for themselves.
3	Rebirth	Rebirth could be as a human or an animal.
4	Ultimate aim	To escape the cycle of samsara and reach Nirvana or enlightenment.
5	Nirvana	Once Nirvana is achieved, and the enlightened individual physically dies, Buddhists believe that they will no longer be reborn.

H THE SANGHA - COMMUNITY OF MONKS AND NUNS		
1	Monks and nuns	Monks and nuns have chosen a life that focuses entirely on the teachings of the Buddha.
2	Strict rules of conduct	No sexual relations Eating only before midday Not Possessing money Not dancing, singing or listening to music
3	Daily life	Monks and nuns spend their day mediating, chanting and studying.
4	Possessions owned	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.