



GRANVILLE RE – YEAR 9 BUDDHISM (SUMMER)

A KEY TERMS

1	Ahimsa	Non-violence – not to harm living things.
2	Anatta	There is no permanent self/soul to a person.
3	Anicca	Nothing is permanent, things are in constant change, nothing lasts forever.
4	Buddha	'The enlightened one'
5	Dukkha	Suffering
6	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.
7	Enlightenment	An understanding of the truth about the world.
8	Karma	The law of cause and effect—all actions have consequences that will influence the future of the person.
9	Meditation	Training to purify the mind towards achieving enlightenment.
10	Five precepts	Five rules Buddhists follow.
11	Samsara	The cycle of rebirths.
12	Sangha	The community of Buddhist monks and nuns often used to refer to the monastic community.

B SIDDHARTHA GAUTAMA

1	Who was Siddhartha?	Siddhartha Gautama, known as the Buddha, was born 2,500 years ago in India, what is now modern Nepal. Siddhartha grew up living the extravagant life of a young prince. His father had ordered that he live a life of total seclusion, but one day Siddhartha ventured out into the world and was confronted with the reality of the suffering of life.
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2	The Four Sufferings	While out on his visit he encountered: an old man , a sick man , a corpse being carried to cremation and a holy man , apparently happy and at peace with the world.
3	Life after the palace	After experiencing the four sufferings, Siddhartha left his wife and son to find the answer to suffering. For six years, Siddhartha meditated, studied and spent time with religious teachers, and he starved himself. However, he was never fully satisfied. Siddhartha sat under the Bodhi tree, and meditated. He purified his mind of and achieved enlightenment at the age of thirty-five, earning the title Buddha, or "Enlightened One."
4	The Four Noble Truths	These four teachings sum up the core teachings of Buddhism. 1. Life is full of suffering. 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.

C THE THREE SIGNS OF BEING

1	Anicca	Everything changes nothing stays the same. Therefore, nothing can be perfect.
2	Anatta	There is no such thing as 'self'. I keep changing so I am not the same from one minute to the next.
3	Dukkha	Nothing is perfect therefore there is suffering everywhere.



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D THE NOBLE EIGHTFOLD PATH EIGHTFOLD PATH GUIDES BUDDHISTS TO LIVE A BETTER LIFE

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

E THE FIVE MORAL PRECEPTS

1	Avoid harming living things. For example, do not kill.	For example, do not kill.
2	Avoid taking what is not given. For example, do not steal.	For example, do not steal.
3	Avoid inappropriate sexual behaviour	For example, do not rape.
4	Avoid lies and gossip	For example, always tell the truth.
5	Avoid taking intoxicating substances	For example, illegal drugs or alcohol

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.

G 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.