

# Year 8.5 Buddhism: Is Buddhism a religion?

## Siddhartha Gautama:

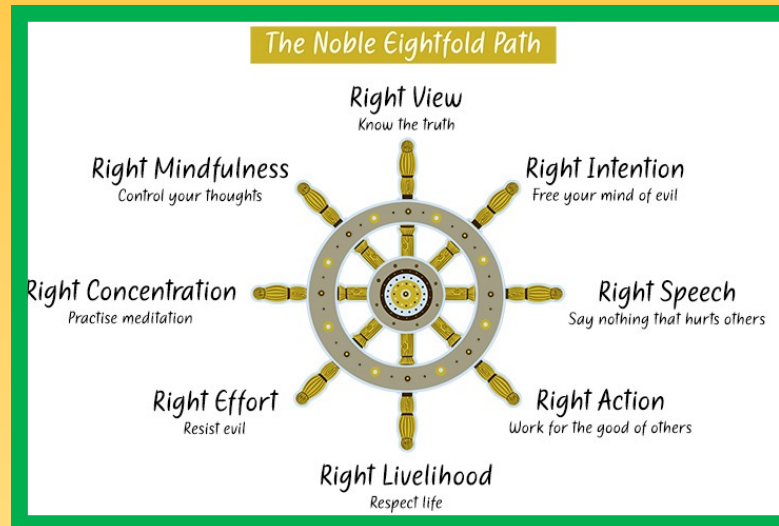
- He was born a prince, which meant he lived in luxury.
- His father did not allow him to see any death or illness, so he did not know either existed.
- He was not allowed out of the palace walls.
- When outside of the palace walls, Siddhartha saw the 4 sights - this led him to seek enlightenment and become the Buddha.
- The four sights were an old man; an ill man; a dead man and a wandering holy man

## Key Facts:

- Founded in 520BCE.
- Started in Northern India.
- 360 million followers worldwide.
- 4th largest religion in the world.
- Holy book is called the Pali Canon.
- Monks and Nuns make up a large part
- They pray in a temple.
- Do not believe in a 'God'.
- Two main traditions:: 'Mahayana' and 'Theravada'.

## Four Noble Truths

1. Human life has a lot of suffering.
2. The cause of suffering is greed.
3. There is an end to suffering.
4. The way to end suffering is to follow the Noble Eightfold Path.



## Key Terms:

**Buddha:** an Indian prince called Siddhartha Gautama who taught others how to be free from suffering.

**Buddhism:** a widespread Asian religion or philosophy, founded by Siddhartha Gautama in NE India in the 5th century BC.

**Enlightenment:** achieving ultimate knowledge and wisdom.

**Middle Way:** living with just 'what is needed'.

**Anicca:** the belief that all things, including the self, are impermanent and constantly changing.

**Anatta:** we have no soul, we are always changing.

**Reincarnation:** rebirth into a new body.

**Mantra:** a word or sound repeated to aid concentration in meditation

**Dukkha:** suffering

**Nirvana:** the ultimate rebirth, escaping the cycle of birth, death and rebirth.

**Impermanence:** nothing is permanent, desire is therefore futile.

**Meditation-3 types:**  
Samatha: tranquility (peacefulness & stillness)  
Vispassana: insight – mindfulness  
Metta bhavana: loving kindness

## Three Universal Truths

1. Everything in life is impermanent and always changing.
2. Because nothing is permanent, a life based on possessing things or persons doesn't make you happy.
3. There is no eternal, unchanging soul and "self" is just a collection of changing characteristics or attributes.

## The 5 Precepts-Refraining from:

1. Harming living things.
2. Taking what is not given.
3. Sexual misconduct.
4. Lying or gossip.
5. Taking intoxicating substances

