

SUBJECT: Religious Education

UNIT: YEAR 9 – Buddhism, What is the meaning of enlightenment?



Buddhist Key beliefs:	What it means to Buddhists:
The Buddha	<i>it means 'enlightened one'. A man called Siddhartha Gautama – lived nearly 2,500 years ago</i>
The Dharma	<i>The symbol of Buddhism – it teaches Buddhists how to follow the path to enlightenment.</i>
The Four Noble Truths	<i>The basis of Buddha's teachings – they show how to end suffering.</i>
Meditation	<i>It helps clear the mind – replaces negative thoughts with positive ones. Helps Buddhists develop wisdom.</i>
Dukkha	<i>The belief in suffering and everyone will experience it.</i>
Karma	<i>A persons good or bad actions on earth and how it will affect their future.</i>

What are the two branches of Buddhism – how do they differ?

Theravada	Mahayana
- Spread from South and East Asia – practiced in Sri Lanka, Burma, Thailand & Cambodia. - Developing wisdom, meditation, discipline and analysing the philosophy of the Dharma. - Enlightened. - Strive to become Arhats and gain freedom from the cycle of Samsara. - Pali Canon (Way of the Elders) - Follow individual enlightenment - Buddha was awakened through rigorous practice of meditation; lived and died like a human being.	- North of India – spread to China, Tibet, Korea & Japan. - Their main focus is compassion - To be reborn again and again to help all beings by developing the skills and qualities of a Buddha. - Choose to stay in the cycle of Samsara to show compassion for others. Often called monks and nuns - Mahayana Sutras (Buddha's word) - Enlightenment to help others - Buddha is not a supreme being he is just enlightened.

What were the Four Sights?

1. A Holy Man
2. A sick man
3. A dead man
4. An old man



What are the Buddhist Scriptures?

Some time after the teachings had been collected and memorised, they were written on dried palm leaves and made into books. The books were divided into three categories. They were named after the wicker chests they were kept in (**The Tripittaka**). the three categories were labelled;

Vinaya: A guide for how monks should live their lives.

Sutta: Practical advice on world topics e.g. children, marriage etc

Abhidhamma: thoughts on the mind, mental and physical appearance.



The Eightfold Path:

- Right view (learning the Dhamma)
- Right intention (Using the Dhamma)
- Right speech (No negativity)
- Right action (Acting lovingly)
- Right livelihood (Honest living)
- Right effort (no hatred)
- Right mindfulness (awareness)
- Right concentration (effective meditation)

How is Buddhism celebrated around the world?

- This festival commemorates the birth, enlightenment, and death of Siddhartha Gautama, who is commonly known as Buddha. **Buddha Day**

- It is celebrated mostly by Tibetan Monks - **Losar**

- This celebrates the death of Buddha when he was 80 – **Parinirvana Day**

- It commemorates Buddha's very first sermon – **Asalha Puja**

- This is a festival where people come together in the UK to learn about Buddhism and sing and dance. –

Buddhafield Festival