

**Buddhism**

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| **Origins** |
| * Buddhism is the world’s fourth largest religion with over 250 million followers.
* Buddhism began about 2,500 years ago when Siddattha Gautama, known as the Buddha, was awakened (enlightened) at the age of 35.
* Followers of Buddhism are called Buddhists; they follow the life of Buddha.
* His teachings are called ‘Dhamma’ or Truth.
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| **Siddattha Gautama - ‘The Buddha’** |
| 1 | Siddattha Gautama was born in northern India (Nepal) in 563BC. |
| 2 | Siddattha Gautama was born into a royal family. |
| 3 | At 29, he realised that wealth and luxury did not guarantee happiness, so he explored the different religious teachings to find the key to human happiness. |
| 4 | After six years of study and meditation he finally found 'the middle path' and was enlightened. |
| 5 | After enlightenment, the Buddha spent the rest of his life teaching the principles of Buddhism — called the Dhamma, or Truth — until his death at the age of 80. |

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| **Four Noble Truths**  |
| 1 | The truth of suffering (Dukkha) |
| 2 | The truth of origin of suffering (Samudaya) |
| 3 | The truth of the cessation of suffering (Nirodha) |
| 4 | The truth of the path to the cessation of suffering (Magga) |



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|  | **Noble Eightfold Path** |
|  |  The wheel of the Dharma, the symbol of the Eightfold Path. |
| Right understanding  | Seeing things as they are they really are and not how you think they are. |
| Right thought | Kind thoughts and not cruel ones. |
| Right speech | Not lying, being rude or chattering. |
| Right action | Saving life not destroying it. |
| Right livelihood | Earning a living without hurting others. |
| Right effort | Understand truth and do what is right. |
| Right mindfulness | Being aware of your actions, words and thoughts. |
| Right concentration | Learning to meditate without losing concentration. |