

Buddhist beliefs Knowledge Organiser

1) <u>Life of the Buddha</u>	
Name:	Siddhartha Gautama
Born:	500CE in Southern Nepal
Dream:	Queen Maya, dreamt a white elephant told her she would give birth to a holy child who would achieve perfect wisdom.
Birth	When she gave birth, legend says he could walk, and talk and he said "No further rebirths have I to endure with this body" Maya died soon after.
Prophecy	A prophecy was made that Siddhartha would either be a king or a holy man.
His Father	His father gave him a life of luxury so he would want to be a King.

2) <u>The Four Sights</u>	
1)	Old Man
2)	Sick Man
3)	Dead Man
4)	Holy Man
Impact	Siddhartha had never seen these things and so he was shocked. The Holy Man looked calm and peaceful so he went home, put on robes, shaved his head and left his family in search for the true meaning of life.

3) <u>Life as an Aesthetic</u>	
Self-Discipline	He ignore his appetite. He lived in hostile conditions. None helped his find the truth.
Meditation	Siddhartha meditated. Mara sent things to distract.
Enlightenment	He saw all his past lives. He understood samsara and the importance of anatta. How to overcome suffering.

4) <u>Three Marks of Existence</u>	
3 marks of existence	Buddhists teach that there are three characteristics that are fundamental to all things.
1) Dukkha	Dukkha means suffering. There are three types. A) Physical and emotional pain B) Change, nothing is permanent and this causes suffering C) Attachment; when people crave and don't get it, they suffer.
2) Anicca	Anicca means impermanence, nothing last forever. We live, get older, decay and die.
3) Anatta	Anatta means 'no self' There is no permanent self.
Nagasena and the Chariot	Nagasena said his name was merely his name and not the true self. A chariot is not a chariot but lots of different parts. People are made up of lots of different parts (organs, skin etc) and the owner is given the name. Thins links to Anatta.

5) <u>The Five Aggregates (Skhandas)</u>	
Theravada Buddhists	The Buddha taught that people are made up of 5 parts.
Form	We have a physical body
Senses	We can see, hear, smell things
Perceptions	We recognise things, have a reaction to them
Mental Formations	We form an opinion or attitude
Consciousness	We are aware of things

6) <u>Emptiness 'Sunyata'</u>	
Mahayana Buddhists	Nothing exists independently on their own. Nagasena and the chariot helps explain this. Everything depends on something else.
Buddha-nature	Everyone has the essence of a Buddha already inside them. (Bees surrounding honey)

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<u>7) The Four Noble Truths</u>	
Buddha	The Buddha's first teaching Based on the four sights of suffering he saw
1)	All life involves dukkha (suffering)
2)	The cause of suffering is the three poisons (greed, hate and ignorance), craving attachments and not being able to stop things changing (anatta)
3)	Suffering can be stopped
4)	The cure is to follow the eightfold path
Buddhism	To reach enlightenment Buddhists need to grasp this concept and complete the eightfold path steps in everything that they do.

<u>8) The Eightfold Path (Magga)</u>	
Middle Way	The eightfold path is called the middle way because it does not involve extreme luxury or poverty
Threefold Way	The eightfold path is divided into three sections Way of wisdom, ethical conduct, concentration
Right View	Having the correct outlook on life
Right Intention	Having the right attitude to life
Right Speech	Speaking kindly and not telling lies
Right Action	Not destroying life, always doing good deeds
Right Livelihood	Having a job that helps society and doesn't cause harm
Right Effort	To see the good in people and get rid of the bad in themselves
Right Mindfulness	To be aware of the needs of others around them and create calm
Right Meditation	Use meditation to help achieve enlightenment

<u>9) Why are the 4 Noble Truths important?</u>	
Buddha	The Buddha taught it – important to follow his example
Dukkha	It will help overcome dukkha
Good life	It shows Buddhists how to live a good life (Right action etc)
Guidelines	Gives them guidelines to follow
Enlightenment	Helps them achieve enlightenment (right concentration)

<u>10) Buddha Nature</u>	
Buddha Nature	Tathagatarbha
Mahayana	Buddha-nature is within all beings. All humans have the potential to become a Buddha
Tathagatarbha	It described as a seed, embryo or fully formed Buddha with each being
Teaching	Buddha nature may be hidden by desires and attachment (Bees around honey)

<u>11) Arahat Ideals (Theravada)</u>	
A person becomes enlightened in their lifetime	
They followed the teachings of the Buddha (8fold path)	
The Arahat has perfected wisdom and compassion and will need to be reborn.	
There is one Buddha per age	

<u>12) Bodhisattva Ideals (Mahayana)</u>	
Everyone has the ability to be a Bodhisattva. Follow six perfections.	
A Bodhisattva seeks enlightenment for the sake of others. They do not enter Nirvana until all others do.	
The lead others to Buddhahood (teachers). They take a vow to do this.	

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<u>12) Life after Death</u>	
Samsara	Buddhists are trapped in an endless cycle of rebirth on the wheel of samsara. They endure dukkha in these lives.
Karma	The process of cause and effect. If a person does good actions they will receive good karma and vice versa for bad. What they are reborn as in their next life is affected by this.
Nirvana	Buddhists want to stop the endless rounds of rebirth. They want to achieve nirvana where all craving ceases.
Actions	Buddhists will follow the Buddha's teachings, show metta (loving kindness) and karuna (compassion) to people. Buddhists will follow the 8fold path and the five precepts.

<u>13) The Five Precepts</u>	
1)	Do not harm any living being
2)	Do not take what is not freely given (Do not steal)
3)	Do not abuse your body with sexual misconduct
4)	Do not use wrong speech
5)	Do not abuse your body with intoxicants (drugs and alcohol)

<u>14) Behaviour</u>	
Metta	Show loving kindness to people
Karuna	Show compassion to people
Dhammapada	To avoid all evil, to cultivate good and to cleanse one's mind – this is the teaching of the Buddha.

<u>15) Six Perfections (Mahayana)</u>	
1	Dana – Generosity
2	Sila – Morality
3	Virya – Energy
4	Kshanti – Patience
5	Samadhi – Meditation
6	Prajna – Wisdom

<u>Questions to Consider</u>	
b)	Describe the early life of the Buddha (5)
b)	Describe the three marks of existence (5)
b)	Describe how Buddhists live a good life (5)
b)	Describe the 5 skhandas (aggregates) (5)
b)	Describe the four noble truths (5)
c)	Explain why the Buddha seeing suffering is important for Buddhists (8)
c)	Explain how Nagasena and the Chariot is an important story for understanding Buddhism (8)
c)	Explain why the 5 skhandas are important for Buddhists (8)
c)	Explain why following the 8fold path is important for Buddhists (8)
c)	Explain the difference between the Mahayana and Theravada belief about human destiny (8)
d)	“Belief in Anatta is the most important of the three marks of existence” Discuss (15)
d)	“Becoming a Bodhisattva is better than becoming an arahant” (15)
d)	“The aim of Buddhism is to reach nirvana” (15)
d)	“The four noble truths was the Buddha's most important teaching” (15)