LITHERLAND HIGH SCHOOL

LIVO CATCH-UP 10

Year 8 – Buddhism

You have missed some lessons. Don't worry – this will give you the essential knowledge you need to join back in.

1 WHAT IS BUDDHISM?

- Buddhism is a Dharmic religion that began in **India** over 2,500 years ago.
- It follows the teachings **of the Buddha (Siddhartha Gautama).**
- There are around 500 million Buddhists worldwide and about 150,000 in the UK.
- It focuses on reducing suffering and living a peaceful, mindful life.

2 PRINCE SIDDHARTHA

- Siddhartha Gautama was a **prince** who was born into a **rich** and comfortable life **around 563 BCE.**
- At his birth, a prophecy said he would either become a powerful king or a great religious leader (the Buddha) if he saw the sufferings of life.
- His father, the king, kept Siddhartha inside the palace, surrounded by luxury, to protect him from suffering.

3 THE FOUR SIGHTS

- At the age of 29, Siddhartha left the palace and saw **four sights:**
  - **an old man**
  - **a sick man**
  - **a dead body**
  - **a monk**
- These sights made him realise that suffering is part of life, so he left the palace to find answers.

4 THE MIDDLE WAY / ENLIGHTENMENT

- Siddhartha first tried a life of extreme hardship (asceticism), but this did not give him the answers.
- He then discovered the **Middle Way** – a balanced way of living, avoiding both luxury and extreme hardship.
- While meditating under the **Bodhi Tree**, he achieved **Enlightenment** and became the Buddha ('the enlightened one').

5 THE FOUR NOBLE TRUTHS

The Buddha taught four key truths about life and suffering (dukkha):

1. Life involves suffering (dukkha).
2. Suffering is caused by desire and attachment.
3. It is possible to end suffering.
4. The way to end suffering is to follow the Noble Eightfold Path.

6 THE NOBLE EIGHTFOLD PATH

A practical guide to living a better and more peaceful life, which helps to end suffering. It involves:

- **Right Understanding**
- **Right Thought**
- **Right Speech**
- **Right Action**
- **Right Livelihood**
- **Right Effort**
- **Right Mindfulness**
- **Right Concentration**

7 BUDDHIST WORSHIP

- Buddhists show respect and devotion to the Buddha through worship and rituals.
- This can include:
  - **meditation**
  - making offerings (e.g. flowers, incense)
  - chanting and reading Buddhist teachings
  - visiting a temple (vihara) or shrine.

8 BUDDHIST MONKS

- Buddhist monks (and nuns) follow a simple and disciplined life to focus on the Buddha's teachings.
- They often live in monasteries (viharas), meditate regularly and follow rules such as being peaceful, honest and not owning many possessions.

9 KEY VOCABULARY

Buddhism	a Dharmic religion that follows the teachings of the Buddha
Buddha	the enlightened one
Siddhartha Gautama	the prince who became the Buddha
Dukkha	suffering or dissatisfaction
Middle Way	a balanced way of living, avoiding extremes
Enlightenment	a deep understanding of the truth about life, reached by the Buddha
Noble Truths	four key truths about suffering and how to end it
Eightfold Path	a practical guide (with eight parts) to end suffering

10 YOUR CATCH-UP 10

Answer these without looking back.

1. What is Buddhism and where did it begin?
2. What was the prophecy about Siddhartha?
3. Name the four sights Siddhartha saw.
4. What is the Middle Way?
5. What happened when Siddhartha meditated under the Bodhi Tree?
6. List the Four Noble Truths.
7. Give two parts of the Noble Eightfold Path.
8. Give two ways Buddhists worship.
9. How do Buddhist monks live their lives?
10. Give two key beliefs or teachings of Buddhism.

FINAL CHECK

I now know:

- ☐ what Buddhism is and key facts about it
- ☐ the story of Prince Siddhartha, including the prophecy and life in the palace
- ☐ the four sights and why Siddhartha left the palace
- ☐ what the Middle Way is and what Enlightenment means
- ☐ the Four Noble Truths
- ☐ the eight parts of the Noble Eightfold Path
- ☐ how Buddhists worship
- ☐ the role and lifestyle of Buddhist monks

NOW I'M READY TO REJOIN THE LESSON!