

Knowledge Organiser – Buddhism

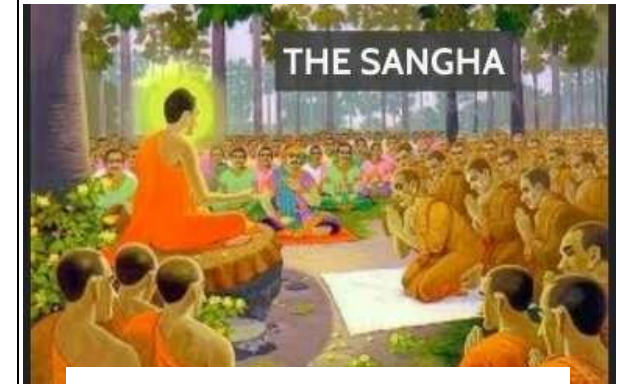
Big Question: What does it mean to be a Buddhist?



Image of the **Buddha**, known in life as **Siddhartha Gautama**



The three jewels



Sangha
(Buddhist community)

Key Vocabulary:

Buddha: The founder of Buddhism, Siddhartha Gautama, after his enlightenment. It is a title which means the enlightened or awakened one.

Enlightenment: The realisation of the truth about life. In Buddhism it releases a person from the cycle of rebirth.

Four noble truths: The truths discovered by the Buddha during his enlightenment.

The noble eightfold path: The teaching of the Buddha that can lead to the end of suffering.

Dukkha: Suffering; illness; dissatisfaction; imperfection. An unavoidable fact of existence according to the first noble truth.

Karma (kamma): Actions, and the consequences of actions. An important concept in Buddhism, Hinduism and Sikhism.

Meditation: Thinking quietly as a spiritual or religious exercise. Connection of the mind and soul with the Divine using breathing and other techniques. In Buddhism, using one of a set of techniques or exercises for calming the mind, developing positive emotions and understanding the way things are.

Samsara: In Hinduism, Buddhism and Sikhism, this is the cycle of life, death and rebirth.

Nirvana (also spelt Nibbana): An indescribable state, held by Buddhists to be the ultimate goal of religious practice, involving breaking free from the cycle of samsara.

Sangha: Buddhist community of practitioners – monks and laity – ordinary people.

Key facts:

- **Buddhism** is one of the world's major religions. It is the **world's 4th largest religion**, with about 520 million followers.
- **Buddhists** are the people who follow Buddhism. They follow the teachings of a man named **Siddhartha Gautama**, who became known as **the Buddha**.
- The religion began when Gautama, a prince who had lived a life of luxury, realised that there was **suffering in the world**, and committed himself to understanding why.
- This happened in **India** around 2,500 years ago.
- The holy book in Buddhism is called **Tipitaka**.
- **Buddhist Temples** are buildings designed for Buddhist worship.