



Buddhism

Religious Education Knowledge Organiser

An overview of the religion:



Buddhism is the world's 4th largest religion, with about 520 million followers. Buddhists is the term we use for people who follow Buddhism. They follow the teachings of a man named Siddhartha Gautama, who became known as Buddha. The name 'Buddha' means 'the enlightened one' or 'the one who knows.' The lotus flower is an important symbol in Buddhism. It is a symbol of enlightenment.

The religion began when Gautama, a Hindu 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.

Question and Answers on Buddhism.

Where do most Buddhists live in the world?		<ul style="list-style-type: none"> • About 7% of the world's population are Buddhists. • China has the most Buddhists, about 250 million Buddhists. • Cambodia however has the highest proportion of Buddhists, about 97%. There are also large numbers of Buddhists in Thailand, Sri Lanka, and Japan. • Many Buddhists in the far east devote their entire lives to Buddhism, living in isolation in temples.
How many different types of Buddhists are there?		<ul style="list-style-type: none"> • Buddha's teachings spread far across the Asian continent. As it spread, different peoples formed their own approaches of Buddhism. • The three main types are called Theravada, Mahayana and Tibetan Buddhists. • Although they differ slightly, they all still keep the basic features of Buddhism.
Where and how do Buddhists worship? Why?		<ul style="list-style-type: none"> • Buddhists worship either in temples or at home, often sitting or kneeling facing a shrine of Buddha. • They may listen to monks reciting religious texts, take part in chanting, or meditate.
What is the Tipitaka?		<ul style="list-style-type: none"> • The Tipitaka is believed to be Buddha's teachings. It is written in an ancient Indian language known as Pali. • It is a very large book, that takes up about forty volumes when translated into English! • The Tipitaka is made up of three sections of wisdom.

The Key Beliefs of Buddhism:

Siddhartha was a rich prince of an area north of India. He was raised as a Hindu. His mother and father treated him well and protected him from the suffering in the world.

As a young man, Siddhartha left the palace for the first time, and was upset by the things that he saw: old age, sickness and death. He decided to leave his comfortable life to see if he could find an answer to the suffering.

The Eightfold Path

Siddhartha created a way of life which ensured that his basic needs were covered, but didn't require any extra comforts. Buddhists try to live following the Eightfold Path:

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| 1. Right viewpoint | | 5. Right livelihood |
| 2. Right values/ thought | | 6. Right effort |
| 3. Right speech | | 7. Right concentration |
| 4. Right actions | | 8. Right mindfulness |

Four Noble Truths

The Buddhist teachings are known as Dharma. They include the Four Noble Truths and the Eightfold-Path. The teachings of Siddhartha Gautama were not written down until about 400 years after his death.

Buddhism's Noble Truths are:

1. Life always involves suffering (dukkha).
2. Suffering happens because people are greedy and never satisfied with what they have.
3. Greed and selfishness can be overcome.
4. The way to overcome them is to follow the Eightfold Path.

Key Vocabulary:

Buddha,	Buddhist,	Siddhartha Gautama,	Tipitaka,
Temple,	Wesak,	Four Noble Truths,	Theravada,
Eightfold Path,	Lotus Flower,	Mahayana	