



RE Spring Term - BUDDHISM-What is the best way for a buddhist to lead a good life?

Questions to think about.

*Is the 8 fold path always easy to follow?
 Are some steps harder than others?
 Which jobs would be a good choice for
 Buddhists?*

Key Vocabulary

Buddha	The teacher and creator of Buddhism.
Meditate	When Buddhists close their eyes and empty their mind of thought. (calm me time)
Eightfold Path	Rules laid out by Buddha which will lead to Nirvana.
Nirvana	Perfect peace with no suffering.

Knowledge



Buddhist Symbols

The **Buddha** reminds Buddhists of an ordinary man who became a very holy man known as the Buddha.

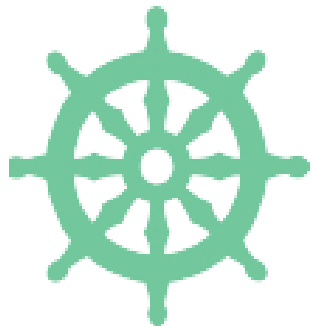
Buddhist Symbols

This symbol is known as the **wheel of life** because Buddhists believe in a cycle of birth, death and re-birth.



The Buddha

There are no gods in Buddhism. It was created by a man called Siddhartha Gautama, who was born into a noble family. He lived a sheltered early life, but when he was older he went out into the world and saw that sickness, age and death come to everyone. After seeing this, Gautama **meditated** and found the answer to life. This made him the **Buddha**. This was called **enlightenment** and the **Buddha** decided to teach others how to reach it.



Buddhism originated in Northeast India and now has followers from all over the world. The **Dharmachakra** is a symbol used in Buddhism.