



RE- BUDDHISM-Life of Buddha.

Questions to think about.

Is It possible for everyone to be happy?
 What makes us happy and unhappy?
 What can we do to help us lead a happy life?

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

Buddhists live by five rules:

- Never take the life of a living creature.
- Do not steal.
- Be faithful to your partner.
- Do not lie.
- Do not drink alcohol.



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.