

Core Beliefs for Buddhists		
1	Who was Buddha?	Siddhartha Gautama left his rich life behind to seek truth.
2	Four Sights?	The Buddha saw a sick man, old man, a dead man and a holy man.
3	Suffering?	Buddhism is about confronting that all life is suffering
4	4 Noble Truths?	Life is suffering, this is caused by greed, stop being greedy to stop suffering, follow the Eightfold Path to do this
5	Why suffer?	We attach to impermanent things like money and get upset when they run out
6	Samsara?	Life and death are a cycle and Nirvana is bliss escape from it

Buddhist Practices		
1	Meditation?	Aims to achieve inner peace and escape attachment
2	Methods?	Focusing on a symbolic rupa or making a sand mandala
3	The Wheel?	Artwork representing the cycle of Samsara and the Buddhist universe
4	Becoming a monk?	No possessions except an orange robe and food bowl
5	Female monks?	There is a 'rebel' movement of female monks in Thailand

Buddhism and Peace		
1	Peace?	The first precept is not to kill and show compassion
2	Violence?	Thich Quang Duc protested violently by setting himself on fire
3	Extreme?	Buddhist soldiers have done extreme acts trying to remove Muslims from Burma
3	Animals?	Treat animals like humans – with compassion and

Buddhism and Society		
1	Wealth?	Money can remove suffering and help others but we should only have what we need
2	Case Studies?	Orlando Bloom and Gwyneth Paltrow are rich and Buddhist!
3	Social Media	Creates an inflated self. It conflicts with aims to escape selfishness and vanity.

Key Word	Definition
<b>Ahimsa</b>	Principle of non-violence
<b>Anatta</b>	Having no soul
<b>Buddha</b>	The man who first began Buddhism
<b>Enlightenment</b>	Having full knowledge and truth
<b>Extremism</b>	Abusing religious teaching to support violent conflict
<b>Karma</b>	Positive or negative energy that affects rebirth
<b>Mandala</b>	A circular figure representing the universe
<b>Meditation</b>	Concentration to achieve inner peace
<b>Monastery</b>	Building where monks live
<b>Mudra</b>	Symbolic hand symbols
<b>Nirvana</b>	Escaping rebirth
<b>Ordained</b>	Being made into a monk
<b>Rupa</b>	Buddhist statue used in meditation
<b>Samsara</b>	The cycle of life and death
<b>Sangha</b>	The Buddhist community
<b>Siddhartha Gautama</b>	The man who became Buddha. He was prophesied to either be rich or holy

*There are around 530 million followers of Buddhism around the world. Buddhism began in the late 6<sup>th</sup> century BC. China has the most amount of Buddhists in its population, around 102, 000, 000 are Buddhist there*



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4	4 Noble Truths?	
5	Why suffer?	
6	Samsara?	

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### Buddhism and Society

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3	Social Media	

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### Definition

Ahmisa

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Enlighten  
ment

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Rupa

Samsara

Sangha

Siddhartha  
Gautama