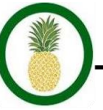




# RE: Buddhism - Is it possible for everyone to be happy all of the time?

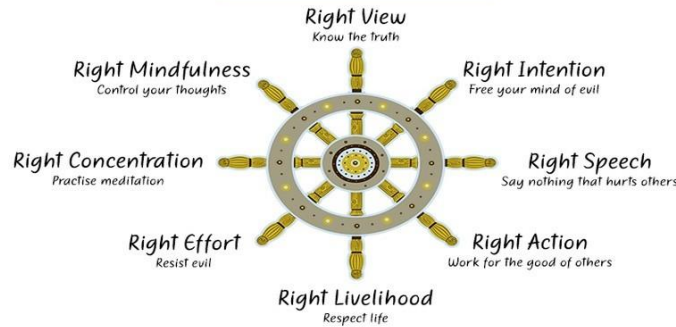
(Autumn 1) YEAR: 4



## Key Vocabulary

1	Bodhi Tree	Siddhartha was sat underneath this tree when he achieved enlightenment.
2	Buddha	Means 'teacher'. Followers of the religion (Buddhists) believe that he was a man and not God.
3	The wheel of life	This symbolises the cycle of life, death and rebirth. The eight spokes remind people that the Buddha taught about eight ways of life.
4	Enlightened	Understand how to be happy and free from suffering. Once enlightened you stop being reborn.

## The Noble Eightfold Path



## Key Questions

Is it possible for everyone to be happy?

Why did the Buddha sit under the Bodhi tree?

If everybody lived by the 8-fold path would it make people happy all of the time?

## Key Knowledge

1	Buddhism started in (what was) India (but is now Nepal) 2,500 years ago
2	Prince Siddhartha, Gautama was born into a royal family and had a most comfortable life. Yet all he could see was suffering. He decided to leave his family and wife, Yasodhara to become a monk. He travelled for many years seeking happiness, and eventually found it. He became enlightened under a Bodhi tree.
3	<p><b>The four noble truths</b></p> <ol style="list-style-type: none"> <li>1. Life is filled with suffering</li> <li>2. Suffering is caused by people's wants.</li> <li>3. Suffering can be ended if people stop wanting things i.e. more pleasure or more power.</li> <li>4. To stop wanting things, people must follow 8 basic laws, called the Eightfold Path.</li> </ol>
4	<p><b>Eightfold path</b></p> <p>The eight basic laws that all people must follow if they wish to end suffering:</p> <ol style="list-style-type: none"> <li>1. To know the truth</li> <li>2. To resist evil</li> <li>3. To not say anything to hurt others</li> <li>4. To respect life and property</li> <li>5. To work at a job that does not injure others</li> <li>6. To try to free one's mind from evil</li> <li>7. To be in control of one's feelings and thoughts</li> <li>8. To practice concentration</li> </ol>

## The Four Noble Truths



1. **Dukkha**  
The truth of suffering.
2. **Samudaya**  
The truth of the origin of suffering.
3. **Nirodha**  
The truth of the end of suffering.
4. **Magga**  
The truth of the path to the end of suffering.

