



# RE Knowledge Organiser - Buddhism - Year 4 - Summer 1



## Key Vocabulary and Definitions

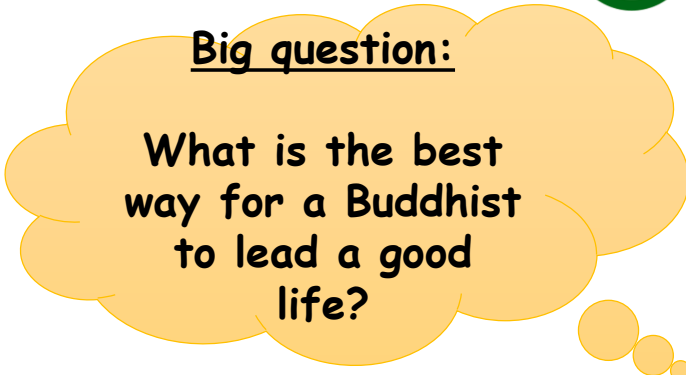
1	<b>Buddhist</b>	A Buddhist is someone who follows the teachings of a man called Siddhartha Gautama (or Siddattha Gotama), who became known as the Buddha.
2	<b>Eightfold Path</b>	The rules laid out by Buddha which will lead to Nirvana.
3	<b>Enlightenment</b>	Breaking the Buddhist cycle of rebirth and reaching Nirvana.
4	<b>Nirvana</b>	Perfect peace with no suffering. Once enlightenment has been achieved and so one isn't reincarnated.
5	<b>Karma</b>	A belief that our past actions affect us, either positively or negatively, and that what we do in the present time will affect us in the future.
6	<b>Samsara</b>	The cycle of death and reincarnation.
7	<b>Magga</b>	To end the suffering for good, people must follow the Eightfold Path created by Buddha.

## Key facts

- 1 Many believe that Buddhism is more of a 'philosophy of life' rather than a religion.
- 2 They believe that Buddhism teaches people to lead a moral life; to be mindful and aware of thoughts and actions; to develop wisdom and understanding.
- 3 The Eightfold Path is a set of rules or instructions for people to follow to reach **enlightenment**.
- 4 The Eightfold Path consists of eight practices: view, resolve, speech, conduct, livelihood, effort, mindfulness, and meditation.
- 5 Buddhists have **5 key morals**: Do not take the life of any living thing. Do not steal. Be faithful. Do not lie. Do not drink alcohol.

## What should I already know?

- 1 Key facts about Buddha.
- 2 Buddha's key teachings and philosophies.



### Big question:

What is the best way for a Buddhist to lead a good life?

### The Noble Eightfold Path

