



**Keywords**

Buddha	The name for Siddhartha Gautama after his enlightenment.
Buddhist	Followers of the religion of Buddhism
Siddhartha Gautama	A prince who committed his life to become enlightened and understand suffering. Later became known as the Buddha.
Tipitaka	The holy book in Buddhism which contains the Buddha's teachings and is written in Pali.
Temple	Buddhist place of worship
Wesak	Wesak celebrates the Buddha's birthday. Wesak is the most important of the Buddhist festivals and is celebrated on the full moon in May.
4 Noble Truths	The Buddha's teachings known as Dharma
Eightfold Path	The 8 key teachings of Buddhism for Buddhists to follow.
Lotus Flower	The lotus represents purity of the body, speech and mind, as if floating above the murky waters of material attachment and physical desire.
Theravada	One of the two major traditions of Buddhism. It is practised mainly in Sri Lanka, Burma (Myanmar), Thailand, Cambodia, and Laos.
Mahayana	One of the two major traditions of Buddhism, now practised especially in China, Tibet, Japan, and Korea.
Tibetan	Tibetan Buddhism is the form of Buddhism practiced in Tibet where it is the dominant religion. It is also found in the regions surrounding the Himalayas, much of Chinese Central Asia, the Southern Siberian regions such as Tuva, as well as Mongolia.

**Overview**

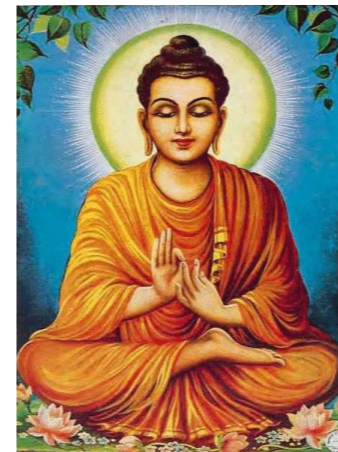
**Buddhism** is one of the world's major religions. It is the world's **4<sup>th</sup> largest religion**, with about 520 million followers.

**Buddhists** are the people who follow Buddhism. They follow the teachings of a man names **Siddhartha Gautama**, who became known as the **Buddha**.

The religion began when Gautama, a prince who had lived a life of luxury, realised that there was **suffering in the world**, and committed himself to understanding why.

This happened in **India** around 2,500 years ago.

The holy book in Buddhism is called **Tipitaka**. **Buddhists Temples** are buildings designed for Buddhist worship.



**Buddhist Beliefs**

**Siddhartha Gautama's story**

Siddhartha was a rich prince of an area north of India. His father treated him well, and protected him from suffering in the world.

As a young man, Siddhartha left the palace for the first time and was upset by the things that he saw: old age, sickness and death. He decided to leave his comfortable life to see if he could find an answer to the suffering.

After many years of trying he sat under a tree (the Bodhi tree) by a full moon and started meditating. In doing this he became enlightened – he saw the meaning in all things. He was then known as the Buddha.

**The Four Noble Truths**

The Buddhist teachings are known as Dharma. They include the Four Noble Truths and the Eightfold path. The four Noble truths are:

1. Life always involves suffering (dukkha)
2. Suffering happens because people are greedy and never satisfied with what they have.
3. Greed and selfishness can be overcome.
4. The way to overcome them is to follow the Eightfold Path.

**The Eightfold Path**

Siddhartha created a way of life which ensured that his basic needs were covered, but didn't require any extra comforts. Buddhists try to live following the Eightfold path.

1. Right Viewpoint
2. Right values/ thought
3. Right speech
4. Right actions
5. Right livelihood
6. Right effort
7. Right concentration
8. Right mindfulness

**Answers to important questions**

Where and how do Buddhists worship? Why?



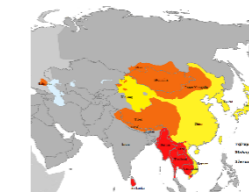
- Buddhists worship either in temples or a home, often sitting or kneeling facing a shrine of Buddha.
- They may listen to monks reciting religious texts, take part in chanting or meditate
- Buddhists hope to achieve enlightenment. They believe in a cycle of birth, life, death and rebirth. If a person gains enlightenment they can break this cycle and reach Nirvana.

What is the Tipitaka?



- Tipitaka is believed to be the Buddha's teachings.
- Written in the ancient language of Pali.
- It is very large and takes about forty volumes when translated into English.

Where do Buddhists live in the world?

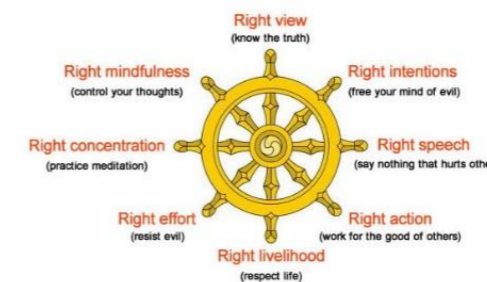


- 7% of the world's population are Buddhist.
- China has the most Buddhists, about 250 million.
- Cambodia has the highest percentage with 97% of the population being Buddhist.

How many different types of Buddhists are there?



- As the Buddha's teachings spread across Asia different people formed their own approaches.
- There are three main types called Theravada, Mahayana and Tibetan Buddhists.



**Top Facts**

1. Buddhists do not believe in a God who made the world.
2. Siddhartha's family were Hindu.
3. The lotus flower is an important symbol in Buddhism. A symbol of enlightenment.
4. The name 'Buddha' means 'the enlightened one'.
5. Some Buddhists have shrines at home.
6. The teachings of Siddhartha Gautama, were not written down till about 400 years after his death.
7. Siddhartha Gautama died around age 80.
8. Puja is the name for worship in Buddhism. People often light candles as they worship.
9. In images of the Buddha, faces are always made to look calm and serene to show that he has a peaceful mind.
10. Wesak is an important festival in Buddhism.