

Knowledge Organiser - Buddhism

Overview

- **Buddhists** follow the teachings of **Siddhartha Gautama**, who becomes known as the Buddha.
- It is the 4th largest religion with over 500 million followers.
- Founded in 520 BCE.
- Started in Northern India.
- Their holy books include the **Pali Canon** and the **Tripitaka**.
- Monks and Nuns make up a large part of the Buddhist religion.
- Buddhists do not believe in a 'God'.
- There are two main traditions '**Mahayana**' and '**Theravada**'.

The 3 Marks of Existence

Anicca—everything changes

Anatta—there is no permanent self

Dukkha—all life involves suffering

The 4 Noble Truths

1. There is suffering in life.
2. All suffering is caused by greed.
3. If you can end greed you end suffering as well.
4. The way to end suffering is to follow the **Eightfold Path**.

The Buddha/Siddhartha Gautama

- ⇒ He was born a prince, which meant he lived in luxury.
- ⇒ His father did not allow him to see any death or illness, so he did not know either existed.
- ⇒ He was not allowed out of the palace walls, however his father let him.
- ⇒ When outside of the palace walls, Siddhartha saw the **4 sights** - this led him to seek **enlightenment** and become the Buddha.

Nirvana	A state in which a person is released from the cycle of rebirth.
Rebirth	The process of being born again.
Enlightenment	To know the 'truth' and reach Nirvana.

The Noble Eightfold Path

