



The Dalai Lama -
Leader of Tibetan
Buddhism

BUDDHISM



Buddhism

ORIGINS Buddhists follow the teachings of the Buddha (the Enlightened one). Buddha began his life as Siddhartha Guatama a Prince in Nepal around 2500 years ago. At 29 Siddhartha Gautama realised that wealth and luxury did not guarantee happiness nor did extreme denial. After he was enlightened he spent the rest of his life teaching the principles of Buddhism (the **Dharma**). Buddha taught the **Middle Path** which means finding a way between extremes.

WORSHIP Buddhists can worship at shrines in their home or in temples. People will bring flowers and incense for the shrine and in the temples bring food for the monks. Buddhists take their shoes off in the temple and bow to the image of Buddha. Each statue of Buddha (**rupa**) has hand gestures with different meanings (**mudra**)

Key Beliefs

The Three Jewels	The Three Signs of Being	The Four Noble Truths	The Noble Eight Fold Path	
The key things Buddhists believe	How the Buddha described life	Dukkha – life is suffering.	Right View (understanding)	Right Livelihood
Belief in Buddha	Dukkha – nothing is perfect.	Suffering is caused by craving and trying to control things.	Right Thought	Right Effort
Dharma – The teaching of Buddha	Anicca – everything in life is changing all the time.	The suffering can end if we learn to live a day at a time and let go of our cravings.	Right Speech	Right Mindfulness
The Sangha – Becoming selfless by helping ordinary people	Anatta – there is no soul, but a life force (Karma) which passes on to the next life.	The Noble 8-fold Path is the path you must follow which leads to the end of suffering.	Right Action	Right Contemplation (concentration)



Buddhism is different from lots of other faiths as Buddhists do not believe in a personal creator God.

The Buddhist faith is also different because it is not focused on the relationship between humans and a God.

Buddhists live by 5 Precepts (Morals). These are:

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|---|---------------|------------------------------|-------------|-----------------------|
| 1 | 2 | 3 | 4 | 5 |
| Do not take the life of anything which is living. | Do not steal. | Be faithful to your partner. | Do not lie. | Do not drink alcohol. |