



Buddhism: Knowledge Organiser.



Siddhartha Gautama grew up as a Prince in a palace in India. One day he left the Palace and saw **4 Sights** of suffering (Dukkha). The 4 Sights were:
 An old person, a sick person, a dead person & a Holy Man.
 Suffering is caused by the 3 poisons: GREED, IGNORANCE & HATRED

The Buddha taught the **5 Moral Precepts**

1. Refrain from taking life
2. Refrain from taking what is not given
3. Refrain from sexual misconduct
4. Refrain from wrong speech
5. Refrain from intoxicants that cloud the mind

Buddhists believe in reincarnation based on Karma. The cycle of death and rebirth is called Samsara

Siddhartha became an ascetic and meditated. His meditation ended when he was enlightened with the **4 noble truths**.

1. Suffering is real
2. Suffering has a cause
3. Solution for suffering
4. Right action

The aim of Buddhism is to be enlightened, to end samsara and to reach nirvana.

The Eightfold path

Right understanding

Right intention

Right speech

Right action

Right livelihood

Right effort

Right mindfulness

Right concentration

- **Ascetic** living a simple and strict lifestyle with few pleasures or possessions
- **Enlightenment** spiritual wisdom from understanding the true nature of reality (being fully awake to the world)
 - **Intention** An aim or plan
 - **Livelihood** How you make a living (job)
- **Mindfulness** Knowing directly what is going on inside and outside ourselves, moment by moment
 - **Monk**- someone who devotes their life to their religion and gives up their possessions.
 - **Reincarnation:** being born into something new when you die.
 - **Samsara:** the cycle of birth and death.
 - **Karma:** the law of action and result.

