

Buddhism Knowledge Organiser

Where did Buddhism start?

Buddhism began in around 700BCE in Lumbini, in the foothills of the Himalayas. Lumbini is in the country of Nepal.

In Nepal, there lived a ruling family. They had a son who grew up as a very wealthy prince. His name was **Siddhartha Gautama**.

Buddha and 'The Four Sights'

When Buddha left the palace for the first time, he came across 4 sights

- A holy man
- A sick person
- An old person
- A dead person



This is the eight fold path. It helps Buddhists to focus their thoughts and actions to overcome negativity and accept change.

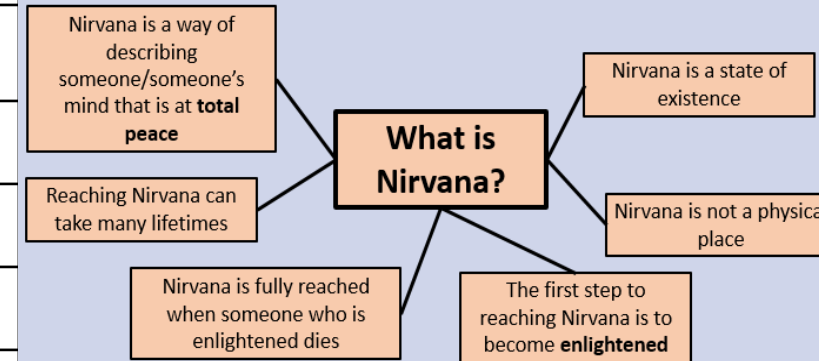
These eight actions are important as a person's actions in life will determine what they are reborn as in their next life.

Term	Definition
Dharma	Teachings of the Buddha
Enlightenment	Understanding the truth about life
Nirvana	The state of having overcome our desires and suffering
Buddha	The "enlightened one"
Samsara	a continuous cycle of birth, death and rebirth
Anicca	The idea that nothing stays the same
Dukkha	Understanding that all life involves suffering
Anatta	There is no such thing as a soul/ permanent self
The Middle Way	The middle path of life to ensure you do not go to extreme lengths of either indulging or denying yourself things

What are the 4 noble truths?

1. All beings suffer. There will always be some form of suffering in life or a feeling that life is not perfect
2. Suffering is caused by wanting things- our suffering is caused by ignorance, hatred and greed.
3. You can end suffering by accepting that things change- Buddhist believe you can end your suffering by making a personal effort
4. The cure to suffering is the follow the Middle Way- by following the Eight Fold Path you will follow the Middle Way

It was under the Bodhi tree that Siddhartha became **enlightened**. All Buddhists today also want to become enlightened, or reach **enlightenment**. This is because enlightenment is the way that a person can reach **NIRVANA**. **Reaching Nirvana is the goal of all Buddhists.**



After Buddha had become enlightened, his first teaching was about how humans can **reduce their own suffering** and therefore get closer to **enlightenment**.

Buddha's teaching on this had four main points called the **Four Noble Truths**. Buddhists refer to the Buddha as the **doctor** because he suggests the **cure** to the **illness** of suffering.

Buddha taught that suffering happens as a consequence of

- Not accepting that all things suffer
- Wanting things
- Not accepting that things change
- Not following the middle way

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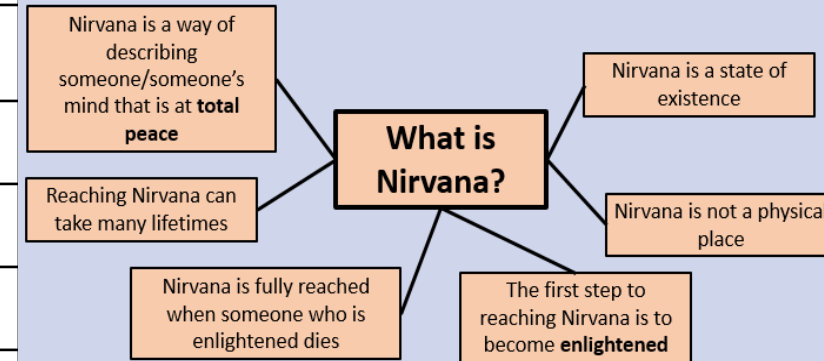
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