



Key Beliefs

Anicca: The belief in impermanence which states that everything is always changing. One of the three marks of existence.

Anatta: The belief that there is no self or soul. One of the three marks of existence.

Dukkha: The belief that pain and suffering are a part of life. One of the three marks of existence

KEY VOCAB

Dukka

Life involves suffering. In Buddhism there are three main types of suffering:

- The first is linked to the first three sights the Buddha saw on his first journey outside his palace: old age, sickness and death. This is the suffering of painful experiences.
- Suffering is also caused by constant change. People lose the things and situations to which they become attached.
- Thirdly, even when people are not immediately suffering, they are unsatisfied because they are not enlightened.

Samudaya

Suffering is due to having desires. The three causes of suffering are:

- Greed
- Ignorance
- Hatred

Magga

The way to end suffering is by following a set of guidelines called the Eightfold Path. The eight steps are:

- Right understanding
- Right intention
- Right speech
- Right action
- Right livelihood
- Right effort
- Right mindfulness
- Right concentration

Nirodha

The Buddha taught that it is possible to bring an end to suffering by overcoming desires. This is what all Buddhists strive for.

The Buddha's Early Life

Pre Birth

His mother, Queen Maya, dreamed that a white elephant with 6 tusks entered her womb. A holy man told Maya that this meant her son would achieve perfect wisdom and would be holy.

Birth

When Siddhartha (Buddha) was born, he took 7 steps. In each footprint a lotus flower grew. He said 'this will be my last rebirth.'

Prophecy

A holy man told Siddhartha's parents he would be a great king or a holy man. The king wanted Siddhartha to be a king like him.

Palace

He was given a life of luxury in the palace. He did not experience death or suffering and he was trained as a warrior to

prepare him for becoming a king.



RE Buddhism

SPEAK
READ
ARTICULATE
THINK
QUESTION
WRITE
SPELL

Karma and Samsara

Karma is the process of cause and effect. Actions in this life build up karma, either negative or positive, and affect your rebirth. A person's karma is the sum of their actions

Samsara is the cycle of life death and rebirth. People are trapped in samsara as long as they experience craving

The Four Sights

After Siddhartha Gautama left the palace, he saw the four sights.

- Old age
- Sickness
- Death
- Holy man



These showed him that life is filled with suffering but there is a way to live a happy and peaceful life.

The Noble Eightfold Path

