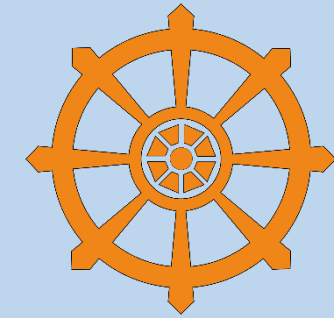


RS GCSE Revision: Buddhism



Key Facts:

Prince Siddhartha Gautama was born in what's now Nepal in the 5th century CE (common era). His father, King Suddhodana, was leader of the Shakya clan and wanted his son to take over from him when he became of age. To ensure this, Suddhodana manipulated his son's life so that he would never see anything that might causes him to ask questions about the world.

Eventually, Siddhartha left the palace after seeing the reality of suffering and death in his town.

After many years, during which time he starved himself and subsequently discovered the 'middle way', Siddhartha gained enlightenment whilst meditating under a Bodhi tree.

At this point, Siddhartha become known as the Buddha and is said to have been released from the cycle of death, birth and rebirth (samsara).

The Buddha put forward sets of guidelines to help people live in a way that would reduce suffering.

The Buddha said that his followers should follow him, his teaching and rely on each other for support (The Three Jewels).

Buddhists believe in rebirth or "re-becoming", not reincarnation, as the Buddha taught that we have no permanent soul.

There are many different schools of Buddhism, but our focus is Theravada, Tibetan and Mahayana.

Useful resources:

truetube.co.uk

padlet.com/jpomfret/re (password 'wearde')

Key Terminology:

dukkha	Suffering, or the idea that life is unsatisfactory and leads to suffering	meditation	The act of giving your attention to only one thing
karma	"Action"; the law of karma is actions have consequences	nirvana	Being free from greed, hatred and ignorance
rebirth	When someone's thoughts, feelings and perceptions move into a new body after they die	renunciation	To stop supporting or being connected to something
samsara	The cycle of death, birth and rebirth	buddha	"One who is awake" or "an awakened one", an enlightened being who goes on to develop boundless wisdom and compassion, acting for the benefit of all beings
enlightenment	Seeing the truth about life, to see life as it really is		

Area	Content
The early life of Siddhartha Gautama	Overview of the life of Siddhartha in the palace and how what he saw when he left led him to leave and search for the true meaning of life.
The Three Universal Truths/ Three Marks of Existence	The Buddha taught that: Nothing lasts forever /impermanence– annica Non-acceptance of this leads to suffering – dukkha Because of annica, there is no eternal, unchanging soul - anatta
The Four Noble Truths	The Buddha taught that: 1. Life involves suffering 2. Suffering is caused by us wanting/craving things 3. Suffering can end if you stop craving 4. This is by following the middle way and Eightfold Path



The Noble Eightfold Path	The Buddha taught right : view, intention, speech, action, livelihood, effort, concentration and mindfulness. Following these will help lead a person to enlightenment.
The Five Precepts	The Buddha taught that people should follow five moral guidelines, to avoid: taking life, taking things which are not given, sexual misconduct, false speech and taking things which cloud the mind (e.g. drugs/alcohol).
The Three Jewels/Tiratna	Buddhists believe that they should take refuge in: the Buddha, the Dharma (the Buddha's teachings) and the Sangha (spiritual community). Collectively, these Three Jewels help Buddhists make sense of life.
Meditation	We will study different types of meditation, particularly vipassana, metta bhavana and action meditation. The Buddha taught that meditation helps to clear the mind and ultimately increases the chance of enlightenment.
Famous Buddhists	The Dalai Lama, Aung San Suu Kyi and Dr. B. R. Ambedkar.



Vocabulary

metta
karuna
ahimsa
belief
believe
samsara
guideline
precept
buddhahood
school
right
wrong
skilful
unskilful
tanha
Samudāya
nirodha
magga
attachment
liberation
allowed
avoid
alms-giving
samatha
Zen
Shaolin

Key people/ groups

Prince Siddhartha Gautama	The founder of Buddhism
King Suddhodana	Prince Siddhartha's father, who wanted to keep his son away from suffering
Asita	A fortune-teller/prophet who predicted Siddhartha's future
Buddhists	Followers of Buddhism
Theravada	"Way of the Elders", mainly followed in South East Asia
Mahayana	"great vehicle", mainly followed in China, Korea and Japan
Vajrayana	"diamond/lightning vehicle", developed within Mahayana, mainly followed in the Himalayas and parts of India
The sangha	The Buddhist community. Sometimes this means just monks and nuns, but many Buddhists think of everyone in the Buddhist community as part of the sangha.

