

# How Buddhism Began

The Queen, Mahamaya, had a dream in which she saw a white elephant with six tusks. After getting the dream interpreted, the King was told he would have a great son who would help the whole world.

The baby is named **Prince Siddhartha**. When being blessed, the King is told that the Prince would either become the greatest King. Or, that the Prince would be a greater teacher and show people the way to live. The Prince could have two paths.

On his trip outside the castle, the Prince witnessed an old man, a sick man, and a man who had died. He did not realise any of this pain or suffering that happened in the world as he had lived a life of joy and happiness.

On the way to her parents home, the Queen gave birth to a son named **Siddhartha**. Once born, the prince took seven steps and a lotus flower grew in every spot. He then declared he was a special teacher and this would be his last birth on earth.

The King wanted **Prince Siddhartha** to become a ruler and so kept him guarded from the outside world. Prince Siddhartha felt caged after many years and asked the King for him to be allowed a trip outside of the castle. The King arranged for a joyful trip.

On his fourth outing, the Prince began to meditate. He came across a fourth man who told Prince Siddhartha that he had left his life and lived in the wild to find the truth about the world. Prince Siddhartha followed this and left the King and his family and achieved enlightenment.

# Y8 - Buddhism

<b>Buddha</b>	The Enlightened one.
<b>Buddhism</b>	The name of the religion that follows the teachings of the Buddha.
<b>Buddhist</b>	People who follow the religion of Buddhism.
<b>Eight Fold Path</b>	This teaching shows eight ways people should live.
<b>Enlightenment</b>	Understanding the truth about the way things are.
<b>Three jewels</b>	The three things you can rely on when you are suffering: 1. the example of the <b>Buddha</b> 2. The Buddha's teachings ( <b>Dharma</b> ), 3. The Buddhist community ( <b>Sangha</b> )
<b>Three Marks of Existence</b>	Three things which are true if you live on the Earth: 1. <b>Everyone suffers</b> 2. Nothing stays the same, <b>everything changes</b> 3. Because of no. 2, there is no such thing as "you" because <b>you are always changing, you are always different.</b>
<b>Monk</b>	A religious person, devoting their life to Buddhism
<b>Middle Way</b>	Finding a balance in life by following the Eight Fold Path.
<b>Nirvana</b>	The end of the cycle of death and rebirth and therefore the end of suffering
<b>Siddhartha Gautama</b>	The person who became the Buddha.



## Buddhist Practices

**Meditation** - training your mind to concentrate. Part of Buddhist worship

**Shrines** - Any place where an image of the Buddha is used in worship is known as a shrine.

**Vihara / temple** - Buddhist place of worship

## Buddhist Funerals

For Buddhists, death is about **moving onto the next life**, so they are extremely important. There is usually an altar with the picture of the person who has died on top, as well as flowers, fruit and candles. At the funeral people will often **wear white, chant prayers, burn incense or ring gongs or bells.**

## Buddhist monks

Buddhist monks live in monasteries and devote their life to the religion. They rely on people in the local towns for food, and in exchange they pass on their wisdom. Due to the fact that monks follow the **Middle Way**, they are only allowed **8 personal possessions**. These are; three sets of clothes, a needle, a belt, a razor, a bowl and a strainer

## Buddhist Beliefs

The Buddha discovered that the key to happiness was not to have too much or too little of something, but just as much as you need. E.g. don't starve yourself to learn discipline, but don't eat food all the time, just have as much as you need. This will keep you content.



## Eightfold Path

