### How Buddhism Began

#### The Queen, Mahamaya, had a dream in which she saw a white elephant with six tusks. After On the way to her parents home, getting the dream interpreted, the Queen gave birth to a son the King was told he would have a named Siddhartha. Once born, great son who would help the the prince took seven steps and whole world. 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 baby is named Prince Siddhartha. When being blessed, the King is told that the Prince would either become the greatest King. Or, that the The King wanted Prince Prince would be a greater Siddhartha to become a ruler teacher and show people the and so kept him guarded from way to live. The Prince could the outside world. Prince have two paths. 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 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 On his fourth outing, the Prince this pain or suffering that began to meditate. He came happened in the world as he had across a fourth man who told lived a life of joy and happiness. 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

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

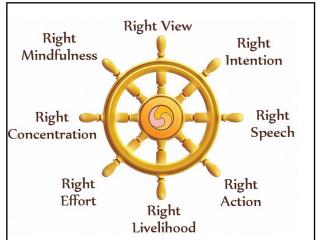
For Buddhists, death is about moving onto the next life, so they are extremely important. There is usually an altar with the picture of the person who has died on top, as well as flowers, fruit and candles. At the funeral people will often wear white, chant prayers, burn incense or ring gongs or bells.

#### Buddhist 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



#### 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