



Key Vocabulary

The Buddha	One who has gained enlightenment. 'The awakened'
The Middle Way	Living in a middle way free from extremes Eg. Not luxury, not poverty. You will crave if you don't have enough, but can become greedy and attached if you have too much.
Four Noble Truths	The four truths about life that the Buddha discovered when he reached enlightenment.
Meditation	The act of clearing and focusing the mind. Deep thinking.
Enlightenment	An awakening, understand the truth of reality.
Samsara	Cycle of birth, life, death and rebirth.
Nirvana	Extinguish, what you enter after enlightenment.
Eightfold Path	The path that the Buddha discovered that will help you reach enlightenment.
Dharma	The Buddha's teachings.
Dukkha	Suffering.

1) Siddhartha renounced his family, belongings and life in the palace (gave them up) in search for the meaning of life, answers to his questions – like why do we suffer?
 He tried extreme methods with the other monks to reach his answers- starvation, extreme indulgence – neither worked. **Discovered the Middle Way.**
 2) He meditated (under Bodhi tree) for 46 days and truly focused, concentrated his mind. Whilst there he struggled with temptation – desire, craving, attachment, anger, jealousy. Eventually, he understood what caused people's sadness and suffering, the truth. It was like waking up. He became the first 'enlightened one'
 He then returned to the monks and taught for the next 50 years, so that others too, could reach enlightenment.

Eightfold Path	What does it mean?
Right Understanding	Accept Buddha's teaching. Understand 4 Noble truths, know truth of Buddha.
Right Emotion	Control emotions, not anger/hatred – instead empathy/love/compassion.
Right Speech	Avoid saying things that hurt others, must say positive. No name calling/no lying.
Right Action	Control actions, follow the precepts. Eg. Don't use violence.
Right Livelihood	Earn a living in a way that is good, make others happy. No greed/selfishness.
Right Effort	Put effort in to life a good life and help suffering.
Right Awareness	Aware of those around you, aware of suffering. Not ignorant. Aware of own actions.
Right Meditation	Spend time meditating, focus/help in living middle way. Train your mind to be calm/positive/wisdom.

Key Context

3) Siddhartha renounced his family, belongings and life in the palace (gave them up) in search for the meaning of life, answers to his questions – like why do we suffer?
 4) He tried extreme methods with the other monks to reach his answers- starvation, extreme indulgence – neither worked.
 5) **Discovering the Middle Way.**
 Meditated (under Bodhi tree) for 46 days and truly focused, concentrated his mind.
 Struggled with temptation – desire, craving, attachment, anger, jealousy.
 Eventually, he understood what caused people's sadness and suffering, the truth.
 It was like waking up.
 He became the first 'enlightened one'
 He then returned to the monks and taught for the next 50 years, so that others too, could reach enlightenment.
6) The Buddha
 Siddhartha Gautama was a prince born 2,500 years ago in India. He became the first Buddha.
 Once he was born a wise man prophesised that if he saw suffering he would leave the palace in search for answers. His father tried to hide all suffering from the Prince, however he left and saw the Four Noble Truths.

When the Buddha reached his enlightenment he discovered the:
The Four Noble Truths
 1. There is suffering in the world.
 2. Suffering has an origin (cause) – attachment, craving.
 3. Suffering can be stopped.
 4. There is a path out of suffering – if you follow the Buddha's teaching (Dharma).
 Eightfold Path, middle way.

Attachment: the feeling of really loving/being fond of or devoted to someone or something.

Craving: the strong feeling of wanting something, or always longing for more.

