

BUDDHISM

KEY FACTS

Founded in 520BCE in Northern India.

It has approximately 360 million followers worldwide.

Buddhism is the 4th largest religion in the world.

Their holy book is called the Pali Canon.

Monks and Nuns make up a large part of the Buddhist religion.

They pray in a temple.

Do not believe in a 'God'.

There are two main traditions 'Mahayana' and 'Therevada'.

Buddhism is very popular in Asia, but is growing in Europe / America.

WORSHIP Buddhists can worship at shrines in their home or in temples. People will bring flowers and incense for the shrine and in the temples bring food for the monks.



WESAK Wesak is a very happy occasion celebrating the birth of Buddha and for some, his enlightenment and death. Buddhists visit their local temples for services and teaching and give offerings to the monks of food, candles and flowers.



Queen Maya's Dream and Astrologer



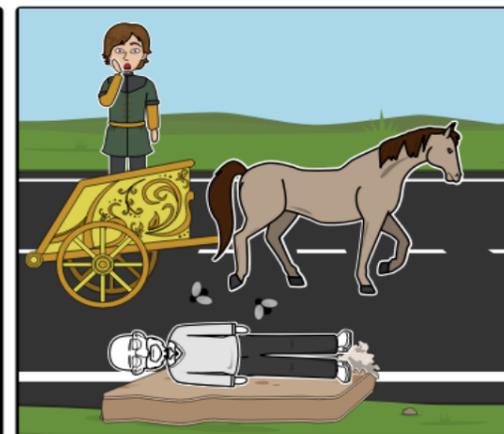
The story begins with Queen Maya dreaming of a white elephant and a royal astrologer interpreting the dream as she will have a son that can either become a great king or astrologer. King Suddhodana had a plan to shelter his son from any pain or sadness so that his son wouldn't want to become a spiritual teacher but a king.

Buddha's Birth and Early Life



Buddha was born during a trip when his mother held onto a branch and the baby was born from her side. Because of his father's plans, he grew up in a very luxurious way. He lived in the palace and was not allowed to leave it, and he never encountered any pain or suffering.

The 4 Encounters



One day Buddha secretly escaped the palace and encountered 3 forms of suffering: age, sickness, and death. He also encountered an ascetic who is a Hindu that dedicates his whole entire life meditating in the forest and achieving moksha.

Buddha Becomes An Ascetic



When Buddha encounters the outside world, he decides to become a Hindu ascetic. He gave up his whole life to meditating in the forest and went from luxury to hunger and loneliness.

The Middle Path



After being in the forest for a while, a woman came up to him and offered a bowl of rice. Then Buddha realized to end suffering that there is no need for extremes, but a balance which is "The Middle Path".

Buddha's Enlightenment

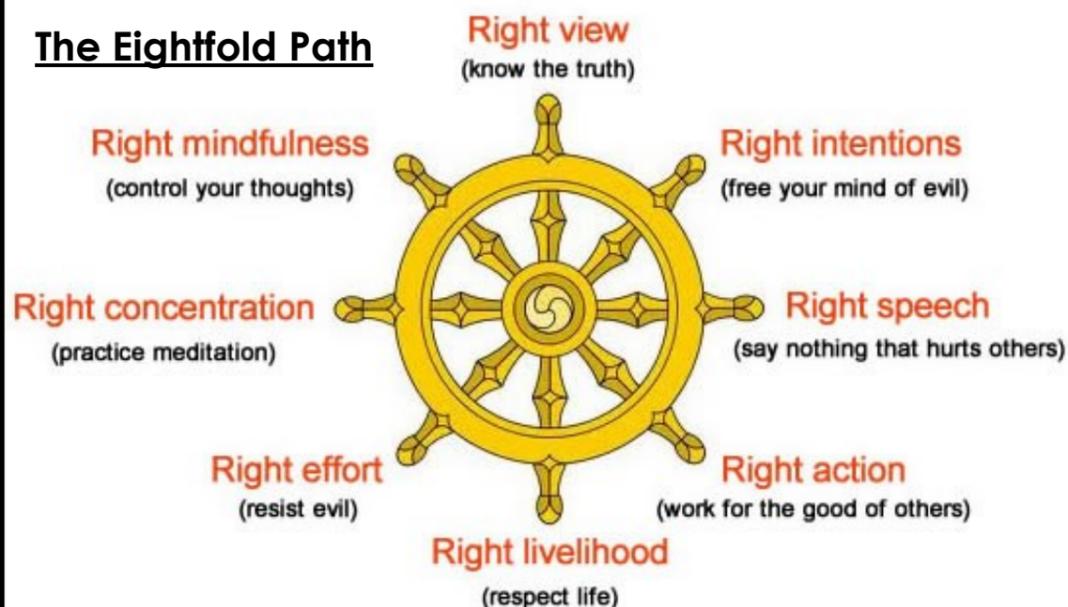


After his solution, he decides to meditate under a tree (Bodhi Tree) and ignore all anger and temptations. Originally known as Prince Siddhartha, he becomes referred as "Buddha" which means the enlightened one. Buddha has now officially become enlightened.

KEYWORDS

Buddhism	a widespread Asian religion or philosophy, founded by Siddhartha Gautama in NE India in the 5th century BC.
Enlightenment	Achieving ultimate knowledge and wisdom.
Middle Way	Living with just 'what is needed'.
Annica	the belief that all things, including the self, are impermanent and constantly changing
Reincarnation	Rebirth into a new body.
Mantra	a word or sound repeated to aid concentration in meditation.
Siddhartha Gautama	the Buddha
Buddha	the title given to the founder of Buddhism
Karma	the sum of a person's actions in this and previous existence decides their future fate
Wesak	Buddhist festival to commemorate the birth, enlightenment and death of Buddha

The Eightfold Path



The Four Noble Truths

- 1. The truth of suffering (dukkha):** Life is full of suffering.
- 2. The truth of the causes of suffering:** Suffering is caused by craving and also by the Three Poisons of ignorance, greed and hatred.
- 3. The truth of the end of suffering:** Suffering can be ended by ending craving and the three poisons. When a person ends suffering they become enlightened.
- 4. The truth of the path to end suffering:** The path end suffering is the Middle Way and consists of eight practices (the Eightfold Path)