



# BUDDHISM KNOWLEDGE ORGANISER



## Overview

**Buddhism** is one of the world's major religions. It is the **world's 4<sup>th</sup> largest religion**, with about 520 million followers.

**Buddhists** are the people who follow Buddhism. They follow the teachings of a man named **Siddhartha Gautama**, who became known as **the Buddha**.

The religion began when Gautama, a prince who had lived a life of luxury, realised that there was **suffering in the world**, and committed himself to understanding why.

This happened in **India** around 2,600 years ago.

The holy book in Buddhism is called **Tipitaka**. **Buddhist Temples** are buildings designed for Buddhist worship.

**Image of the Buddha, known in life as Siddhartha Gautama, whose teachings founded Buddhism.**



## Answers to Important Questions and Key Vocabulary

**How many different types of Buddhists are there?**



-Buddha's teachings spread far across the Asian continent. As it spread, different peoples formed their own approaches of Buddhism.  
-The three main types are called Theravada, Mahayana and Tibetan Buddhists.  
-Although they differ slightly, they all still keep the basic features of Buddhism. -

### Key Vocabulary

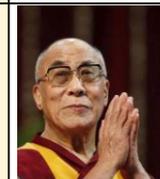
Anatta  
Anicca  
Buddha  
Buddhist  
Charity  
Compassion  
Dalai Lama  
Dharma  
Wheel  
Enlightenment  
Dukkha  
Meditation  
Middle way  
Siddhartha  
Gautama  
Tripitaka  
Temple  
Wesak  
4 Noble Truths  
4 sights  
Eightfold Path  
Tibetan

**Where do most Buddhists live in the world?**



About 7% of the world's population are Buddhists.  
-China has the most Buddhists – about 250 million Buddhists live there.  
-However, Cambodia has the highest proportion of Buddhists – about 97% of its population are Buddhists. There are also lots of Buddhists in Thailand, Sri Lanka, and Japan.  
-Many Buddhists in the far east devote their lives to Buddhism, living in isolation in temples.

**Why is the Dalai Lama important?**



The Dalai Lama is many different things to different people. The Dalai Lama is considered a living Buddha of compassion, a reincarnation of the bodhisattva Chenrezig, who renounced Nirvana in order to help mankind.

**Why do Buddhists meditate?**



Many scientific studies have shown that the brains of Buddhist monks who have spent many hours meditating, have been changed. The happier parts of the brain, the pre-frontal cortex, are far more active. Their brains re-organize, giving them a feeling of 'oneness' with the world around them. Their brainwave patterns were more powerful, implying they were more powerful thinkers, with better concentration. The monks had no anxiety, depression or addictions.

## Buddhist Beliefs

### Siddhartha Gautama's Story



-Siddhartha was a rich prince of an area north of India. His mother and father treated him well, and protected him from the suffering in the world.

-As a young man, Siddhartha left the palace for the first time, and was upset by the things that he saw: old age, sickness and death. He decided to leave his comfortable life to see if he could find an answer to the suffering.

-After many years of trying, he sat under a tree (the Bodhi tree) by a full moon and started meditating. In doing this he became Enlightened – he saw the meaning in all things. He was then known as the Buddha.

### The Four Noble Truths

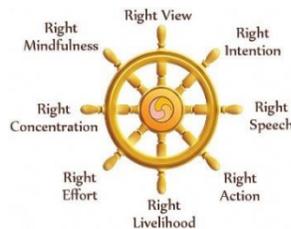
-The Buddhist teachings are known as Dharma. They include the Four Noble Truths and the Eightfold-Path. Buddhism's Noble Truths are:

1. Life always involves suffering (dukkha).
2. Suffering happens because people are greedy and never satisfied with what they have.
3. Greed and selfishness can be overcome.
4. The way to overcome them is to follow the Eightfold Path.



### The Eightfold Path

- Siddhartha created a way of life which ensured that his basic needs were covered, but didn't require any extra comforts. Buddhists try to live following the Eightfold Path:



1. Right viewpoint
2. Right values/ thought
3. Right speech
4. Right actions
5. Right livelihood
6. Right effort
7. Right concentration
8. Right mindfulness

## Top 10 Facts!

1. Buddhists don't believe in a God who made the world and everything in it.
2. Siddhartha's family were Hindu.
3. The lotus flower is an important symbol in Buddhism. It is a symbol of enlightenment.
4. The name 'Buddha' means 'the enlightened one' or 'the one who knows.'
5. Some Buddhists have shrines at home where they are able to worship.
6. The teachings of Siddhartha Gautama were not written down until about 400 years after his death.
7. Siddhartha Gautama died around age 80.
8. 'Puja' is the name for worship in Buddhism. People often light candles as they worship.
9. In images of Buddha, faces are always made to look calm and serene, to show that he has a peaceful mind.
10. Wesak is an important festival in Buddhism.

## Buddhism Timeline

490BCE: Siddhartha Gautama is born.      461 BCE: Gautama leaves home to find an end for suffering.      455 BCE: Gautama is enlightened – becomes the Buddha.      454 BCE: People begin to follow the teachings of the Buddha.      410 BCE: Gautama dies.      386 BCE: Buddhism separates into two different lines.      269 BCE: Emperor Asoka begins to spread Buddhism across India.      200 BCE – 1200CE: Buddhism spreads along trade routes, reaching many other countries, including Sri Lanka, China, and Indonesia.