Your notes

KS3 Religious Education: revision notes

Buddhism

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The Buddha

- Siddhartha Gautama was a prince in ancient India (born in Lumbini, in what is now Nepal). He lived a life of luxury until he saw the Four Sights: an old man, a sick man, a dead body and a holy man.
- He left home to find the answer to suffering. After years of searching, he meditated under the Bodhi tree and reached **enlightenment**, becoming the Buddha ("the awakened one").
- Buddhists don't worship a creator God. They follow the Buddha's teachings.

The Four Noble Truths

- **Dukkha**: life involves suffering and dissatisfaction.
- Samudaya: suffering is caused by craving (**tanha**).
- Nirodha: suffering can end.
- Magga: the way to end suffering is the **Eightfold Path**, which includes right understanding, right speech, right action and right mindfulness.
- The end of suffering is **nirvana** (nibbana).

Living as a Buddhist

- The Three Jewels (Three Refuges): the Buddha, the Dhamma (his teaching) and the **Sangha** (the Buddhist community).
- The **Five Precepts**: not harming living beings, not taking what isn't given, no sexual misconduct, no false speech, and no intoxicants that cloud the mind.
- Meditation trains the mind to be calm and aware. Wesak celebrates the Buddha's birth, **enlightenment** and death.
- The Three Marks of Existence: everything changes (**anicca**), there is no fixed self (anatta), and suffering (**dukkha**).

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Key terms

Enlightenment	Understanding the true nature of reality.
Dukkha	Suffering or dissatisfaction.
Tanha	Craving, the cause of suffering.
Nirvana	The end of suffering.
Eightfold Path	The Buddhist way to end suffering.
Sangha	The Buddhist community.
Five Precepts	Five guidelines for how Buddhists should live.
Anicca	The belief that everything changes.

Quick questions

Cover the answers and test yourself: remembering is what makes it stick.

1. What does "Buddha" mean?
2. What were the Four Sights?
3. What is dukkha?
4. According to the Buddha, what causes suffering?
5. What is the way to end suffering?
6. What is the Sangha?
7. Which is one of the Five Precepts?
8. Where did Siddhartha reach enlightenment?

Answers

1. The awakened one
2. An old man, a sick man, a dead body and a holy man
3. Suffering or dissatisfaction
4. Craving (tanha)
5. The Eightfold Path
6. The Buddhist community
7. Not harming living beings
8. Under the Bodhi tree

What to do next

Practise 10 questions on this topic

Try 3 exam questions, with mark schemes

Read the lesson, one step at a time

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