

Buddhism Knowledge Organiser Y8

The Story of the Buddha: Buddhism was founded by **Siddhartha Gautama**. Siddhartha was born into a privileged ruling family, but he decided to turn away from his life of comfort to find **spiritual awareness**. For **Buddhists**, the life of the Buddha and his teachings are an important source of **wisdom** and **authority**, informing their beliefs and ways of life. Siddhartha, who later became "**The Buddha**", taught a radically different message that focused on a change in **lifestyle** and **did not focus on any God**. Through learning about his life, his path to his **enlightenment** and other teachings, it is possible to understand the origins of Buddhism and the influence that the Buddha has on Buddhists today.

The Four Sights: These are the things that Siddhartha saw when he left the palace after a life of seeing no suffering or pain. He leaves his sheltered life and sees:

1. **An old person** - Siddhartha had never before seen an old person. He asked his chariot driver, Channa, what he was looking at. Channa explained that when people get older, they physically decline.
2. **A sick person** - when Siddhartha saw an ill person by the side of the road, he was upset as he had never before seen anyone who was ill. Channa explained that, during their lives, people get ill.
3. **A dead person** - the third sight was a dead person being carried. Channa explained that everyone dies eventually.
4. **A holy man (ascetic)** who lived a life of self-denial, was the fourth sight. This person made Siddhartha curious, because the holy man was looking to understand truth.

The Point of the Four Sights: Siddhartha realises that his sheltered life was not real and that the reality of the world was one of pain and suffering. He understands now that no one can escape suffering, everyone will grow old, become ill and eventually die. He was amazed at how calm the holy man was and decided that he wanted to join him in his search for the truth about life and hopefully a **solution to suffering**.

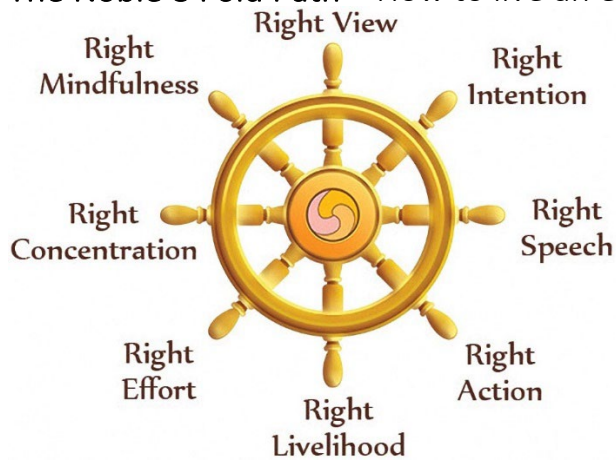
After seeing the four sights Siddhartha joins the Holy man on his search and spends many years fasting. He realises that having too much (when he was a Prince) was not good for him but also that fasting and having nothing at all taught him nothing about the world. He realises that living a balanced life is what must be best; he calls this the **Middle Way**. The Buddha then famously sits under the **Bodhi Tree** and after much **meditation** achieves **Enlightenment (understanding the truth of the world)**.

The Four Noble Truths: This is the essence of the Buddha's teachings. It was these four principles that the Buddha came to understand during his meditation under the bodhi tree.

1. Suffering exists. (**Dukkha**)
2. Suffering is caused by wanting things. (**Samudāya**)
3. Suffering can end when desires are stopped. (**Nirodha**)
4. The Noble 8 fold Path is the way to stop suffering (**Magga**)

The Buddha is often compared to a doctor. In the first two Noble Truths he diagnosed the problem (suffering) and identified its cause. The third Noble Truth is the realisation that there is a cure. The fourth Noble Truth, in which the Buddha set out the Eightfold Path, is the prescription, the way to achieve a release from suffering. **Quote from the Buddha: "I teach suffering, its origin, cessation and path. That's all I teach"**

The Noble 8 Fold Path – How to live an ethical life as free from suffering as possible.



“ If one speaks or acts with a wicked mind, because of that, pain follows one. If one speaks or acts with a good mind, because of that, happiness follows one.

Pali canon The Dhammapada: verses 1-2

The 3 Fold Way – The Noble 8 fold path can be broken down into these 3 categories

The Threefold Way	The Noble Eightfold Path
1. Ethics	1. Right action (behaving in a skilful way and not harming others)
	2. Right speech (speaking truthfully)
	3. Right livelihood (earning a living in a way that doesn't cause suffering or harm to others)
2. Meditation	4. Right mindfulness (being aware of yourself and the emotions of others)
	5. Right effort (putting effort into meditation and positive emotions)
	6. Right concentration (developing focus so that you are able to meditate)
3. Wisdom	7. Right view/understanding (remembering that actions have consequences)
	8. Right intention (being clear about following the Buddhist path)

The 5 Moral Precepts – These are things that the Buddha taught that you should **avoid** if you want to be free of **suffering** and **follow the 8 fold path correctly**. The five moral precepts are:

1. To refrain from **taking life** (killing any living creature)
2. To refrain from **taking what is not freely given** (theft)
3. To refrain from **misuse of the senses or sexual misconduct** (committing sexual offences)
4. To refrain from **wrong speech** (insulting, lying or gossiping)
5. To refrain from intoxicants that **cloud the mind** (drugs or alcohol)

Buddhists do not believe in a God, so the five precepts are **suggested ways of living** rather than commandments given by a god. A Buddhist must want to behave in a morally good way in order to **achieve enlightenment**.

Metta means loving kindness. Buddhists attempt to show loving kindness towards others and themselves without expecting anything in return. It is important to Buddhists to have this selfless attitude as it helps them overcome the **Three Poisons**, which are **ignorance, greed and hatred**.