RE
Buddhism
Aim

• I can explain the main beliefs held by Buddhists.
Key Beliefs

Buddhists believe the Buddha was a human, not a god.

The Buddha is important to Buddhists because he gained Enlightenment and taught others how to reach it too.

Buddhists believe nothing in the world is perfect and that the Buddha found out why this is.
Key Beliefs

The Three Jewels

These are the three key things Buddhists believe:

1. Belief in Buddha
2. Dharma – The teaching of Buddha
3. The Sangha – Becoming selfless by helping ordinary people
Key Beliefs

The Three Signs of Being

This is how the Buddha described life:

1. Dukkha – nothing is perfect.

2. Anicca – everything in life is changing all the time.

3. Anatta – there is no soul, but a life force (Karma) which passes on to the next life.
Key Beliefs

The Four Noble Truths

1. Dukkha – life is suffering.
2. Suffering is caused by craving and trying to control things.
3. The suffering can end if we learn to live a day at a time and let go of our cravings.
4. The Noble 8-fold Path is the path you must follow which leads to the end of suffering.
Key Beliefs

The Noble Eight-Fold Path

1. Right View (understanding)
2. Right Thought
3. Right Speech
4. Right Action
5. Right Livelihood
6. Right Effort
7. Right Mindfulness
8. Right Contemplation (concentration)
## Key Beliefs

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## The Three Signs of Being
- **Dukkha** – nothing is perfect.
- **Anicca** – everything in life is changing all the time.
- **Anatta** – there is no soul, but a life force (Karma) which passes on to the next life.

## The Noble Eight Fold Path
- **Right View** (understanding)
- **Right Thought**
- **Right Speech**
- **Right Action**
- **Right Contemplation** (concentration)
- **Right Mindfulness**
- **Right Effort**
- **Right Livelihood**

## The Four Noble Truths
- **Dukkha** – life is suffering.
- Suffering is caused by craving and trying to control things.
- The suffering can end if we learn to live a day at a time and let go of our cravings.
- The Noble 8-fold Path is the path you must follow which leads to the end of suffering.
Enlightenment

- Buddhists believe there is a cycle of birth, life, death and rebirth.
- They believe this goes on and on.
- They believe that unless someone gains Enlightenment, they will be reborn when they die.
- Buddhists believe in Karma. Meaning that actions have results. Past actions affect who or what they are in the next life.
- A person can break out of this cycle by gaining Enlightenment.
- Breaking out of the cycle is called Nirvana.
- Nirvana is the end of everything that is not perfect. It is perfect peace, free of suffering.