

Year 7 Buddhism

Keywords:

Buddha – an enlightened being, anyone can become a Buddha through enlightenment

Buddhism – the religion of the first Buddha

Impermanence – belief nothing lasts forever

Dukkha – belief suffering happens but we can stop it

Anatta – belief that we have no self or soul because everything changes (there is nothing permanent)

Anicca – belief nothing lasts forever (impermanence)

Enlightenment– becoming awakened, realising the cause of suffering and no longer suffering

Four Sights – old age, illness, death, meditation

Meditation – practice of calming the mind to detach from the distractions of daily life

Vihara – Buddhist place of worship

Monk – a man who dedicates his whole life to worship

Nun – a woman who dedicates her whole life to worship

Atheism – having no belief in a god or higher power

Agnostic – unsure if there is a god or higher power

Theist – belief in a god or higher power

Worldview – non-religious teachings you live your life following (eg, try to build happiness, always be kind)

When the Buddha became enlightened, he summed up his understanding in three main teachings:

1. **Nothing lasts forever (anicca / impermanence)**
2. **Suffering happens all the time (dukkha)**
3. **We change and so there is nothing we can call our real self (anatta)**



The lotus flower is an important symbol because it shows potential – it has roots in the mud but fights to grow upwards towards the light. This is what we as humans must do

Buddhists today still see the first Buddha as a role model. Meditation is an important part of their practice as they aim to overcome suffering, understand that we cause suffering because we become attached to impermanent things and aim to become more detached

