

## RE – How did Buddha teach his followers to find enlightenment? Buzzards A

<b>Bodhi Tree</b>	The type of tree that Siddhartha sat under for 40 days to meditate.
<b>Buddhist</b>	Someone who follows the Buddhist religion
<b>Buddhahood</b>	Buddhists are aiming to reach the state of Buddhahood, where they are fully awakened. It is a state of infinite compassion, wisdom and skill.
<b>enlightenment</b>	When a Buddhist finds the truth about life and stops being reborn.
<b>The Middle Way</b>	Not putting too many restrictions on your life so that you will suffer too much and not living too greedily. Having 'just enough' of everything to be happy.
<b>meditation</b>	Buddhists become enlightened by using meditation. While they meditate, they concentrate very hard and clear their minds of all thoughts.
<b>Noble Truths</b>	There are 4 Noble Truths which help Buddhists move to Buddhahood.

The 4 Noble Truths : The first diagnoses a disease; the second explains the cause of the disease; the third prescribes a remedy and the fourth is a treatment plan. The Buddha is like a doctor helping people get better.

## The Eightfold Path

Buddha explained the Eightfold Path in his first sermon after his enlightenment. It pulls together all his teachings:

- 1. Right View or Right Understanding**, insight into the true nature of reality
- 2. Right Intention**, the unselfish desire to realise enlightenment
- 3. Right Speech**, using speech compassionately
- 4. Right Action**, ethical conduct; manifesting compassion
- 5. Right Livelihood**, making a living through ethical, non-harmful means
- 6. Right Effort**, cultivating wholesome (and releasing unwholesome) qualities
- 7. Right Mindfulness**, whole body and mind awareness
- 8. Right Concentration**, meditation or other concentrated practice.

## The Dharma Wheel

The 8 spokes on the wheel reminds Buddhists of the Eightfold Path.



**Siddhartha Gautama** was the first person thought to have reached enlightenment. He was a prince and an astrologer told his father that he would be a king or a religious leader. His father wanted him to be a king. Siddhartha married and had a son, but he didn't want to be a father. He left home and travelled. He wanted to find out how to find happiness. He meditated under a tree for 40 days.



A traditional statue of the Buddha.



The lotus flower is a symbol of enlightenment.

## Tier 2 words

analogy	Comparing or explaining something, often using a story.
culture	The ideas, customs and social behaviour of a group of people
tradition	A set of beliefs passed from generation to generation
principle	A belief that you have about something.