



| Vocabulary | Meaning |
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| peace | freedom from disturbance; tranquility |
| Buddha | a person who has found enlightenment |
| enlightenment | when a Buddhist finds the truth about life and stops being reborn because they have reached Nirvana. |
| Rupas | images of the Buddha |
| Nirvana | perfect peace with no suffering |
| karma | the belief actions have consequences. Past actions affect who or what they are in the next life |
| meditation | a practice where an individual uses a technique, such as breathing, to focus their attention on the present moment |
| stupa | a type of Buddhist shrine |

| Key knowledge – Buddhism | | | | |
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| The Three Jewels The key things Buddhists believe | The Three Signs of Being How the Buddha described life | The Four Noble Truths | The Noble Eight Fold Path | |
| Belief in Buddha | Dukkha – nothing is perfect. | Dukkha – life is suffering. | Right View (understanding) | Right Livelihood |
| Dharma – The teaching of Buddha | Anicca – everything in life is changing all the time. | Suffering is caused by craving and trying to control things. | Right Thought | Right Effort |
| The Sangha – Becoming selfless by helping ordinary people | Anatta – there is no soul, but a life force (Karma) which passes on to the next life. | The suffering can end if we learn to live a day at a time and let go of our cravings. | Right Speech | Right Mindfulness |
| | | The Noble 8-fold Path is the path you must follow which leads to the end of suffering. | Right Action | Right Contemplation (concentration) |

Assessment focus – Evaluate

Discern and describe the value of the concept in the lives of those living in the tradition studied as well as recognise some of the issues this might raise

Is it important for Buddhists to feel peaceful?

