

## What are the Five Precepts?

All Buddhists are expected to follow the Five Precepts, which means observing the rules below:

### 1. Not to take the life of any living being

Not killing any living being. For Buddhists, this includes animals, so many Buddhists choose to be vegetarian.

### 2. Not to take what is not given

Not stealing from anyone.

### 3. Not to take part in sexual misconduct

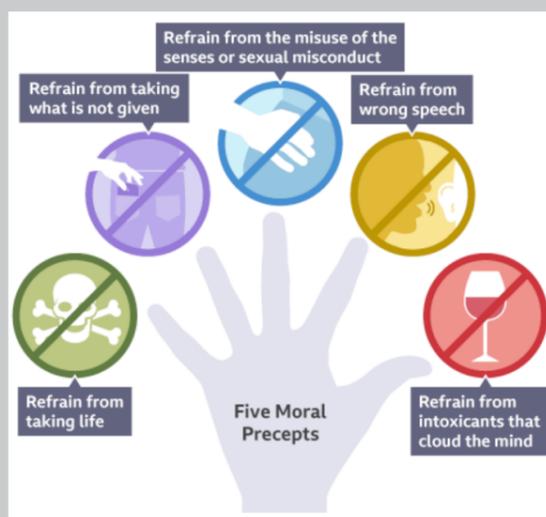
Not having too much sensual pleasure. For example, not looking at people in a lustful way or committing adultery.

### 4. Not to speak falsely

Not lying or gossiping about other people.

### 5. Not to take drugs that cloud the mind

Not drinking alcohol or taking drugs, as these do not help you to think clearly.



## Key Terms

Buddha (bud-a)	The awakened or enlightened one
Dhammapada (darma—pada)	A Buddhist scripture that contains the teachings and sayings of Buddha
Enlightenment	The state of being 'awakened' to the truth about life
Karma	The forces that influence people's fortune and future rebirth
Meditation	The practice of focusing the mind
Nirvana	A state of complete bliss, entered into by souls that are not reborn - experience by those who have reached enlightenment
Samsara	The continual process of life, death and rebirth
Bhikkhu (beh-cue)	A Buddhist Monk or Nun
Laity (lay-etty)	Buddhists who are not monks or nuns
Dukkha (do-ka)	The suffering or dissatisfaction of all living things
Middle Way	A lifestyle between luxury and having nothing at all
Four Noble Truths	The basis of Buddha's teachings
Ascetic	Someone who lives a life of simplicity and self-denial
Fasting	Not eating or drinking for a long period of time

## Key Beliefs & Facts

### Where did Buddhism Originate?

Buddhism began in India over 2500 years ago. It is not the fourth-largest religion in the world, with approximately 500 million followers. 99% of Buddhists live in Asia, specifically 50% live in China.



### How did Buddhism begin?

Buddhism was founded by a prince called Siddhartha Gautama. From childhood, Siddhartha noticed the suffering of other creatures. When he was 29 years old he saw four things that changed his view on life: old age, sickness, death and a holy man. He gave up his luxury and set out to discover how to end suffering by living an ascetic life. He settled in the Middle Way and this led to him reaching enlightenment. His teachings were passed on to form Buddhism.

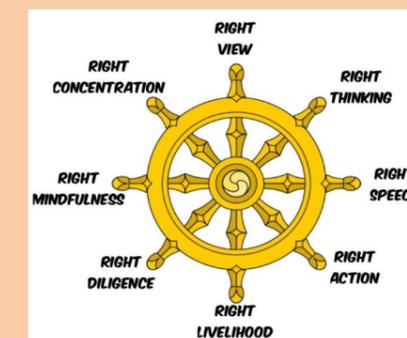


### What are the Four Noble Truths?

The basis of Buddha's teachings are the Four Noble Truths:  
 Dukka—all creatures suffer; (**Do-ka**)  
 Samudaya—suffering is caused by selfish desires; (**Sam-oo-dyer**)  
 Nirodha—suffering can be ended; (**Ni-Road-a**)  
 Magga—the way to end suffering is the Eightfold Path. (**Mag-a**)

### What is the Eight Fold Path?

The Eightfold Path is a series of eight steps that Buddhists can follow to help them lead a contented (satisfactory) life. They are: Right Understanding; Right Thought; Right Speech; Right Action; Right Livelihood; Right Effort; Right Mindfulness; Right Concentration.



## Term 3 - Understanding Buddhism

### Origins

When looking at any religion it is important to start at the very beginning, looking at the origins of how it all began. The first lesson will focus solely on where Buddhism began and with who did Buddhism begin with? Without the very sole understanding of Siddhartha's early life, it is difficult to understand the roots of the religion and the beliefs we will delve into this term.



### Siddhartha's Life

Once we understand the Siddhartha's life, we will start to delve into the story of his later life. Siddhartha was a Prince, living in India, who had a very luxurious life. He was sheltered from the world and did not understand the difficulties and suffering people faced outside of the palace walls. When Siddhartha ventures out of the palace he sees four sights, it is these very four sights that start the create the future philosophy of Buddhism...



### Enlightenment

It is believed by Buddhist that Siddhartha reached enlightenment, which is why Siddhartha is known as Buddha – the awakened one. Enlightenment is the belief that Buddha understands the truth about life and this in turn, means he will not be reborn. Instead he will enter Nirvana. This is a belief we will look at in more depth in your next terms work.



### Four Noble Truths

Siddhartha uses these four sights to create, the four noble truths; suffering exists; suffering has a cause; suffering can end; the cure for suffering. These are called the Four noble Truths. These beliefs are fundamental to understand the concept and aim of Buddhism. Buddhists are seeking to reach 'enlightenment' which is a state of awakening. It is through this state that the circle of life will come to an end. The first step to enlightenment is accepting the four noble truths.



### Eightfold Path

The Fourth Noble Truth is about how we can cure suffering, and this will lead us on to the Eightfold Path. These are the 8 teachings that Buddha taught to allow someone to end/reduce suffering in their lives. They focus on the principles of understanding the world, acting in the right way and keeping your mind clear of negativity.



### Five Precepts

Finally, another fundamental teaching from the Buddha is the Five Precepts. These are five rules that Buddha said people must try to adhere to. They are different however, to The Ten Commandments of Abrahamic Religions. This is because Buddha understood that people make mistakes, therefore the precepts are more guidelines that rules. The rules are there to limit the amount of suffering caused by humans and to live a happier life. They include; abstain from killing; abstain from taking what is not freely yours; abstain from misuse of sexual conduct; abstain from wrong speech and abstain from intoxicants that cloud the mind.

