

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

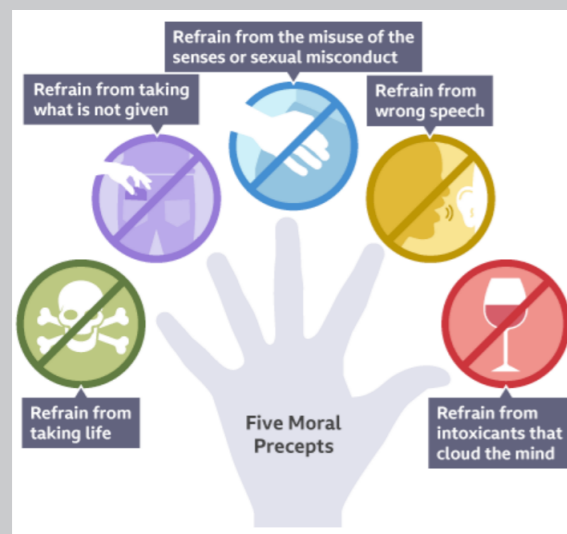
Not having too much sensual pleasure. For example, not looking at people in a lustful way or committing adultery.

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**)

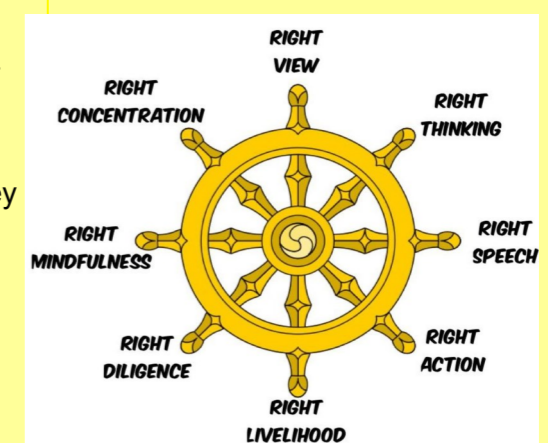
Samudaya—suffering is caused by selfish desires; (**Sam-oo-dyer**)

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.



Trinity TV

For more help, visit Trinity TV and watch the following videos: [Trinity TV > Year 8 > Y8 RS Trinity TV link - Trinity TV / Y8 / Religious Studies / Term 3 What are the main beliefs in Buddhism](#)

