

**Buddhism: What does the Buddhist community believe?**

**Key Beliefs**

4 Noble Truths:  
 Possessions cannot give us lasting happiness.  
 Wanting things stops us being happy.  
 We can be happy if we stop being greedy.  
 It takes training to stop wanting things.

Buddhists seek refuge by reciting precepts “To the Buddha for refuge I go, to the Dhamma for refuge I go and To the Sangha for refuge I go”.

These are relied on by Buddhists to bring them happiness.

Buddhism is different from many other faiths because it is not centred on the relationship between humanity and God. Buddhists do not believe in a personal creator God.

**Who is the Buddha?**

Siddhartha Gautama is known as the Buddha.

He was born into a royal family and for many years lived within the palace walls away from the sufferings of life, such as, sickness, age and death.

On his journey outside the palace he witnessed the Four Sights: an old man, a sick man, a corpse and a monk.

This led him to Enlightenment (the idea that suffering is essential to life but that you can find the truth through following the Eightfold Path).



**Artefacts and symbols**

<b>Three Jewels</b>	These are the most precious things for Buddhists.
<b>Yellow Jewel</b>	Represents the Buddha, whose example all Buddhists aspire to follow.
<b>Blue Jewel</b>	Represents the Dhamma (the enlightened Buddha’s teaching).
<b>Red Jewel</b>	Represents the Sangha which is the Buddhist community.
<b>Alms bowl</b>	A bowl used for collecting food. It is one of the monk’s minimal possessions.



**King’s Elephant Story**

The King of Benares was a proud man. He wanted to ride an elephant but it had to be the biggest and the most amazing.

This ‘King’ elephant was whipped and dragged to the King. His heart was broken. Yet, the elephant remained proud.

The elephant reacted and threw the King off. It stormed into the location where Buddha was teaching.

Buddha remained sitting in the elephant’s path. He held his hand up and calmed the elephant, who knelt before him.

The story shows that hatred cannot be overcome by hatred, it can only be overcome by love.

**Key Vocabulary**

<b>dhamma</b>	The teachings of the Buddha.
<b>sangha</b>	The community of Buddhists.
<b>nun</b>	Also known as bhikkhuni, it is a female Buddhist who lives in a monastery.
<b>monk</b>	Also known as bhikkhu, it is a male Buddhist who lives in a monastery.
<b>lay</b>	Buddhists who are not ordained as monks or nuns but believe in the Dhamma.
<b>merit</b>	A reward for doing good deeds, acts and thinking good thoughts.
<b>refuge</b>	A prayer recited at the beginning of the day.

