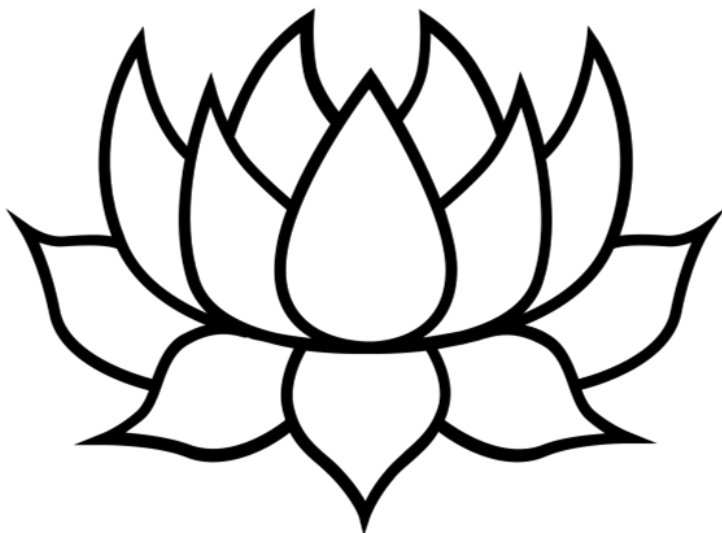


“All life is  
suffering”  
(Unsatisfactory)

Name : \_\_\_\_\_







My teacher's name : \_\_\_\_\_

Room : \_\_\_\_\_

**This term we will be studying the BIG question “Is all life suffering/unsatisfactory?” through the study of Buddhism. Below is a list of sub-topics we will study to help us consider this question.**

Topic	Date studied	DateS Revised
Is suffering/dissatisfaction a shared human experience?		
The early life of the Buddha - Dukkha		
The three marks of existence/ The three universal truths		
The Four Noble Truths		
Enlightenment		
The Eightfold Path		
Buddhist Scripture and Denominations within Buddhism		
Meditation		

**Baseline Quiz – What do you already know BEFORE we study this topic? REMEMBER we will do this again throughout the topic and your score will improve**

Buddhism Baseline Assessment				
Question	A	B	C	D
1. Who is the founder of Buddhism	Guru Nanak	Siddhartha Gautama	Mahatma Gandhi	The Dalai Lama
2. Which one of these best sums up the early life of the Buddha?	He was born into a religious family	He was adopted by ascetics (wandering holy men)	He was born a prince	He was not born but was created
3. What are the 4 Noble Truths?	The Buddha, the Sangha, the Karma and the Dharma	The four corners of a Buddhist temple	The basic teachings of Buddhism which show how life is	See no evil, hear no evil, speak no evil, do no evil
4. Which is the symbol of Buddhism?				
5. What word goes in front of each part of the Eightfold Path	Left	Right	Long	Meditation
6. What word means impermanence?	Dukkha	Anatta	Anicca	Ahimsa
7. What word means 'no self'?	Dukkha	Anatta	Anicca	Ahimsa
8. What word means 'suffering' or 'unsatisfactory'?	Dukkha	Anatta	Anicca	Ahimsa
9. What is the goal of life for Buddhists?	Moksha	Enlightenment	Heaven	All of these
10. What do Buddhist believe about God?	They do not believe in God	They believe God is personal	They believe God is transcendent	They believe that the Buddha is God

**This time I scored: \_\_\_\_\_ / 10**

**Prediction: Next time I will score \_\_\_\_\_ / 10**

## What is Buddhism?

Buddhism began in Lumbini (that is now called Nepal). Buddhism is the fourth largest religion in the world. It has approximately 500 million followers, known as Buddhists. 99% of all Buddhists live in Asia but 200,000 Buddhists live in the UK.

The Buddha did not claim to be God and many Buddhists will categorise themselves as Atheists. Buddhists believe that the Buddha's teachings are important but this does not make him divine or God-sent. Buddhist scriptures also do not mention a creator God (the main teachings of the Buddha have been collected in the Dhammapada). Instead Buddhists focus on personal development. Even though Buddhist temples often contain a statue of the Buddha this is not to worship him. Buddhists are grateful for his knowledge and bow as a sign of respect as he is their teacher. Some Buddhists may say that they pray but this does not mean they are taking part in worship. For a Buddhist, prayer is a personal reflection or time to be peaceful.

Buddhists believe that humans are travelling through a continual cycle of birth, death and rebirth – they call this Samsara. Buddhists believe in Karma and believe that they can avoid rebirth by achieving enlightenment through meditation, wisdom and living a good life. Outside of Samsara is a state of complete bliss called Nirvana.

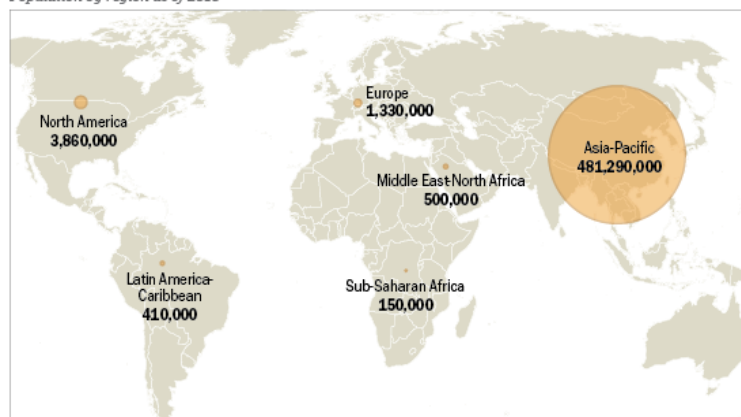
There is much debate about the Buddha's life. He lived 2500 years ago and as far as is currently known he did not write down any of his teachings or beliefs. These were all passed on orally (by word of mouth) and then collected by his followers centuries after his death.

The Buddha and his early disciples travelled across Northern India spreading the message of how people could be freed from suffering. It was especially people who belonged to a lower caste who were drawn to this as they had been mistreated under the caste system. He taught that treating people differently because of their caste was unfounded as they were all part of the same cycle of samsara. The first Buddhist community was called the Sangha and was made up of devout monks and nuns. They were expected to shave their heads, wear orange and yellow robes and recite the three jewels: I take refuge in the Buddha, I take refuge in Dharma and I take refuge in Sangha.

Upon his death the Buddha fell into a meditative state and stories tell that the 'earth quivered like a ship stuck in a storm' and beautiful flowers blossomed on the trees above where the Buddha had laid down showering his body with their petals. His body was cremated.

## Regional Distribution of Buddhists

Population by region as of 2010



Percentage of world Buddhist population in each region as of 2010

**TASK:** READ and use these facts to create TRUE or FALSE statements in the grid.


True or False				
Statement				

**TASK:** Summarise your reading by completing these sentences.

Buddhism began in Lumbini but...

Buddhists are atheists because...

It is believed currently that the Buddha did not record any of his teachings or beliefs so...

Year 8 Key idea	Topic: What guides us? Buddhism Essential knowledge	Beliefs and values	Vocabulary	Questions raised
Buddhism	Buddhism was founded in North India, based on the teachings of Siddhartha Gautama. He was born a prince but left his palace to become a wandering holy man – he then developed the path of the middle way between extremes.	The four sights	Buddhism	
Dukkha	The first Noble Truth. All life is unsatisfactory or suffering. Our experience of life causing suffering or is unsatisfactory because we desire or crave things that cannot bring us lasting happiness.	God	Buddhist	
Enlightenment	This is the aim of life for Buddhists. The historical Buddha, Siddhartha Gautama, achieved enlightenment and his teachings can show others the way to attain it. Enlightenment is a state of perfect knowledge or wisdom coupled with compassion for all things. Once enlightenment has been achieved, Buddhists enter the state peace called nirvana.	Ahimsa	Buddha Siddhartha Gautama	Is life suffering/unsatisfactory?
Anicca	This is the idea of impermanence. This means that nothing lasts for ever and all things change.	Dharma	Suffering Unsatisfactory Dukkha	Do we have a self?
Anatta	This is the idea that there is no self. For Buddhists, the thing that we call our self does not exist. They believe that our mind tries to convince us that we have a self but that this is really an illusion. There is no self because everything changes all the time.	<b>Religious teachings</b>		Have we lived before?
Meditation	Meditation is a way of transforming the mind. Buddhist meditation practices are techniques that encourage and develop concentration, clarity, emotional positivity, and a calm seeing of the true nature of things.	The 4 Noble Truths	Universal	Do our actions have consequences?
Karma	The word karma actually means action. The idea of karma is the universal law of cause and effect. This is the idea that all actions have a consequence that affects this life and future lives. Good actions bring about good consequences and bad actions bring about negative consequences.	The Noble Eightfold Path	Dharma Eightfold path Noble truths	Is it ever OK to use violence?
Samsara	This is the idea of the eternal cycle of life, death and rebirth. Buddhists believe that we pass through many existences. It is only by reaching enlightenment that Buddhist believe that we can escape rebirth.	Under The Sea A Little Eel Meets Crabs	Rebirth Meditation Samsara Nirvana Enlightened	What is the goal of life?



6	How did the Buddha gain enlightenment?	What is meditation?	What is enlightenment?	Which fold of the 8 fold path should you complete first?	What is the mnemonic to remember the steps of the Eightfold Path	What flower is symbolic of the Buddha's enlightenment and why?
5	How many Universal Truths are there?	What is the first Universal Truth?	What is the second Universal Truth?	What is the third Universal Truth?	Name all 8 folds of the eightfold path.	What is all the Buddha claimed to teach?
4	What did Siddhartha do after he had seen life beyond the palace walls?	How did Siddhartha first try to overcome suffering?	What was the second way that Siddhartha tried to overcome suffering?	How many Noble Truths are there?	What is the first Noble Truth?	What is the sacred text of Buddhism?
3	What was the first sight that Siddhartha saw?	What was the second sight that Siddhartha saw?	What was the third sight that Siddhartha saw?	What was the fourth sight that Siddhartha saw?	What is the second Noble Truth?	What is Samsara?
2	What is the symbol of Buddhism	What did the seer say at his birth?	Where did Channa (Siddhartha's charioteer) take him?	Give one reason why the first three sights may have affected Siddhartha so much.	What is the third Noble Truth?	What do Buddhists believe about God?
1	What is Buddhism?	Which caste was Siddhartha born into?	How did Siddhartha's father treat the young prince?	Give one reason why the fourth sight may have affected Siddhartha so much.	What is the fourth Noble Truth?	What are the 2 main denominations of Buddhism?
	1	2	3	4	5	6

6	He meditated under a Bodhi tree	Meditation is a way of stilling and controlling the mind. Having an absolute focus on being.	This is the aim of life for Buddhists. Enlightenment is a state of perfect knowledge or wisdom coupled with compassion for all things.	Each fold should be done at the same time!	UNDER THE SEA A LITTLE EEL MEETS CRABS	The lotus flower - it grows out of and rises above the mud at the bottom of a pond in which it grows.
5	3	Dukkha - All life is suffering or unsatisfactory.	Anicca - the Buddhist idea of impermanence (everything changes).	Anatta - the Buddhist idea for the idea that there is no self.	RIGHT UNDERSTANDING, RIGHT THOUGHT, RIGHT SPEECH, RIGHT ACTION, RIGHT LIVELIHOOD, RIGHT EFFORT, RIGHT MINDFULNESS, RIGHT CONCENTRATION.	"I teach suffering, its origin, cessation and path. That's all I teach." (Buddha)
4	He decided to try to find a way to end suffering.	He learned to meditate	He starved himself - believing that pushing his body to extremes would strengthen his mind.	4	Dukkha - All life is suffering or unsatisfactory.	TRIPITAKA SUTRAS
3	An old person	A sick person	A dead person	A wandering ascetic or holy man	Suffering or dissatisfaction (Dukkha) is caused by desire or craving.	<i>This is the idea of the eternal cycle of life, death and rebirth. By reaching enlightenment we can escape rebirth.</i>
2		He would either be a great ruler or a great teacher.	To see life beyond the palace walls.	These sights were even more shocking because Siddhartha had been so sheltered from suffering.	Suffering or dissatisfaction (Dukkha) can be overcome.	Buddhists do not believe in a personal god
1	Buddhism is the religion followed by Buddhists. It was founded in north India, based on the teachings of Siddhartha Gautama.	He was born into the KSHATRIYA caste - he was born a prince	He tried to keep him away from any suffering.	He was shocked to see a person who had no material things appear to be so content and trouble free.	To overcome Suffering or dissatisfaction (Dukkha) you must follow the eightfold path	MAHAYANA AND THERAVADA
	1	2	3	4	5	6

# Lesson 1 – SHE – What is suffering?

We are doing this lesson to consider whether suffering (or at least a sense of dissatisfaction) is a shared human experience – this help us to understand how the Buddha developed the ideas that were to become Buddhism. The Buddha said “all life is suffering”. By this he meant that life was a struggle. People are never satisfied, content or 100% happy all the time.

To be dissatisfied means: to be not content, happy or disappointed.

**TASK: TICK** the statements that you agree with

- You know someone who been dissatisfied
- You have ever been dissatisfied
- You know someone who has suffered
- You have suffered
- You think suffering (or at least a sense of being dissatisfied) is a something all humans share

**TASK: Complete these sentences with your thoughts at the moment.**

People are dissatisfied when....	
People are dissatisfied because....	
To be dissatisfied is....	
People suffer when....	
People suffer because....	
To suffer is....	
Humans can help others to stop their suffering. How might they do this?	

**The Buddha taught that there are seven states of suffering (these are listed below). Explain what the suffering is at each state. Three have been done for you.**

1. Birth (unavoidable)	<i>People cry when they are born because they are unsure what is going on.</i>
2. Old age (unavoidable)	
3. Sickness (unavoidable)	
4. Death (unavoidable)	
5. Sorrow, lamentation (crying/grief) and despair	<i>People cry, don't eat, worry and feel extreme loss when people/animals they care about die. This can effect them physically and mentally.</i>
6. Contact with unpleasant things	
7. Not getting what you wish for or want	<i>People can feel lost or angry when they do not get what they want or dream for. Sometimes even when they do get it they are unhappy or unsatisfied.</i>

## Lesson 2 – The life of the Buddha –

We are doing this lesson to explore how the Buddha became the Buddha. This is important as to understand his perspective we need to know how he came to understand what suffering is. Below is the story of the Buddha's life.

**TASK:** 1. READ, 2. READ again and then answer the questions for each section.

There are many sources that tell us about the life of the Buddha. Some of these were written hundreds of years after his death and so, at times, it is difficult to know if all the elements of this story are fact or legend. Even so, this story contains spiritual truths and is important for Buddhists.

### **The Birth of the Buddha**

It is believed that the man later known as The Buddha (meaning the Enlightened one) was born around 500CE in Lumbini in southern Nepal (India). Siddhartha (later known as the Buddha) was born a prince. His father was King Suddhodana and his mother was Queen Maya Devi Tharu.

One night Queen Maya had a dream. In the dream a white elephant came down from heaven and entered her womb. The elephant told her that she would give birth to a holy child and when he was born he would achieve perfect wisdom.

Ten months later, as Queen Maya was on her way to her parents to give birth, she had to stop and give birth to her son in the Lumbini Gardens. Immediately it was reported that her son could walk and talk without any support. He walked seven steps and after each a lotus flower appeared where he had stood. He said "no further rebirths have I to endure for this is my last body".

Upon returning to the palace Queen Maya was visited by a Seer. This was a man who it was believed could see the future. The Seer prophesised (told Queen Maya) that her son would either be a great King or a respected Holy Man.

**Is this story true? If not does this matter?**

**When and where was the Buddha born?**

**What did Queen Maya dream?**

**What 2 things could Siddhartha do straight after his birth?**

- 
- 

**What did the Seer predict that Siddhartha would become?**

- 

**OR**

- 

**Our last topic was Hinduism. Siddhartha was born into a Hindu family. His father wanted him to be a king. TASK: Give 3 reasons why being a king was important to a Hindu**

1.

2.

3.

# Stories about Siddhartha as a child

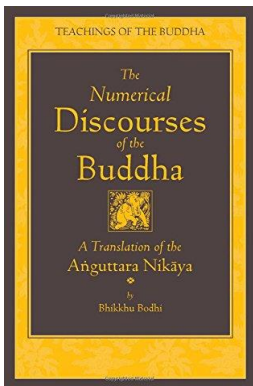


## Siddhartha and the Swan

Siddhartha was playing with his friends and cousin (Prince Devadatta) in the palace gardens. It was important for the young princes to learn archery (shooting a bow and arrow) as they would one day be leading the country and may need to defend it. While they were playing Prince Devadatta shot a swan. Devadatta wanted to kill and keep the swan but Siddhartha refused to give it to his cousin. He nursed it back to health and set it free to roam the palace again.

## Siddhartha at the Ploughing Ceremony

The ceremony happened every year and celebrated the growth of the new crops. Siddhartha's father drove the prize cows across the field. Meanwhile the young prince sat under a tree in the shade and watched everyone. The crowds were happy and cheering but Siddhartha noticed that even though the people were having fun the animals were struggling as the plow was heavy. The ploughing brought worms to the surface which were then eaten by birds. He was unhappy that during a time of happiness the animals were suffering. He closed his eyes and sat still thinking about what he had seen. This was the first time he meditated. As he was still very young he did not know why or what exactly he was doing.



### When asked about his early life Siddhartha said this:

*"I was delicately nurtured.. At my father's residence lotus ponds were made just for my enjoyment; in one of them blue lotuses bloomed, in another red lotuses, and in a third white lotuses... By day and by night a white canopy was held over me so that cold and heat, dust and grass and dew would not settle on me. I had three mansions: one for winter, one for summer and one for the rainy season. I spent the four months of the rains in the rainy-season mansion, being entertained by musicians... I did not leave the mansion"*

– The Buddha in the Anguttara Nikaya, vol. 1, p.145

**TASK – Highlight the best 4 words that describe the nature (what Siddhartha was like) of Siddhartha as shown in these accounts.**

Selfish	Frivolous	Uncaring	Selfless	Determined	Sad	Murderous
Thoughtful	Greedy	Aware	Peaceful	Angry	Happy	Spoilt

1. Choose one that YOU PICKED and explain why it is an accurate description of his nature based on these stories.
2. Choose one that YOU DID NOT PICK and explain why it is not accurate to describe his nature based on these stories



1. READ, 2. READ again and then answer the questions for each section.

### **Siddhartha's life of luxury**

When Siddhartha was seven days old his mother died. He was raised by his Mother's sister (Maha Pajapati). As his father was very concerned about the prophecy made at his birth he wanted to do everything in his power to make sure that Siddhartha would grow up to be a great king. To do this he removed any pain, sadness, disappointment or suffering that he might experience. He thought that if Siddhartha did not have to go through any of this then he would never have to seek religious answers, worship or want God, ensuring that he would not become a Holy Man.

King Suddhodana did everything he could to make sure that Siddhartha become attached to luxury so that he would not ever want to leave the palace. Siddhartha only wore expensive clothes made of the finest silk, ate the best foods, was surrounded by dancers and musicians and received the best education. Total care.

Even though Siddhartha was spoilt and pampered traditional stories say that Siddhartha was a good and kind person. When he was 16 he married his cousin, Yasodhara.

### **Leaving the palace**

When Siddhartha was 29 he became curious about what life was like outside the palace. Without telling his father, he left the palace with his charioteer Channa. This part of the story is taken from the Jataka (this is a book of popular stories about the Buddha).

### **The first sight: Old age**

They hadn't travelled far but Siddhartha saw a frail old man. He was shocked. This is because he had never seen anyone who was this delicate or old before. He asked Channa why the man had painted his face (hair) white. Channa told him that the man was old. "What is old?" said Siddhartha. The palace only hired young, fit and healthy people so Siddhartha had not seen anyone who was old before or had considered what aging was.

### **The second sight: Illness**

Siddhartha then saw someone lying on the road in agonising pain. He asked Channa "Is he singing?". Channa told him that the man was moaning in pain. This confused Siddhartha more. "What is pain?". Siddhartha was then taught what illness was. The palace was so clean and extravagant that there was not any germs there. If someone was ill they were sent home so that they would not make Siddhartha ill.

**How old was Siddhartha when his mother died?**

**What did father remove from his life?**

**Why did he not want Siddhartha to ever suffer?**

**Give 2 examples that show Siddhartha's upbringing was luxury**

- 1.
- 2.

**What was Siddhartha's nature (describe what he was like)?**

**How old was Siddhartha when he left the palace?**

**Which scripture is this story found in?**

**What was the first sight?**

**Why was Siddhartha shocked?**

**What was the second sight?**

**Why was Siddhartha shocked?**

### **The third sight: Death**

Siddhartha then saw a traditional Hindu funeral procession. This was a man who had died and was being carried through the town wrapped in a shroud (white cloth). He asked Channa “why is the man sleeping?”. Channa explained to him that the man had died. Siddhartha did not understand death at all as this was the first time Siddhartha had seen death. Some accounts say that this was the sight that shocked him the most. At this moment he realised, for the first time, that everything dies. This includes him and his family even though they were rich and royal.

### **The fourth sight: A holy man (wandering ascetic)**

The fourth sight was very different than the others. Siddhartha saw a Hindu *World-Renouncer* (Sannyasa). The World-Renouncer walked calmly dressed in rags and carrying his alms bowl (begging bowl). Siddhartha was very impressed that amongst all this chaos and suffering the man could be that calm. This inspired Siddhartha to want to find a solution (a way to stop) to suffering.

Some records state that after seeing the old man Siddhartha asked Channa to take him back to the palace and returned on many occasions. Other accounts state that Siddhartha continued into the city and saw all the sights in the same day. Whether he saw all of the sights in one day or over many trips the message here is that he was confronted with truths about the world as it really was. He hadn't seen any of these things in the palace before. This led him to wonder, worry and want to ask questions about life, his life and all the things he did not know. Other Historians argue that this story might not even be true and should instead be seen as a parable (a story with a meaning but one that didn't actually happen).

### **The birth of his son**

Finding out what the cause of all the suffering was became the most important thing to Siddhartha. He felt that his father had lied to him and that he was left with more questions than answers. On the night of his son Rahula's birth these facts hit him the hardest. He did not want his son to grow up in a world of suffering and pain. He kissed his sleeping wife and son goodbye, got Channa and left the palace under the cover of darkness to try to find the answer.

### **A new man**

When they reached the river Siddhartha used his sword to cut off his hair and swapped his expensive clothes for the clothes of a beggar. He gave all his jewellery to Channa and told him to take it back to the palace to give to his father. Siddhartha did this because he wanted to “let go” of his old life. He thought by doing this he would find out what the cause of suffering was quicker.

**What was the third sight?**

**Why was he shocked?**

**What was the fourth sight?**

**What was his reaction? Why?**

**Is this story true?**

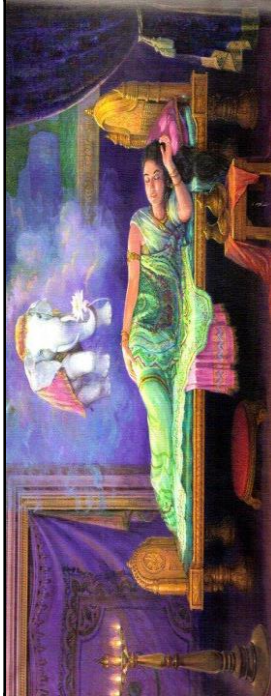
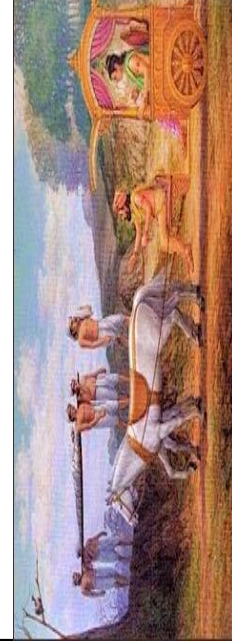
**What was the name of his son?**

**Why did Siddhartha leave the palace?**

**How did Siddhartha change his appearance to show that he was a new man?**

- 
- 
-

**TASK: The story so far...** Draw a picture for each statement to summarise the story so far.

	<p>1. Queen Maya had a dream.</p>		<p>2. When he was born Siddhartha could walk and talk.</p>		<p>3. A great Seer told Siddhartha's family that he would either be a great king or respected holy man.</p>		<p>4. Siddhartha's father did not want him to suffer – he wanted him to stay in the palace and be a great king.</p>
	<p>5. When he was 29 Siddhartha and Channa left the palace.</p>		<p>6.. Siddhartha saw a frail old man (for the first time).</p>		<p>7. Siddhartha saw an ill man (for the first time).</p>		<p>8. Siddhartha saw a Hindu funeral procession (this was the first time he had seen death).</p>
	<p>9. Siddhartha then saw a Hindu World-Renouncer (wandering ascetic)</p>		<p>10. Rahula was born.</p>		<p>11. Siddhartha left the palace.</p>		<p>12. . Siddhartha “let go” of his old life to try and find the cause of suffering.</p>

**TASK:** 1. READ, 2. READ again and then answer the questions for each section.

### Living as an ascetic

After he left the palace Siddhartha wanted to become an ascetic. This was a religious person or truth seeker who lived a simple life without having lots of things. He had seen the peace that the man he had seen had felt and wanted to feel the same. He thought having this peace would allow him to find the truth. For six years he rejected (denied himself/did not have) anything that would bring him pleasure or happiness. He practiced self-discipline. He met two ascetics (Alara Kalama and Uddaka Ramaputta). They would cause their bodies pain as they thought it allowed them to think clearer. Siddhartha began to starve himself and ignored his appetite. He wanted to give himself more time to think and attempted to ignore his weakness. There are records that state he tried to live on a few grains of rice a day and his legs had become thinner than bamboo sticks. His backbone was like a rope, his chest was like the incomplete roof of a house and his eyes sank into his skull; he was a living skeleton. He lived in a forest which was incredibly hot during the day but froze at night. Even though he was starving, Siddhartha meditated as he attempted to still his mind. Siddhartha tried to think about suffering, what could cause suffering and how to stop suffering. To do this he sat still for hours, even days, thinking.

### A bowl of milk and rice

Siddhartha became so weak he could not meditate. A local girl, who was looking after cows, offered him a bowl of rice and some milk. Siddhartha took the offering. He realised that starving his body, sleeping in a thorny forest and denying himself had not got him any closer to discovering the truth. He had learnt discipline (how to be strict) and willpower (inner strength to do something) but had not found the answer to suffering.

### The Middle way

Being the richest man as a king had not worked. Suffering and being the poorest man had not worked. Siddhartha knew he had to live between the two extremes “the middle way”. This meant that he wasn’t going to live with too much or too little.

### What is an ascetic

**How many years did Siddhartha live this way?**

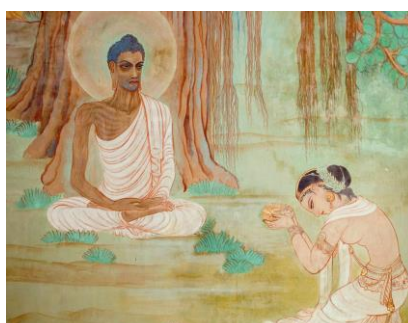
**List 3 effects this life had on his body:**

- 1.
- 2.
- 3.

**What is meditation?**


**What had Siddhartha learnt through starving his body?**

**What is the “middle way”?**



**ASCETIC** – someone who lives a simple and strict lifestyle. They deny themselves happiness and do not have possessions.

**TASK:** The story so far... Draw a picture for each statement to summarise the story so far.

		
13. Siddhartha became an ascetic.	14. Siddhartha starved himself living on a few grains of rice a day.	14. Siddhartha meditated.
15. Siddhartha became so weak that he could not meditate anymore.	16. A girl offered him a bowl of rice and milk.	17. Siddhartha left the other ascetics. He wanted to live in the "Middle way"

**Becoming enlightened**

Siddhartha felt that meditation was the right way to find the answer but knew that he would only become "enlightened" if he was truly peaceful. Traditional stories say that he made a cushion of grass and sat under a peepal tree.

In the Jataka it states that he said:

*"Let only my sin, sinews and bone remain and let the flesh and blood in my body dry up; but not until I attain the supreme Enlightenment will I give up this seat of meditation"*

By this he means that he was willing to stay under the tree as long as it took for him to reach an answer. He hoped that his body would not die before he reached the answer but he realised that this could happen.

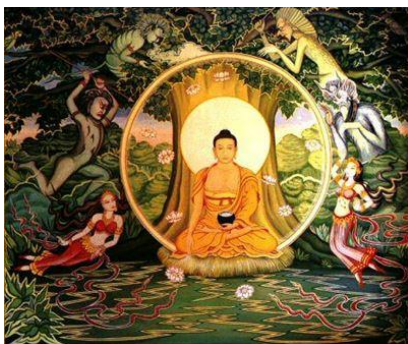
It is believed by some Buddhists that Mara (an evil demon) appeared and tried to stop Siddhartha's concentration. He sent armies to attack him, women to distract him and Mara even tried to attack him himself. Siddhartha did not pay attention to the women. The arrows from the army turned to flowers before they could hit him and Mara could not hurt him. All accounts state that Siddhartha remained focused. Later that night he became enlightened and realised the "three watches". 1. Siddhartha gained knowledge of his previous lives. 2. He understood Karma (Kamma) and it's link to "the self" (we will study this in later lessons) and 3. He learned why there is suffering and how to overcome it.

He then became known as "Buddha". This means 'the enlightened one'.

**How did Siddhartha achieve enlightenment?**

**What was the name of the demon who tried to stop him?**

**What does the name "Buddha" mean?**



**ENLIGHTENMENT** – The gaining of true knowledge about God, the self or the nature of reality usually through meditation or self discipline. In Buddhism this also means becoming free from Samsara (the cycle of birth, death and rebirth).

**TASK:** Match the key points of the story to Siddhartha's possible feelings. 5 has been done for you.

Key points of the story
1. Siddhartha lived in the palace
2. Siddhartha saw the first three sights: Old age, sickness and death.
3. Siddhartha saw the wandering ascetic (The fourth sight).
4. Rahula (Siddhartha's son) was born.
5. Siddhartha starved himself close to death.
6. Siddhartha wanted to live "The middle way". He became enlightened.

Siddhartha was feeling ...
A. Siddhartha was hungry and was feeling distracted as he had made his body suffer.
B. Siddhartha was spoiled. He had everything he ever wanted. He felt distracted by good things.
C. Siddhartha was shocked and confused. He couldn't remember seeing these things in the palace.
D. Siddhartha was happy as he had a son, but, he was also worried as did not want his son to suffer.
E. Siddhartha felt hope that even in the chaos there could be peace and calm.
F. Siddhartha felt peaceful as he felt closer than he had ever been to finding the truth.

1	2	3	4	5	6
				A	

**SKILL - EVALUATION :**

Colour code the answers below to match the statement "All life is unsatisfactory".

- One colour should be FOR the statement (All life is unsatisfactory)
- A second colour should be AGAINST the statement (All life is NOT unsatisfactory).

1. Some people are content with their life	2. All people experience suffering	3. Even babies cry because they are not satisfied	4. Everyone experience times of happiness
5. We all get ill or hurt at sometime in life	6. Happiness is short lived – it does not last long	7. Suffering does not last for ever – we can get better	8. Some things we do bring satisfaction
9. Feelings of satisfaction are temporary	10. We all get old and our bodies wear out	11. Life is amazing and we should appreciate it	12. All humans will one day die eventually

**A. Pick one FOR answer and explain why it agrees with the statement – you cannot pick the same as the example.**

*Example: 9 – This supports the statement as even in times when we are happy it does not last. This shows that all life is unsatisfactory as we have good moments but this is not permanently how life is and we always wish things were better.*

**B. Pick one AGAINST answer and explain why it disagrees with the statement – you cannot pick the same as the example.**

*Example: 8 – This disagrees with the statement as ALL life is not suffering as there are moments of joy and happiness. Even if they do not last forever this is still not every moment of life.*

### Lesson 3 – The Three Universal Truths

We are doing this lesson to explore the Buddha’s teaching of the Three Marks of Existence also known as the Three Universal Truths. This means the things that the Buddha said were common to all life – everything that exists experiences these things. We have done it now because this shows the Buddha’s starting point - once he had realised all life was like this, he went on to develop his ideas to address this.



The four sights (Old age, Illness, Death, A wandering ascetic) made Siddhartha want to seek the truth of life. He thought hard about the nature of the world and came up with the Three Marks of Existence also known as the Three Universal Truths. They are called universal because they happen to everyone all over the world.

The Buddha began by explaining there is different types of **Dukkha (suffering)**.

- ❑ The first type of Dukkha is **Dukkha-Dukkata**. This is the ordinary pain and suffering that people experience. This is physical and mental pain.
- ❑ The second type of Dukkha is called **Viparinama-Dukkha**. This is suffering that is caused by change. This is because there is nothing in life that is permanent. Sometimes this can be because something was good and then it changed – this difference causes us to be unsatisfied or longing for what we had. These changes can be instant, slow, gradual or significant.
- ❑ The third type of Dukkha is called **Samkhara-Dukkha**. This suffering is probably the hardest type of suffering to understand as it is caused by human craving. This is the feelings of dissatisfaction that is caused by wanting things that might not be possible to have or not being content with what you have. People become attached to things, people and activities.

**TASK:** In the table below colour-code the examples of suffering.

A. Breaking your leg	B. Growing older	C. Wanting a new phone
D. The weather becomes cloudy	E. Getting the flu	F. Being separated from someone you love
G. Feeling upset because you haven't achieved your goal	H. Moving house or to a new city	I. Going for a job interview but not getting chosen
J. You are feeling lonely	K. You eat cake to make yourself feel better but then you feel lonely again	L. You feel things could be better and you are unhappy with life

The Buddha taught that everything was always changing – nothing is permanent. He called his **Anicca**. Anicca affects the world in three different ways.

1. Impermanence affects living things: birth is followed by growth, then decay then death. For example a seed growing into a tree.

2. Impermanence affects non-living things: if things are not repaired or taken care of they will be destroyed. For example a nail in the rain will rust, a temple will erode.

3. Impermanence affects our minds: what we want changes all the time. For example our thoughts, focus, feelings, morals (what we think is right and wrong) and what we dream for changes throughout our lives (sometimes every day!).

**TASK:**  
Draw an image for each effect of Anicca

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## How does Anicca link to Dukkha?

Even though the world changes all the time people expect it to stay the same. When we expect things not to change or want to hold on to how things are we cause ourselves to suffer. If we accept that things are constantly changing (including ourselves) this will lead to less suffering.



**TASK:** Looking at this picture complete these sentences

I see..

I think..

I know..

I wonder..

### Learning to understand Anicca – The story of Kisa Gotami

Kisa Gotami had a child and she was truly happy. Unfortunately her child died and Kisa was distraught. She was overcome with sorrow and grief and did not want to believe that her child had died. She took the body from house to house asking for medicine to cure her child. “Can’t you see the child is dead?, you are crazy!” people told her.

One of her neighbours realised that because she was struggling to accept the truth she could not see that her child had died. They told her to go and seek help from the Buddha. The Buddha knew that Kisa had enough strength that if she was shown she could overcome her suffering. He told her that she should go back to her neighbours as they have the ingredients he needed to help her. She should ask them for a mustard seed BUT the seeds would only work if the neighbours that gave her them had not experienced death in their household.

The first householder told her that she could have a seed but there household had seen many deaths. Kisa explained that the seed would not work but was grateful for their offering. This happened at every house she knocked at. They had all lost a mother or father, son or daughter, child or elderly relative. She was surrounded by sorrow and loss.

Whilst she still felt for her child her heart had changed, She knew that her suffering was a shared human experience. She realised that death, sorrow and loss were part of everyone’s life. She took the body of her son and buried him. She had realised that she was not going to find a seed and that the Buddha, or anyone, could not bring him back. She returned to the Buddha and told him that she did not have a seed but his medicine had worked.

## Anatta

Anatta is the belief that there is no self. This does not mean that Buddhists do not believe in the concepts of ‘I’ or ‘me’ but that the self is not fixed or permanent. There isn’t any part of a person that does not change. People have names but the names are the way we talk about a collection of parts like organs, tissues, lungs etc. that make up the body and we name the “owner”. This is because there is no ‘self’. This is the opposite of what Hindus believe as they would say that the body is the container of the Atman (soul). Here Buddhists are saying that the body does not have a separate ‘self’ our soul that can be seen as separate. The Buddha taught people are made of 5 parts:

1. Our bodies
2. Our feelings
3. They way we recognise things are
4. Our thoughts
5. Our awareness of what is around us

These parts are all changing all the time so the ‘self’ which we might say is all of these parts together, cannot exist as one thing because it is not static (always changing). When a Buddhist dies they believe that a person’s energy (Kamma) moves to a new body but not a soul or identity.

**TASK:** Match the correct term to each definition. Dukkha? Anicca? Or Anatta?

Nothing remains the same, everything changes. Buddhism calls this impermanence.

If nothing remains the same, then I do not remain the same. Therefore there is NO ‘self’.

All life is unsatisfactory or suffering. Suffering is caused because we desire or crave things that cannot bring us lasting happiness.



## Lesson 4 – Enlightenment

We are doing this lesson to learn about enlightenment. When Siddhartha achieved this, he became a Buddha – an enlightened being. He could see things as they really are. It became the goal of life for his followers and all future Buddhists. Once he had achieved it – he worked out how to teach others to achieve it. Learning about enlightenment now allows us to see how and why the Buddha developed his teachings. The Buddha said he had lived many lives before he reached the life in which he became the Buddha. Life after life he became kinder, more fearless and subtly conscious. After he became enlightened there were no more physical lives to live; he had broken free from Samsara (the rebirth of his Karma).

**“Having reached perfection, fearless, without blemish, he has cut off the darts of existence. This body is his last” - (Dhammapada verse 351)**

The Buddha was reluctant (did not want to say) that he was all-knowing (omniscient). This was because he didn't know everything. He was a normal person who had found Enlightenment. He wanted to teach this to others but he did not claim to be a God or have God-like knowledge; remember Buddhists are atheists!

**TASK:** Fill in the missing words in the passage below:

- |                               |                  |            |            |            |          |
|-------------------------------|------------------|------------|------------|------------|----------|
| 1. old age                    | 2. enlightenment | 3. suffer  | 4. illness | 5. get ill | 6. death |
| 7. suffering (unsatisfactory) |                  | 8. and die |            |            |          |



After seeing \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_, Siddhartha realised that we will all \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_. In short, all life is \_\_\_\_\_. He meditated on this for a long time before it all became clear. This is called \_\_\_\_\_. It is the goal of life for Buddhist. It is a state of perfect knowledge or wisdom coupled with compassion for all things. Once enlightenment has been achieved, Buddhists enter the state peace called Nirvana.

### How did the Buddha explain Enlightenment?

The Buddha said that life is often like the journey of the Lotus flower. Life for it begins at the bottom of the pond. The flower has to push through pebbles, dirty water and reeds to reach the surface. Only when the flower is on the surface can it blossom (release its petals). He said that that is the same as the understanding and the mind. The human mind is unfocussed and troubled. Only when it is possible that the mind can be “stilled” and know the truth is it able to overcome it's attachment and suffering that it has caused itself. Following the Eightfold Path will release the mind from the cycle of Samsara and allow for Enlightenment.

**“As a Lotus Flower is born in water, grows in water, and rises above the water to stand above it unsoiled, so I, born in the world, raised in the world, having overcome the world, live unsoiled by the world.” – The Buddha**

**TASK:** Draw an image for each sentence

		
The Lotus Flower bulb is at the bottom of the pond.	It has to push against reeds, pebbles and muddy water.	Eventually the flower grows past the pond to flower on the surface of the water.

# Lesson 5 – The Four Noble Truths

This lesson we will be studying the Four Noble Truths. These formed the first sermon (teaching) that the Buddha gave under the Peepal tree to his first followers. These four statements contain the essence of the Buddha’s teachings and aim to help everyone achieve Enlightenment and avoid causing suffering for themselves and others.

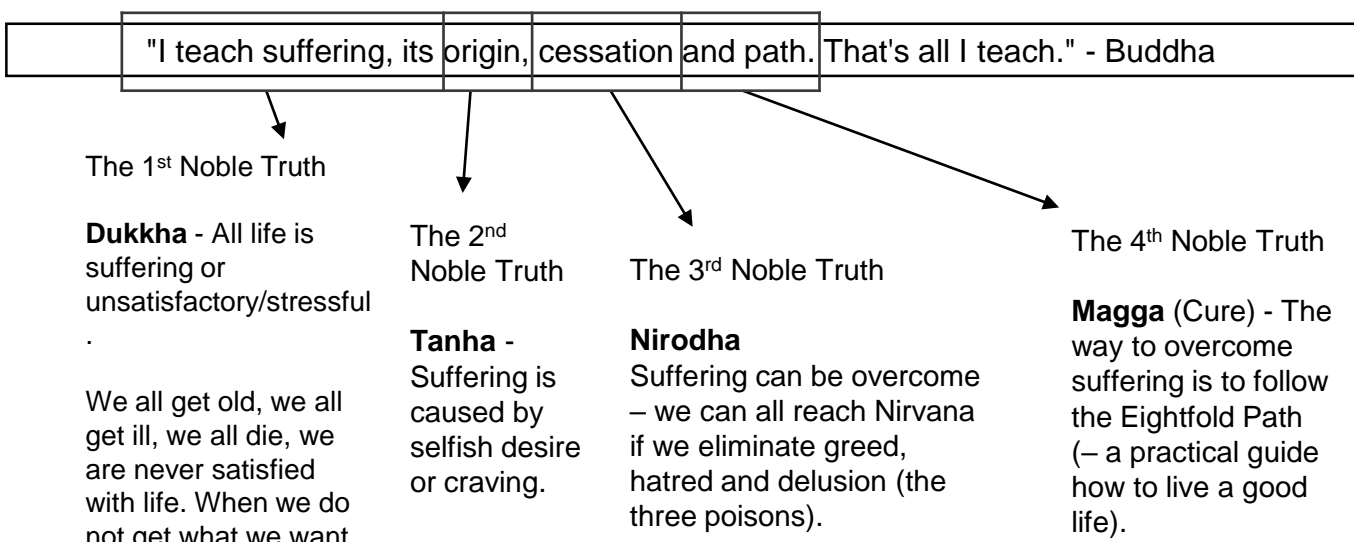
Before we start we are going to do a quick quiz to check our learning so far:

### TASK: Retrieval Quiz

1. What religion was Siddhartha born into?	6. Draw the symbol of Buddhism
2. What was his caste?	7. What does Dukkha mean?
3. What was his duty?	8. What does Anatta mean?
4. Buddhists are atheists. What does this mean?	9. What story shows the link between Dukkha and Anatta?
5. There are 7 states of suffering. List 2	10. What does Anicca mean?

### The Buddha’s first Sermon

The Buddha said that he did not create any new ideas he was simply trying to explain how the world really was. After his Enlightenment the Buddha (when asked) denied that he had a teacher and had gained enlightenment on his own. Here he was not claiming to be divine (God-like) but he made sure that people knew he was just an ordinary man. Like the Buddha, they could achieve this as well. His first sermon (teaching) took place under a Bodhi tree and it was called “*Setting in motion the wheel of the dharma*”. Here the Buddha sums up his teaching in the Four Noble truths.



Noble	'A high moral principle' – an instruction how to be good
Origin	The beginning of something (originated)
Cessation	(Ceasing) For something to stop or end

### Dukkha (1)

In his instruction the Buddha was not saying that happiness didn't exist. He said that there are many ways for a person to be happy, but, happiness (like everything else) is not permanent; it is impermanent. Buddhists would say that this is not a negative way to view life it is just a realistic one. Pain is a universal truth as it affects everyone. Pain does not care if you are: old, young, black, white, male, female, from the UK etc. By knowing that you suffer you can deal with it and release yourself from it.

The Buddha said that many people may try and overcome suffering with a temporary pleasure. Metaphorically speaking this is like putting a plaster on an open wound. It will "fix" the problem but not forever. This is the same as eating a chocolate bar to overcome a bad test score. The chocolate bar may make you feel better for a while, but it doesn't change the test score. The chocolate bar itself doesn't last forever either – as much as we might want it to!

Ajahn Sumedho (an American Buddhist Monk) said:

"The ignorant person says, 'I'm suffering, I don't want to suffer.... But that is not the First Noble Truth; it is not 'I am suffering and I want to end it.' The insight is, 'There is suffering'..... There is suffering without making it personal".

Here Ajahn is saying that suffering happens to everyone and we are only bothered by it because it is happening to "us" (remember the Buddhist also believes there is no such thing as an "us").

### Tanha (2)

The Buddha said that there are 3 types of craving.

1. We crave (want) things that please our senses. For example we drink hot chocolate because we like the taste; not because we are thirsty.
2. We crave (want) things that we are not. For example we want to be rich or famous.
3. We crave (want) not "to be". For example we want to stop something from happening like not wanting to be in pain when you break your ankle.

### Nirodha (3)

This means that is it possible to achieve happiness, and that although suffering happens to us all, it is possible to overcome it. The Buddha said that people should not try and ignore the things they enjoy as this will make the craving worse BUT they should know that what they want will not last. People should enjoy things without being attached to them. To overcome craving people need to appreciate what you already have without wanting more.

"...cessation of that same craving, the giving up and relinquishing of it, freedom from it, nonreliance on it" – Buddha (*Samyutta Nikaya, vol5 p421*)

### Magga (4)

There are eight ways to live a good life and by mastering all these anyone can achieve enlightenment.

#### TASK: Quick Quiz

1. What does 'it's origin' mean and where did the Buddha say suffering came from?	4. Explain why 'temporary pleasure' (chocolate) will not fix suffering:
2. What does 'cessation' mean?	5. List each Noble truth in Sanskrit
3. How does Ajahn describe a person who does not realise that the suffering is not happening to "them"?	

## Lesson 6 – Magga (The Eight Fold Path)

The Buddha taught that the path was not a straight or easy one. People will stumble on their journey through it. Despite being called ‘the path’ it is often shown as a wheel with eight spokes (the symbol of Buddhism).

How we are going to remember the spokes is - **U**nder **T**he **S**ea a **L**ittle **E**el **M**eets **C**rab

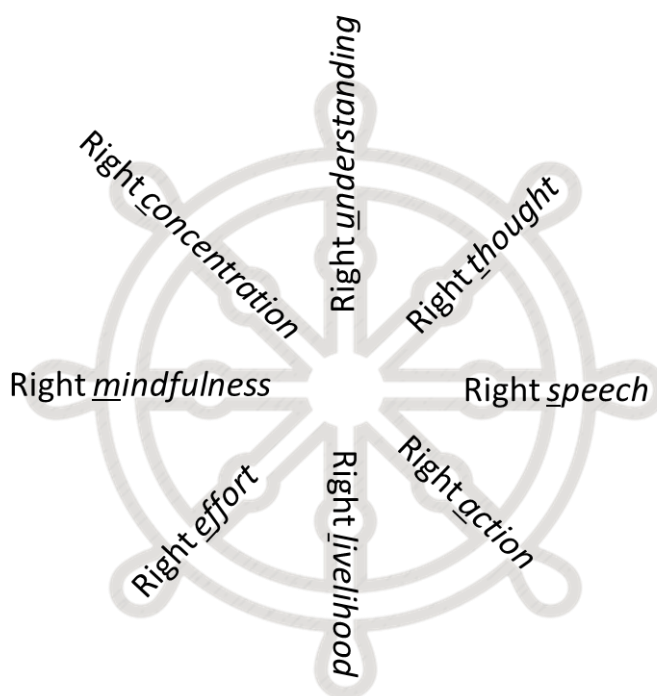
**TASK:** Add the correct label letters to the wheel diagram

**TASK:** Colour-code your wheel.

Colour 1 – **Sila** - These spokes are all about ethics (how to behave) [3]

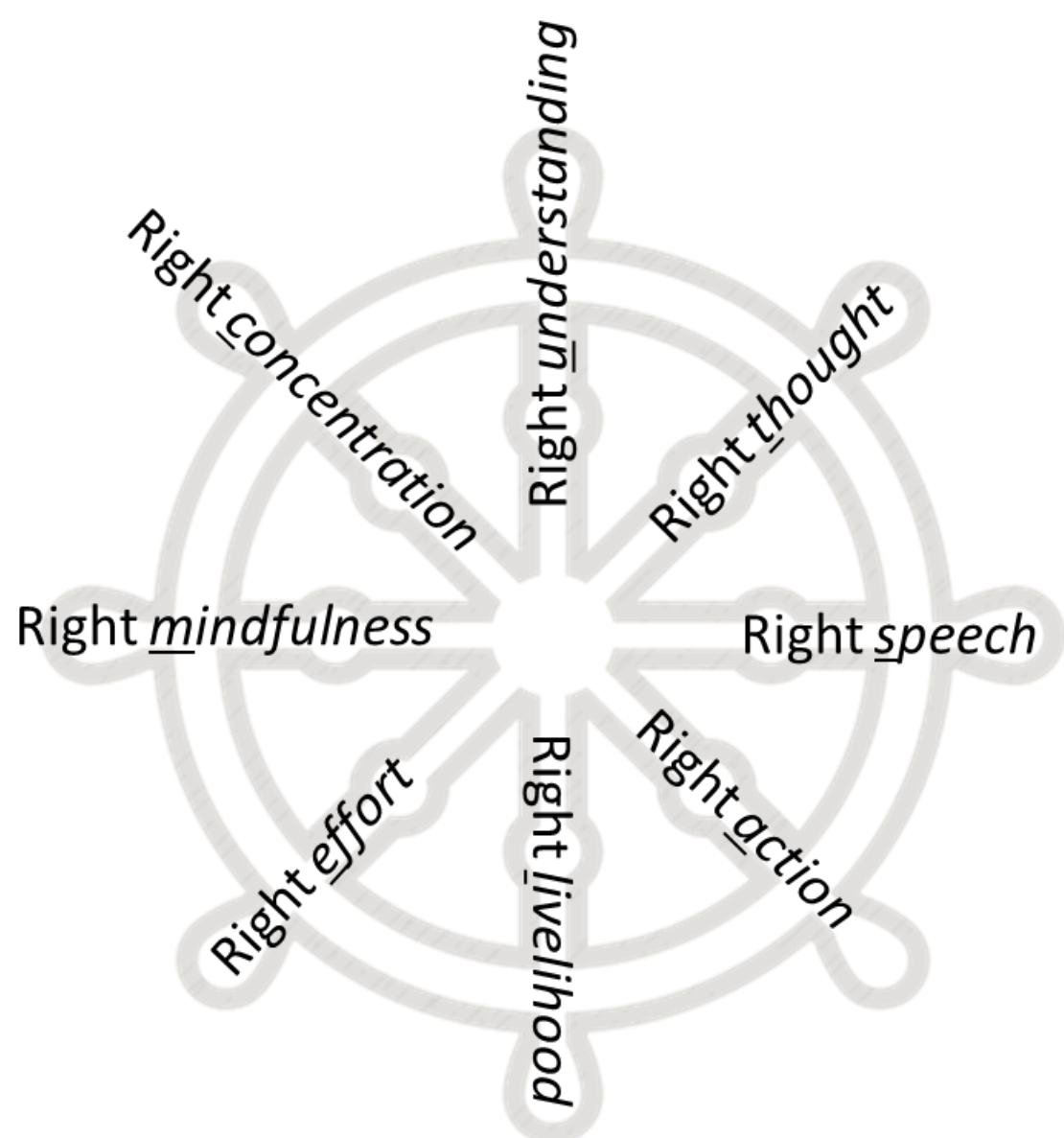
Colour 2 – **Samadhi** – These spokes are all about meditation (how to meditate properly) [3]

Colour 3 – **Panna** – These spokes are all about the importance of wisdom (knowing what is true) [2]



<p><b>A</b> - Can never make money causing harm to others. For example selling: 1) weapons, 2) meat, 3) slaves, 4) harmful drugs or poisons.</p>	<p><b>E</b> - means making an effort to give up negative ways of thinking such as proud, angry, or jealous thoughts and instead making an effort to develop positive ways of thinking such as humble, generous or compassionate thoughts.</p>
<p><b>B</b> - Is the ability to keep the mind totally concentrated on a calm, peaceful state without becoming distracted</p>	<p><b>F</b> - not stealing, not killing or injuring any living being, not being unfaithful to your partner.</p>
<p><b>C</b> - ... means: not lying, not swearing, not gossiping, not saying things that cause other people to fall out.</p>	<p><b>G</b> - To remember or be ‘mindful’ of a calm and peaceful state of mind.</p>
<p><b>D</b> - ... understanding the teachings of the Buddha including the Three Universal Truths, the Four Noble Truths and the Noble Eightfold Path.</p>	<p><b>H</b> - ...means doing things for the right reasons. Instead of thinking about doing things for him or herself, a Buddhist thinks about doing things for others.</p>

**TASK:** Add a drawing/symbol to each spoke to show what each spoke is all about.



Despite this being called the Eightfold Path we have draw it as the wheel. This is because each section of the path has to be done at the same time. It is not do one step then do the next; this is why it is difficult! Each step works alongside the other steps to make them stronger. Knowing the teachings (Panna) make it easier to act more ethically (Sila) and in turn Meditation becomes easier (Samadhi).

TASK: Reflection/Evaluation	
1. Are there any steps of the path that you follow already?	
2. Which step do you think would be the hardest for you to follow? Why?	
3. Which step do you think would be the easiest for you to follow? Why?	
4. Which step do you think would make the BIGGEST impact (change) to the world if everyone did it? Why?	
5. Which step do you think would make the SMALLEST impact (change) to the world if everyone did it? Why?	

Below are 4 different diagrams to show the Eightfold Path

**A**

**B**

**C**

**D**

6. Do you think any of these are better than explaining the path as a wheel? Why?	
7. Do you think any of these diagrams are unhelpful when understanding the path? Why?	

**SKILL: ANNOTATION** – Annotate the account. Use a pencil and underline where Seo-yun is following the different parts of the Eightfold Path

**Thoughts from the Day in the Life of a Buddhist** – by Seo-yun

*When I first wake up, before getting out of bed, before thinking about what I will eat for breakfast or what may annoy me at work, I can start the day by thinking, "Today, as much as possible, I will have a kind heart - I won't harm anybody. Today as much as possible I am going to try be of service and benefit to others." I will think about the teachings of the Buddha and think, "Today I want will try hard to do everything I can so that all living beings can have less suffering and the chance to attain the long-term happiness of enlightenment."*

*To help me with this I will do a session of meditation.*

*Sometimes it is difficult to find time to meditate each day but I always have time to watch TV, I always have time to go shopping. I always have time to get a snack, so it is just a matter putting in the effort and getting my thoughts right. I might have to give up 15 or 30 minutes of television so I can go to bed a little earlier so I can get up earlier. I always find time to eat because food nourishes our body, I have to find time to meditate and recite (say) some prayers because it nourishes me spiritually.*

*After morning meditation, I have breakfast and set off for work. As I set off, I try to remember the kind heart and the positive mind-set that I developed in the morning. Throughout the day, I keep reminding myself of the Buddha's teaching and of my intention that I don't want to harm anybody, that I want to be of service to them, and that I look to do all actions for the ultimate enlightenment of myself and others. I gave up my job on the meat counter at the supermarket and now work as a health care assistant, I chose this job because it helps others.*

*At work, I like my colleagues and the clients that I work with, however, I try to avoid gossiping and idle chatter. I am careful about the words I choose making sure that I tell the truth but being careful not to upset people.*

*Throughout the day, I try to be aware of what I am thinking, feeling, saying, and doing, instead of living on "automatic pilot". When I live on automatic, I go through life reacting to things but never really experiencing life as it happens.*

*If I see something in a shop window or on an advert on a billboard, I try to remember the First Noble Truth - that the cause of suffering is craving and that craving can be overcome by following the Noble Eightfold Path.*

*I also become more mindful of how my actions affect the environment. I realize that I live in an interdependent world, and if I pollute our environment, I am affecting myself, my children, and other living beings. Because I am mindful of being kind, I will stop doing things that pollute the environment. I car share when going to work instead of using up petrol in a car by myself. I recycle the things I use: paper, cans, plastic containers, bottles, glass jars, and newspapers. I know that if I throw these away in the bin, I am destroying our planet and are affecting other beings in a negative way. Therefore, I will reuse plastic bags and paper bags when I go to the supermarket. I think that if the Buddha was alive today, he would establish vows that said I have to recycle and stop wasting resources.*

**TASK:** Write back to these letters advising the people about how they could change their behaviours, actions and attitudes to follow the Eightfold Path. The first one has been done for you.

<p>Dear Sid, my dad wants me to help him with his motorbike on Saturday. He wants me to strip down the engine and teach me how to put it back again. I don't want to, I'm not interested. If I do it badly he wont ask me again.</p>	<p><i>Your dad obviously wants to spend time with you (Right mindfulness). It might not be what you are interested but maybe he doesn't know this (Right Understanding). You could suggest something else you could do together instead (Right intention). If you were trying to follow the Eightfold Path you would need to speak calmly (Right Speech) to your dad and explain that you wont put the effort in (Right effort) because you aren't interested. Being honest is probably best.</i></p>
<p>Dear Sid, someone in school is spreading rumours about me. I know who started it all and I'm going to spread something about them so they know how it feels.</p>	
<p>Dear Sid, my sister won a dancing competition that I was also in. everyone thought it was wonderful she won; but it should have been me. I am planning on smashing her trophy. She doesn't deserve it.</p>	

**SKILL - EVALUATION :**

**Colour code the answers below to match the statement "Being a Buddhist is easy".**

- One colour should be FOR the statement (Being a Buddhist is easy)**
- A second colour should be AGAINST the statement (Being a Buddhist is not easy).**

<p>1. The Buddha left all the instructions that people need to reach enlightenment.</p>	<p>2. All people are affected by the 3 poisons.</p>	<p>3. The Buddha taught people how to overcome suffering.</p>	<p>4. Some Buddhists have taken a vow of silence (promised not to speak). This means they do not have to worry about Right Speech.</p>
<p>5. Buddhist Monks and Nuns live together so they can help each other.</p>	<p>6. Following the Eightfold Path is not easy.</p>	<p>7. All people feel the 7 types of suffering, even Buddhists.</p>	<p>8. There are a lot of rules in Buddhism. It would be hard to follow them all to the best of your ability at the same time.</p>
<p>9. People who are not Buddhists may not understand what it really means to be a Buddhist.</p>	<p>10. Things that are easy are not worth doing.</p>	<p>11. Human beings (by nature) are attached to things and feel craving.</p>	<p>12. There are not many Buddhists in Preston. This might mean that you don't feel like you fit in and this could be difficult.</p>

**A. Pick one FOR answer and explain why it agrees with the statement**

**B. Pick one AGAINST answer and explain why it disagrees with the statement**



# Lesson 7 – Buddhist Scripture

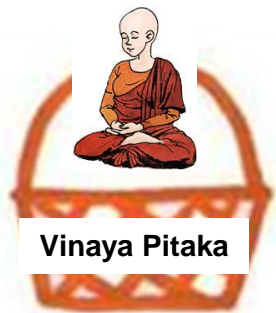
We are doing this lesson today to learn about Buddhist scriptures – the sacred texts of Buddhism – this will allow us to look at some differences in the communities that follow Buddhism. It will also help us to understand how the teachings of a man who was born in Northern Indian 480 years before the common era (about 2500 year ago) manage to travel around the world and still be of influence today.

1. Write down any Buddhist scriptures that have been quoted already in this booklet.	2. Give 2 reasons why it might be important to read the scriptures of your religion	3. As we know the Buddha did not write down his beliefs and teachings. How do we know about them now?
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What do I say?		What language is this word written in?
What does this word mean in English?		What am I?

## Tripitaka – the Three Baskets

For the first few centuries after the Buddha’s death the Buddha’s teachings were passed on by oral tradition. In the first century BCE the teachings were written down in the ancient language of Pali (in which it is believed the Buddha spoke). These became known as the Pali Canon or the Tripitaka/Tipitaka – the three baskets – these are the ‘baskets’ in which the three strands of Buddhist wisdom can be found.



**Vinaya Pitaka**

this contains the rules telling monks and **nuns** how to behave with each other.



**Sutta Pitaka**

contains the Buddha's teachings recorded mainly as sermons delivered in historical settings.



**Abhidhamma Pitaka**

this section contains teaching about the nature of life and the reasons for being.

## Denominations in Buddhism

Just like we can't say ALL Christians think/believe/do we cannot say that all Buddhists think/believe/do the same. There are two main divisions in Buddhism: Theravada Buddhism and Mahayana Buddhism.

**Theravada Buddhism** is older and the more conservative of the two main divisions of Buddhism and is often referred to as the 'traditions of the elders'. Many Theravada Buddhists follow the teachings of the Buddha exactly as written in the Pali Cannon or Tripitaka, and many of them are monks or nuns. Theravada Buddhists strive to be perfected people (Arhats) who have gained true insight into the nature of reality. This means they have followed the Noble Eightfold Path to 'blow out' the three fires of greed, hatred and ignorance and have become enlightened. In Buddhism, enlightenment leads to nibbana (or nirvana), which means freedom from the cycle of rebirth (samsara). Consequently, they will no longer be reborn through samsara.

**Mahayana Buddhism** is often referred to as the 'greater vehicle'. Mahayana Buddhists believe they can achieve enlightenment through following the teachings of the Buddha as written in the Pali Cannon or Tripitaka. The goal of a Mahayana Buddhist is to become a Bodhisattva and this is achieved through the Six Perfections. Compassion is very important in Mahayana Buddhism. Therefore, Bodhisattvas choose to stay in the cycle of samsara to help others to achieve enlightenment as well as themselves.

**TASK:** Using the information above to help you sort the put the correct statement numbers into the table below.

Theravada Buddhism	Both	Mahayana Buddhism

1. Aim to become enlightened	8. Understand the Four Noble Truths
2. Follow the Eightfold Path	9. Understand the Three Universal Truths
3. Try to achieve the Six Perfections	10. Referred to as the 'traditions of the elders'.
4. Sacred text is the Pali Cannon or Tripitaka.	11. May remain in the world to help others become enlightened
5. Follow the teachings of the Buddha exactly	12. More conservative
6. Strive to become a Bodhisattva	13. Once enlightened will escape samsara
7. Historically older	14. Strive to be perfected people

# Lesson 8 – Meditation

This lesson will allow us to experience meditation – a practice that a Buddhist use to help them with Right Mindfulness and Right Concentration. Hopefully you will develop your understanding of meditation. You may also achieve a sense of calm and stillness.

**Meditation** is a mental and physical process that people use to separate themselves from their thoughts and feelings in order to become fully aware.

Successful meditation means simply being - not judging, not thinking, just being aware, at peace and living each moment as it unfolds.

## Buddhist Meditation

In Buddhism the person meditating is not trying to get into a hypnotic state or contact angels or any other supernatural entity. In the most general definition, **meditation is a way of taking control of the mind so that it becomes peaceful and focused, and the meditator becomes more aware.** The purpose of meditation is to stop the mind rushing about in an aimless (or even a purposeful) stream of thoughts.

People often say that **the aim of meditation is to still the mind. To overcome the ‘monkey mind’.**

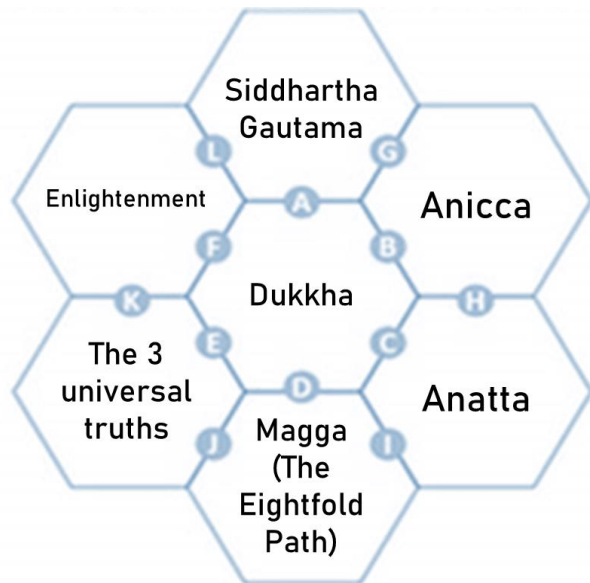
Love and Kindness Meditation	
<p><b>Walking Meditation</b></p> <ol style="list-style-type: none"> <li>Stand up STRAIGHT with your back upright but not stiff. Feel your feet touching the ground and let your weight distribute evenly.</li> <li>Curl the THUMB of your left hand in and wrap your fingers around it. Place it just above your belly button. Wrap your right hand around it, resting your right thumb in the crevice formed between your left thumb and index finger. (This creates some balance for you and keeps your swinging arms from being a distraction.)</li> <li>Drop your GAZE slightly. This helps you maintain focus.</li> <li>Step out with your left FOOT. Feel it swing, feel the heel hit the ground, now the ball, now the toes.</li> <li>FEEL the same as the right foot comes forward.</li> <li>Walk at a STEADY pace, slightly slower than in daily life but not funereal. When your attention wanders, bring it back to the sensations of your feet touching the ground.</li> </ol>	<p>This is a meditation of care, concern, tenderness, loving kindness, friendship—a feeling of warmth for oneself and others.</p> <p>Take a very comfortable posture. One of the aims in this meditation is to feel good, so make your posture relaxed and comfortable.</p> <p><b>Breathing in and out in a relaxed way, say or think the following statements several times for yourself.</b></p> <p>May I be free from inner and outer harm and danger. May I be safe and protected.</p> <p>May I be free of mental suffering or distress.</p> <p>May I be happy.</p> <p>May I be free of physical pain and suffering.</p> <p>May I be healthy and strong.</p> <p>May I be able to live in this world happily, peacefully, joyfully, with ease.</p> <p><b>Next, move to a person who you like – a parent, friend or relative. Someone who it takes no effort to feel positive to. Repeat the phrases for this person:</b></p> <p>May _____ be free from inner and outer harm and danger. May they be safe and protected.</p> <p>May they be free of mental suffering or distress.</p> <p>May they be happy.</p> <p>May they be free of physical pain and suffering.</p> <p>May they be healthy and strong.</p> <p>May they be able to live in this world happily, peacefully, joyfully, with ease.</p> <p><b>Next, move to a person you feel neither strong like nor dislike. As you repeat the phrases, allow yourself to feel care for their welfare.</b></p> <p>May _____ be free from inner and outer harm and danger. May they be safe and protected.</p> <p>May they be free of mental suffering or distress.</p> <p>May they be happy.</p> <p>May they be free of physical pain and suffering.</p> <p>May they be healthy and strong.</p> <p>May they be able to live in this world happily, peacefully, joyfully, with ease.</p> <p><b>Now move to someone you struggle with. Repeat the phrases for this person. If you have difficulty doing this, you can say before the phrases, “To the best of my ability I wish that you be...” If you begin to feel ill will toward this person, go back to the first person and let the loving kindness arise again. Then come back to this person.</b></p> <p>May _____ be free from inner and outer harm and danger. May they be safe and protected.</p> <p>May they be free of mental suffering or distress.</p> <p>May they be happy.</p> <p>May they be free of physical pain and suffering.</p> <p>May they be healthy and strong.</p> <p>May they be able to live in this world happily, peacefully, joyfully, with ease.</p>
<p><b>Breathing Meditation</b></p> <p>Sit with your eyes partially closed and turn your attention to your breathing. Breathe naturally, preferably through the nostrils, without attempting to control your breath. Try to become aware of the sensation of the breath as it enters and leaves the nostrils. This sensation is our object of meditation. You should try to concentrate on it to the exclusion of everything else. At first, your mind will be very busy, and you might even feel that the meditation is making your mind busier, but in reality you are just becoming more aware of how busy your mind actually is. There will be a great temptation to follow the different thoughts as they arise, but you should resist this and remain focused just on the sensation of the breath. If you discover that your mind has wandered and is following your thoughts, you should immediately return it to the breath. You should repeat this as many times as necessary until the mind settles on the breath.</p>	





6	How did the Buddha gain enlightenment?	What is meditation?	What is enlightenment?	Which fold of the 8 fold path should you complete first?	What is the mnemonic to remember the steps of the Eightfold Path	What flower is symbolic of the Buddha's enlightenment and why?
5	How many Universal Truths are there?	What is the first Universal Truth?	What is the second Universal Truth?	What is the third Universal Truth?	Name all 8 folds of the eightfold path.	What is all the Buddha claimed to teach?
4	What did Siddhartha do after he had seen life beyond the palace walls?	How did Siddhartha first try to overcome suffering?	What was the second way that Siddhartha tried to overcome suffering?	How many Noble Truths are there?	What is the first Noble Truth?	What is the sacred text of Buddhism?
3	What was the first sight that Siddhartha saw?	What was the second sight that Siddhartha saw?	What was the third sight that Siddhartha saw?	What was the fourth sight that Siddhartha saw?	What is the second Noble Truth?	What is Samsara?
2	What is the symbol of Buddhism	What did the seer say at his birth?	Where did Channa (Siddhartha's charioteer) take him?	Give one reason why the first three sights may have affected Siddhartha so much.	What is the third Noble Truth?	What do Buddhists believe about God?
1	What is Buddhism?	Which caste was Siddhartha born into?	How did Siddhartha's father treat the young prince?	Give one reason why the fourth sight may have affected Siddhartha so much.	What is the fourth Noble Truth?	What are the 2 main denominations of Buddhism?
	1	2	3	4	5	6

6						
5						
4						
3						
2						
1						
	1	2	3	4	5	6



**Write the meaning for each term**

S.G – *The name the Buddha was born with. He was a prince.*

Dukkha -

Anicca -

Anatta -

Magga -

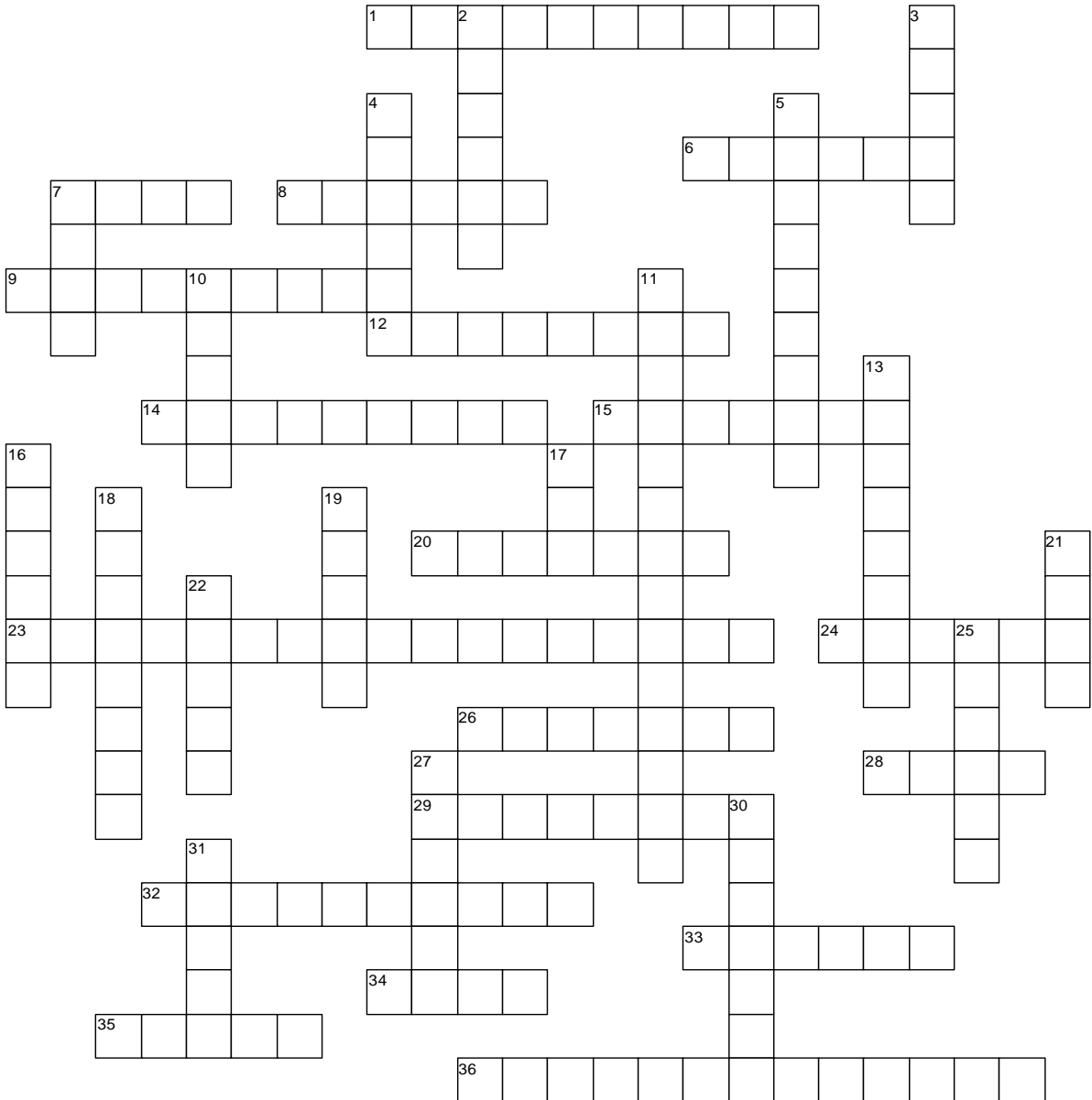
3 Universal Truths -

Enlightenment

**The link is..**

A	<i>Dukkha is linked to S.G because he grew up without knowing pain. His father was worried that he would become a religious leader so instead kept him inside the palace away from all suffering. Only when he left the palace was he confronted with suffering. He thought he could “solve” it so left the palace to find the solution. Later he became known as “Buddha” as he had overcome suffering.</i>
B	
C	
D	
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L	

# Buddhism - All life is suffering



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## ACROSS

- 1 The practice of stilling the mind
- 6 Siddhartha was born a (early life)
- 7 The number of Noble Truths
- 8 The name that Siddhartha became known as after his enlightenment
- 9 'All life is ....'
- 12 The animal that Queen Maya saw in a dream
- 14 A denomination of Buddhism
- 15 The cycle of birth, death and rebirth
- 20 the second sight Siddhartha saw
- 23 The founder of Buddhism (2 words)
- 24 The Buddhist idea of impermanence
- 26 The fourth sight that Siddhartha saw
- 28 The title for the male follower of the Buddha
- 29 Once enlightenment has been achieved, Buddhists enter the state peace called ...

- 32 The mother who struggled to believe her son had died so sought mustard seeds (2 words)
- 33 Where might a Buddhist meditate
- 34 The evil demon that tried to distract Siddhartha from being Enlightened
- 35 The type of flower that the Buddha used to explain Enlightenment
- 36 The goal of life for all Buddhists

## DOWN

- 2 The sanskrit word that means 'Suffering'
- 3 The number of states of suffering
- 4 The first sight Siddhartha saw
- 5 The belief that you should live between extremes. Not Rich or Poor (2 words)
- 7 The number of sights that Siddhartha saw when he left the

palace

- 10 The number of folds/spokes of the \_\_\_\_\_ fold Path
- 11 Another word for suffering 'All life is suffering/U
- 13 A denomination of Buddhism
- 16 The term that means non-violence
- 17 The title for the female follower of the Buddha
- 18 The name of the followers of Buddhism
- 19 The third sight that Siddhartha saw
- 21 The animal that Siddhartha nursed back to health after his cousin shot it
- 22 The number of Universal Truth
- 25 Siddhartha's charioteer
- 27 The Buddhist idea that there is no 'self'
- 30 The Buddhist belief about God
- 31 The word that goes in front of each fold of the Eightfold Path