

| Vocabulary    | Meaning  |
|---------------|--|
| 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                                    |   |  |                                  |                                     |
|---|---|--|----------------------------------|-------------------------------------|
| <b>The Three Jewels</b><br>The key things Buddhists believe | <b>The Three Signs of Being</b><br>How the Buddha described life                      | <b>The Four Noble Truths</b>   | <b>The Noble Eight Fold Path</b> |                                     |
| 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?**

