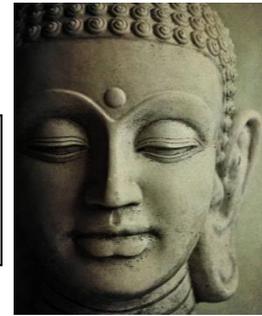




THE BUDDHA



INTRODUCTION

Buddhism is based on the teachings of a man called Prince Siddhartha, who became known as the Buddha about 2,500 years ago. It is one of the world's largest religions, with about 500 million followers. The Buddha was a man not a god. He believed he had found a way to end suffering in life. Buddhists believe that peacefulness and wisdom can be achieved through meditation.

KEY VOCABULARY

Bodhi tree	A kind of fig tree under which the Buddha meditated and became enlightened
Buddha	The 'Enlightened One'
Buddhist	Someone who follows the Buddha's teachings
Enlightenment	To have full and complete understanding
Fasting	To not eat for a length of time
Meditate	To focus one's mind for a period of time for spiritual purposes
Nirvana	State of perfect peace
Prince Siddhartha	The man who became the Buddha
Sadhu	A holy man
Stupa	A type of Buddhist shrine
Thangka	A type of painting that teaches a lesson about Buddhism
Wisdom	To be knowing, to be wise



A sadhu and a monk meditating



THE SPREAD OF BUDDHISM



DID YOU KNOW ...?

Buddhists do not believe in a God who created the world and everything in it

Buddhists believe in a constant cycle of life and death and that they will be reborn after they die

The most important festival for Buddhists is in May/June and is called Wesak

Buddhists worship at home and also in temples and monasteries

Buddha told many stories to demonstrate his teachings. This is a picture from the story of The Injured Swan

