

Year 4 Buddhism

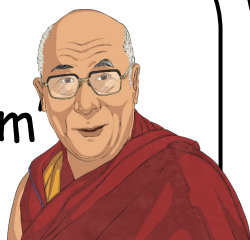


Beginning

Siddhartha Gautama, a prince in Lumbini founded Buddhism in the 6th century.

Dalai Lama

'Ocean of Wisdom'



Head monk of the Tibetan Buddhists

14 Dalai Lamas so far. Each a reincarnation of the previous one.

4 Noble Truths

4 main beliefs

Dukkha - Everyone suffers. Life is not perfect.

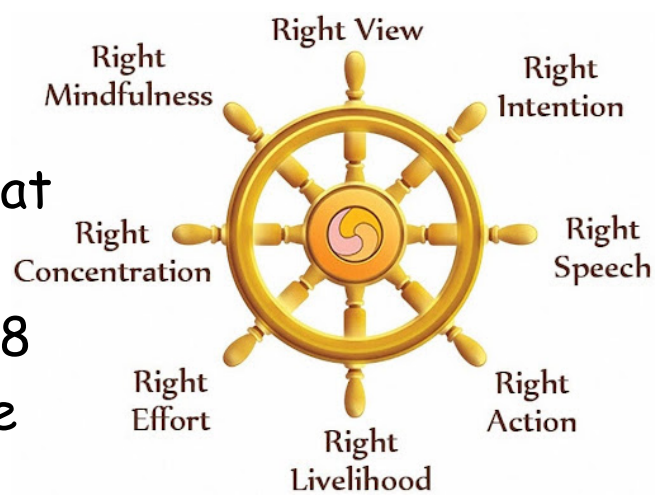
Samudaya - Craving is the cause of suffering

Nirdha - Ending suffering by letting go of craving

Magga - Follow the Eightfold Path to end suffering.

Eightfold Path

The Buddha explained that life was like a wheel. The Dharma Wheel has 8 spokes to represent the Eight-fold Path.



Bodhi Day

Celebrates the Buddha reaching enlightenment

Calm, meditative and quiet celebration.

Time to think about the 4 Noble Truths and Eightfold Path.

Asala Dharma Day

Celebrates the Buddha starting to teach.



First sermon was in Sarnath - one of the 8 great places.

Buddhists listen to the readings of the Buddha.

Parinirvana Day

Remembers the day the Buddha died in 483 BCE



Also known as Nirvana day

Time may be spent meditating

Offerings may be made to statues

Pilgrimage

Eight Great Places

The Buddha started the idea of pilgrimage in Buddhism. He saw it as a form of worship.

Four of the sites are linked to the life of the Buddha.

