



BUDDHISM – What is the Buddhist goal in life?



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Key Scripture

There are a number of special writings which are read in some temples.

The Buddhist teachings were initially compiled orally, since writing was not in common use in the Buddha's time in India and later written in the 'Tipiṭaka'. The language used was Pāli, the language in which the heritage had been memorised there.

The scripture naturally divided into three:

'Sutta Piṭaka', the discourses and words of the Buddha,
'Vinaya Piṭaka', the monastic regulations
'Abhidhamma Piṭaka', the scholastic analytical works.

Practices

Buddhists spend time meditating to help them still their mind and reach enlightenment.

Buddhists may meditate or worship at home, but also visit temples or shrines.

Buddhists use beads or prayer wheels to help with focus during meditation.

Some Buddhists write their positive thoughts and ideas on flags so that they blow in the wind and spread across the world.

Bells are important to Buddhists as they give a structure to meditation.

Key Vocabulary

enlightenment	A state of secure perfect peace that follows once a person has got rid of their greed, hatred and ignorance.
nirvana	Enlightenment
anatman	The belief that nothing has a 'self' or 'soul' and that there is nothing fixed about who we are.
anitya	The belief that nothing is permanent; everything changes, including ourselves
darmha	The teachings of the Buddha about the truth of how and why things are the way they are.

Key Theological Concepts

There is no supreme deity in Buddhism. Buddhists do not believe in heaven or hell.

Prince Siddhattha Gautama became the Buddha (enlightened one).

Buddhists strive to reach enlightenment (nirvana).

Buddhism has Four Noble Truths and Buddhists follow the Eightfold Path.

The four noble truths are: four noble truths – that suffering exists, caused largely by human desires; the acceptance that the origin of suffering is craving; the cessation of suffering does exist – nirvana; a description of the way leading to the cessation of suffering – the eightfold path

Buddhists believe they should live by the eightfold path of: Right view; Right thought; Right speech; Right action; Right livelihood; Right effort; Right mindfulness and Right contemplation

Meditating - stilling the mind and separating themselves from their thoughts and feelings in order to become fully aware - is a key Buddhist belief.

Buddhists believe in the cycle of death and rebirth, reincarnation, and the idea of karma. Reaching a state of enlightenment, Nirvana, is the goal.

