RE – How did Buddha teach his followers to find enlightenment? Buzzards A

Bodhi Tree	The type of tree that Siddhartha sat under for 40 days to meditate.
Buddhist	Someone who follows the Buddhist religion
Buddhahood	Buddhists are aiming to reach the state of Buddhahood, where they are fully awakened. It is a state of infinite compassion, wisdom and skill.
enlightenment	When a Buddhist finds the truth about life and stops being reborn.
The Middle Way	Not putting too many restrictions on your life so that you will suffer too much and not living too greedily. Having 'just enough' of everything to be happy.
meditation	Buddhists become enlightened by using meditation. While they meditate, they concentrate very hard and clear their minds of all thoughts.
Noble Truths	There are 4 Noble Truths which help Buddhists move to Buddhahood.

The 4 Noble Truths : The first diagnoses a disease; the second explains tha cause of the disease; the third prescribes a remedy and the fourth is a treatment plan. The Buddha is like a doctor helping people get better.

The Eightfold Path

Buddha explained the Eightfold Path in his first sermon after his enlightenment. It pulls together all his teachings:

1. Right View or Right Understanding, insight into the true nature of reality

2. Right Intention, the unselfish desire to realise enlightenment

3. Right Speech, using speech compassionately

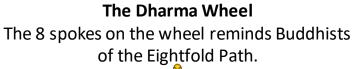
4. Right Action, ethical conduct; manifesting compassion

5. Right Livelihood, making a living through ethical, non-harmful means

6. Right Effort, cultivating wholesome (and releasing unwholesome) qualities

7. Right Mindfulness, whole body and mind awareness

8. Right Concentration, meditation or other concentrated practice.







Siddhartha Gautama was the first person thought to have reached enlightenment. He was a prince and an astrologer told his father that he would be a king or a religious leader. His father wanted him to be a king. Siddhartha married and had a son, but he didn't want to be a father. He left home and travelled. He wanted to find out how to find happiness. He meditated under a tree for 40 days.



A traditional statue of the



The lotus flower is a symbol of enlightenment.

	Tier 2 words
analogy	Comparing or explaining something, often using a story.
culture	The ideas, customs and social behaviour of a group of people
tradition	A set of beliefs passed from generation to generation
principle	A belief that you have about something.