

# RE: Year 2 – What can we learn from the life of the Buddha?

## Key Vocabulary

|                              |  |
|------------------------------|--|
| meditation                   | When Buddhists close their eyes and breathe deeply, trying to empty their minds of thoughts. |
| enlightenment                | Breaking the Buddhist cycle of rebirth and reaching Nirvana.                                 |
| Nirvana                      | Perfect peace with no suffering.   |
| Buddha                       | The teacher and creator of Buddhism.   |
| puja                         | The Buddhist act of worship.   |
| Pali Canon<br>Sanskrit Canon | The Buddhist teachings   |

## Significant texts

500 Buddhist Monks met to check the Buddha's teachings. The teachings were then passed down by word of mouth for around 400 years, before being written down. The Buddhist teachings are called **Pali Canon** and the **Sanskrit Canon**.

Key teachings of the Buddha include the three kinds of good action that lead to happiness:

1. Giving/Kindness
2. Harmlessness
3. Meditation

## Objectives

- To recognise the four principal stages of the Buddha's life.
- To ask and suggest answers to questions.
- To recognise and discuss some of the key teachings of the Buddha such as the three kinds of good action.
- To respond thoughtfully to the three kinds of good action.

## Significant People

The Buddha is not a god and there is no Creator God in Buddhism.

There are four stages in the Buddha's life:

1. His privileged life as a prince
2. The Four Sights (seeing an old man, sick man, dead man and a holy man) and The Great Renunciation of his princely life.
3. The Noble Search (a six year quest and Enlightenment)
4. His teaching career



## Symbols



The Dharmachakra

The Wheel of Dharma. It is special symbol used in Buddhism.



Chhatra

A Buddhist symbol meaning parasol, a protection from suffering.



Dhvaja

A Buddhist symbol meaning spiritual victory.

## Key Questions

What can we learn from the life of the Buddha?  
 What are the key events in the Buddha's life?  
 What does it mean to be a Buddhist in Britain today?  
 Why is there suffering?  
 Should happiness be the purpose of life?