



Theology: Thinking through believing



The Buddha was born as Siddhartha Gautama in Nepal around 2,500 years ago. He is believed by Buddhists to be a human being who became Enlightened. Up until he reached Nirvana, he shared his teachings with the world.

Review previous learning

Year 2

Ideas about deities

Year 3

How religious beliefs can affect everyday life

Year 4

Thoughts on truth

The Four Noble Truths

Dukkha	the truth of suffering.
Samudaya	the truth of the origin of suffering.
Nirodha	the truth of the cessation (end) of suffering.
Magga	the truth of the path to the cessation (end) of suffering.



The Eightfold Path

1. Right Understanding
2. Right Intention
3. Right Speech
4. Right Action
5. Right Livelihood
6. Right Effort
7. Right Mindfulness
8. Right Concentration

Key Vocabulary

The Four Noble Truths

The principles discovered by Buddha.

Nirvana

A state of enlightenment, where a person breaks free from the cycle of life and death.

The Eightfold Path

A means to reaching enlightenment by following eight stages.

Meditation

A process of training the mind to be empty of all thoughts.

The Five Moral Precepts

Moral principles which Buddhists should refrain from.

Dharma

The teachings of Buddha, believed to be the universal law and ultimate truth.

Significant people

Buddha

