

## Buddhism

**Buddha** Born in Nepal as Siddhartha Gautama, he became the founder of Buddhism. He was a teacher, not a god

**The Three Jewels** The three key Buddhist beliefs, belief in Buddha as your teacher, belief in his teachings and helping people.

**The Three Signs of Being** How the Buddha described life

**The Four Noble Truths** Buddhist beliefs about dukkah and how it can be ended by following the Noble Eightfold Path

**The Noble Eight Fold Path** The path Buddhists follow to end suffering.

**Dukkha** Buddha's teaching that nothing is perfect and our lives are a struggle.

**Anicca** Buddha's teaching that life is always changing.

**Anatta** Buddha's teaching about karma (the life force).

**Dharma** The teachings of the Buddha.

**The Sangha** The Buddhist belief of becoming selfless by helping people.

**Reincarnation** The Buddhist belief that life is a cycle of birth, death and rebirth.

**Karma** The belief that our actions, from either our present or previous lives, have a consequence in the life we currently lead.

**Enlightenment** This is when a Buddhist discovers the truth about life. The Buddha is said to have achieved this through his practices.

**Nirvana** When a Buddhist reaches enlightenment and escapes suffering and the cycle of rebirth.

**Temple** The Buddhist place of worship.

**Meditation** A practice by which a Buddhist tries to improve their emotional and mental state.