



KEY VOCABULARY

Buddha

the name given to **Siddhartha Gautama** after he reached **enlightenment** – it means ‘**the awakened one**’

enlightenment

a special state of **deep understanding and peace**, when someone **truly sees how life works** and **how to end suffering**

dharma

the Buddha’s **teachings** and **guidance** for living wisely and kindly to **reach enlightenment**

samsara

the cycle of **birth, death, and rebirth** that Buddhists try to escape to end suffering

nirvana

a state of **perfect peace** and **freedom from suffering** – when someone escapes the cycle of **samsara**

The Four Noble Truths

that **suffering exists**, it **has a cause**, it **can end**, and there is a **path to follow to stop it**

meditation

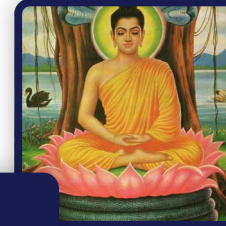
a quiet practice of **thinking deeply** and **calming the mind** to better understand **life** and **the Buddha’s teachings**

Wesak

a colourful Buddhist **festival** that celebrates the Buddha’s **birth, enlightenment, and death**

mantra

a **special word or phrase** that is repeated to help Buddhists **focus during meditation** and **remember important teachings**



Siddhartha Gautama

Siddhartha Gautama, known as Buddha, was a prince who gave up his wealthy life to understand and teach people to overcome suffering – his ideas became the foundation of Buddhism



Buddha

Buddha is the name given to Siddhartha Gautama after he reached enlightenment – it means ‘the awakened one’ and shows that he understood how to overcome suffering and live wisely

the Noble Eightfold Pathway

right understanding

striving for a real understanding of the nature of the world, recognising the impermanence of things

right thought

encouraging positive emotions and discouraging negative ones

right speech

speaking honestly, without undermining and sowing discord

right action

acting out of love for people, avoiding harming others

right livelihood

a job that does not rely on hurting people, such as arms dealing

right concentration

practising meditation to improve awareness and understanding

right mindfulness

being aware of the moment, of one's self and other people

right effort

discouraging feelings of anxiety and fatigue and encouraging positive effort

