

Year 8 Summer Term Religious Education: Buddhism

Key Vocabulary	
Buddha	The teacher and creator of Buddhism.
Meditate	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 .
Eightfold Path	The rules laid out by Buddha which will lead to Nirvana .
Dharmachakra	'The Wheel of Dharma'.
Nirvana	Perfect peace with no suffering.
puja	The Buddhist act of worship.
shrine	A special place that is linked with a holy object or person.
Wesak	Important Buddhist festival when Buddhists try to clear their minds of negative thoughts.

Buddhists live by five rules:

- Never take the life of a living creature.
- Do not steal.
- Be faithful to your partner.
- Do not lie.
- Do not drink alcohol.



Special Shrines

Buddhists can worship from home or at a temple, which are built in a variety of shapes. Buddhists worship by sitting on the floor, making sure their feet face away from any image of **Buddha**. Their head and body face the image of **Buddha**. This is called **puja**. Buddhists chant to show their love for **Buddha** and make offerings of flowers and incense at **shrines**.



Holy Books

When the **Buddha** died, people thought it would be a good idea to write down what **Buddha** said and thought. 500 Buddhist Monks met to check the content of his teachings. The teachings were then passed down by word of mouth for around 400 years, before being written down.

