

Religious symbol:

Mandalas—Spiritual and ritual symbol representing the universe. Circle- life is never ending and everything is connected. The **mandala** also represents spiritual journey.



Who is followed?

Buddha teacher (the awakened one)
Siddharta Gautama

Religious Book:

Buddhist Texts– Tripitakas – 3 baskets of texts (written in Pali or Sanskrit) Ancient Sutras organised into Nikayas or Agamas

Vocabulary:

Topic related vocabulary:

Buddha-Siddharta Gautama	Teacher (the awakened one)
Tripitakas	3 basket of texts
Pali or Sanskrit	Ancient writings
Monasteries or Temples	Places of worship
Vesak	Buddha’s birthday celebration
Karma Samsara	Consequence of actions End of re-birth
Dharma	teachings
Sangha	disciples
Nirvana	Free suffering

Place of worship:

Monasteries and Temples
Monks



Countries where the religion is practiced:

India, Sri Lanka, Asia

Religious celebrations / traditions:

Vesak– Buddha’s birthday (May) celebrates the birth, enlightenment and death of Gautama Buddha in the Theravada tradition through meditation, and following the eighth fold path- vegetarian food, giving to charity and bathing the Buddha. Offerings of flowers, incense and lights.

Goal of overcoming suffering and the cycle of death and birth– attaining Nirvana or through the path of Buddhahood

- The Middle Way dependent organisation
- The Four Noble Truths
- The Noble Eightfold Path
- The Three marks of existence
- Use Mantras (came from Hinduism and used in the Vedas)
- Tantric Buddhism– ritual and meditation, yoga
- Zen Buddhism– meditation

Important teachings:

Buddha
Dharma (teachings) and the sangha– (his disciples) morals and meditation
Siddharta Gautama– set out on a quest to free the suffering (nirvana) of life and death and it’s endless repetition due to re-birth (Dukkha)
Sat under the Bodhi Tree—meditation and fasting —awakening **Karma** and his former lives
Samsara the end of re-birth
Buddha spent his life teaching the Dharma and achieved final Niirvana at 80
8 symbols– endless knot, treasure vase, lotus flower, 2 golden fish, the parasol, the conch shell, the dharma wheel and the banner of victory.

Buddha

