

Buddhism Packet

Siddhartha Gautama, known as the Buddha, was born in the sixth century B.C. in what is now modern Nepal. His father, Suddhodana, was the ruler of the Sakya people and Siddhartha grew up living the extravagant life of a young prince. According to custom, he married at the young age of sixteen to a girl named Yasodhara. His father had ordered that he live a life of total seclusion, but one day Siddhartha ventured out into the world and was confronted with the reality of the inevitable suffering of life. The next day, at the age of twenty-nine, he left his kingdom and newborn son to lead an ascetic life and determine a way to relieve universal suffering.

For six years, Siddhartha submitted himself to rigorous ascetic practices, studying and following different methods of meditation with various religious teachers. But he was never fully satisfied. One day, however, he was offered a bowl of rice from a young girl and he accepted it. In that moment, he realised that physical austerities were not the means to achieve liberation. From then on, he encouraged people to follow a path of balance rather than extremism. He called this The Middle Way.

That night Siddhartha sat under the Bodhi tree, and meditated until dawn. He purified his mind of all defilements and attained enlightenment at the age of thirty-five, thus earning the title Buddha, or "Enlightened One". For the remainder of his eighty years, the Buddha preached the Dharma in an effort to help other sentient beings reach enlightenment.



Name _____
Day# _____ Block# _____

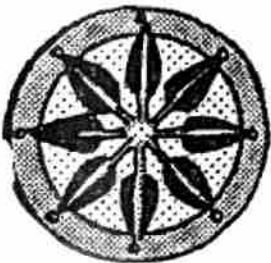


Date _____ Name _____

Belief Systems: Buddhism

The Four Noble Truths

1. Life is
2. Suffering is
3. To get rid of suffering,
4. To get rid of desire,



Buddhism

Name _____

The Eightfold Path: Personal Response

Directions: There are millions of Buddhists around the world trying to live in the spirit of the Eightfold Path. Opportunities to live in the spirit of the path manifest themselves in many different ways. Under each idea, write about how it might show up in your life. Think about school, home, sports, and hobbies.

1. Right Understanding

2. Right Thought

3. Right Speech

4. Right Action

5. Right Work

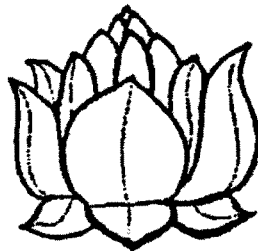
6. Right Effort

7. Right Mindfulness

8. Right Concentration

The Eightfold Path Rules for living

1. Right Knowledge
2. Right Attitude
3. Right Speech
4. Right Action
5. Right Living (or occupation)
6. Right Effort
7. Right Mindfulness
8. Right Composure



The Message of Buddha

When Siddhartha Gautama became "enlightened" he was known as The Buddha (the enlightened one). He gave his first sermon in Benares, (Varanasi), a Hindu Holy City on the Ganges River. Buddha announced that the basic truths of life had come to him while he meditated under a fig tree. These truths became the basis for the Buddhist way of life.

The Four Noble Truths

These are the truths that Buddha named:

1. Life involves suffering.
2. Suffering is caused by selfish desire.
3. If a person can overcome selfish desire, suffering will stop.
4. Selfish desire can be overcome by following the Eightfold Path.

The Eightfold Path

According to Buddhist there are eight ways to escape suffering:

1. Right Understanding (knowledge)- Man must believe that he can better himself by following Buddha's truths.
2. Right Motives (attitude)- Man must be determined to end his selfish ways and to be in harmony with the universe.
3. Right Speech - Man must listen to himself. How often do we lie? How often do we speak badly of others? When we listen, we may decide to start speaking in a better manner.
4. Right Behavior (action) - Man should not behave selfishly or hurt others by his behavior.
5. Right livelihood - Man cannot grow in a job that makes him unhappy.
6. Right Effort - Man must be determined to improve himself.
7. Right-Mindfulness - Knowledge makes man happy, said Buddha. So he urged men to exercise their minds to find out what they are and what life is about.
8. Right Concentration (composure) -Through learning to concentrate, man can forget his selfish thoughts. He can begin to reach a higher level of understanding. He will then realize he is not a lonely individual, but part of every other person and all of the universe. His mind will finally rest. He will have reached Nirvana.

Nirvana

Nirvana is the name used to describe the goal of all Buddhists. Nirvana means "not being, or not existing any more". But this does not mean person who reaches Nirvana disappears. It is his selfishness that disappears. He becomes part of the universe and has no more individual selfish desires. Buddha refused to give his followers any description of Nirvana. All he said was "Bliss, yes, bliss, my friends, is Nirvana."

Buddha differs from Hinduism

Caste - Buddha said that the Hindu way of life, with its caste system and hundreds of ceremonies, was no substitute for living the good life. No man is born holier or better than others, as the caste system maintained.

God(s) - Buddha preached a religion that called for great individual effort. No god or gods, he said, could be counted on. Men, he said, must work out their own salvation.

Buddhism. The second great religion that developed in India is Buddhism. It grew out of the teachings of Siddhartha Gautama, who lived between 563 B.C. and 483 B.C. Gautama, an Indian prince, gave up a comfortable family life to search for meaning in life. He tried to find out why there was so much suffering in the world. After years of wandering and thinking, Gautama believed that he had found the answer to his question. He then became known as the "Buddha," the "Enlightened One."

Buddha taught that one must live a life based on good conduct, serious thinking, and a willingness to give up pleasures of the body. By following these teachings, one can avoid reincarnation and enter *nirvana*. Nirvana is a condition that will give one's soul perfect peace.

Buddhism became a strong religion, especially in China, Japan, and other parts of Asia.

The Enlightened One

In 532 B.C., an Indian prince named Siddhartha Gautama left his family and a life of luxury to find the reasons for life and death. During his search for truth, Gautama practiced the mental and physical disciplines of yoga. He tried fasting and self-sacrifice to better control his mind and body.

Gautama endured this hard life for six years. Then, one day, Enlightenment came. Gautama felt that he understood the true meaning of life. He became the "Enlightened One," or "Buddha," and spent the rest of his life teaching the Way of Life.

The teachings of Gautama Buddha require people to know the Four Noble Truths and to follow the Middle Way. These are the Four Noble Truths:

1. All human life is filled with pain and sorrow.
2. Pain and sorrow is caused by

the desire for pleasure and possessions.

3. By giving up all desires, a person may be free from pain. The soul then reaches nirvana. Nirvana means perfect peace.
4. Nirvana may be reached by following the Middle Way.

The Middle Way is to follow the Eightfold Path, eight guides to good conduct, good thoughts, and good speech. Buddha taught people to be unselfish and to deal kindly and honestly with one another.

Gautama's teachings are called Buddhism. Belief in Buddhism has spread throughout the world. Today, millions of people are Buddhists.

- Why was Gautama called the "Enlightened One"?

As Buddhism spread throughout Asia, the likeness of Buddha was adapted to resemble the people living in a particular area. Shown is a Buddha from Japan carved from wood.



22

Name: _____

Buddhism Video Guide: Religions of the World

- 1) How do they describe Buddhism?

- 2) How many followers does Buddhism have?

- 3) Once he stopped being a prince, what did Siddhartha Gautama do with his life?

- 4) What is nirvana?

- 5) Can you go to nirvana after death?

- 6) What are the 4 Noble Truths?

- 7) What does the Buddha feel about the caste system? Why?

- 8) What is a Stupa for?

- 10) What are the two schools of Buddhist thought?

BUDDHISM NOTES

Buddhism is an offshoot of Hinduism. Siddhartha Gautama, (The Buddha - "the Enlightened One"), was born a Hindu. Hinduism did not answer his needs or the questions he had about life and death. Gautama searched for the truth - he traveled throughout India and meditated. His answers to life's questions can be summed up in THE FOUR NOBLE TRUTHS.

A. Four Noble Truths (main beliefs of Buddhists)

1. Life is full of suffering
2. Suffering is caused by desire.
3. To get rid of suffering, get rid of desire.
4. To end desire, follow the Eightfold Path.

B. Eightfold Path (rules for living)

C. The goal for Buddhists is to reach NIRVANA.

Nirvana is a state of inner peace which can be reached while the person is alive.

D. Buddhism is very individual

1. Search for inner peace
2. Meditation is important
3. Buddhists believe in reincarnation and karma but do not accept the idea of caste.

E. There are two branches or SECTS of Buddhism

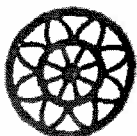
1. Theraveda - strict, mainly for monks
2. Mahayana - Buddhism for the average person

F. The spread of Buddhism from India throughout Asia is an example of CULTURAL DIFFUSION.

G. Although Buddhism began in India, it is no longer strong there. China, Korea, Japan, Vietnam, Cambodia, Laos, Thailand, Burma, Nepal, and Bhutan are some Asian countries which have a strong following of Buddhism.

H. Other types of Buddhism -Zen Buddhism

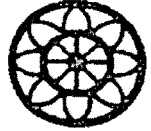
(based on self-discipline) is popular in Japan and Lamaism is popular in Nepal and Tibet (land in the Himalayas controlled by China).



VHS
290
Bud

7897

House 5 Media Center
High School



Glossary for Buddhism

Amida Buddha. "The Buddha of Infiniteness."

bodhi tree. The tree of "enlightenment" under which the Buddha meditated for 49 days.

Buddha. "The Awakened One." Especially associated with Siddhartha Gautama, the historical Buddha.

Buddhism. The religion of the followers of the Buddha.

Dalai and Panchen Lamas. Leaders of Tibetan Buddhists who are considered to be reincarnations of holy beings.

Dhammapada. "The Way of the Teaching." Well-known Buddhist scripture which is a collection of the Buddha's teachings.

Eightfold Path. The fourth of the Four Noble Truths. The path leading to nirvana.

Four Noble Truths. The four truths of life taught by the Buddha in his first sermon at Sarnath.

Ganges River. River sacred to Buddhists and Hindus. Runs from northwest India through the states of Uttar Pradesh, Bihar, West Bengal, and out into the Bay of Bengal at Calcutta.

Himalaya. Mountain range located to the north of India.

Kapilavastu. The city in Nepal where the Buddha was born.

Mahayana. "The Great Vehicle." One of the two schools of Buddhism that is open to all. Followers take a vow to enlighten everyone before they seek nirvana.

nirvana. The state of mind achieved by those who have become enlightened.

pagoda. Towerlike structure to house relics of the Buddha or one of his followers found in Asia. Developed from the Indian stupa.

Shin Shu Sect. Large group of Japanese Buddhists who worship Amida Buddha.

Siddhartha Gautama/Sakyamuni. Family names of the historical Buddha.

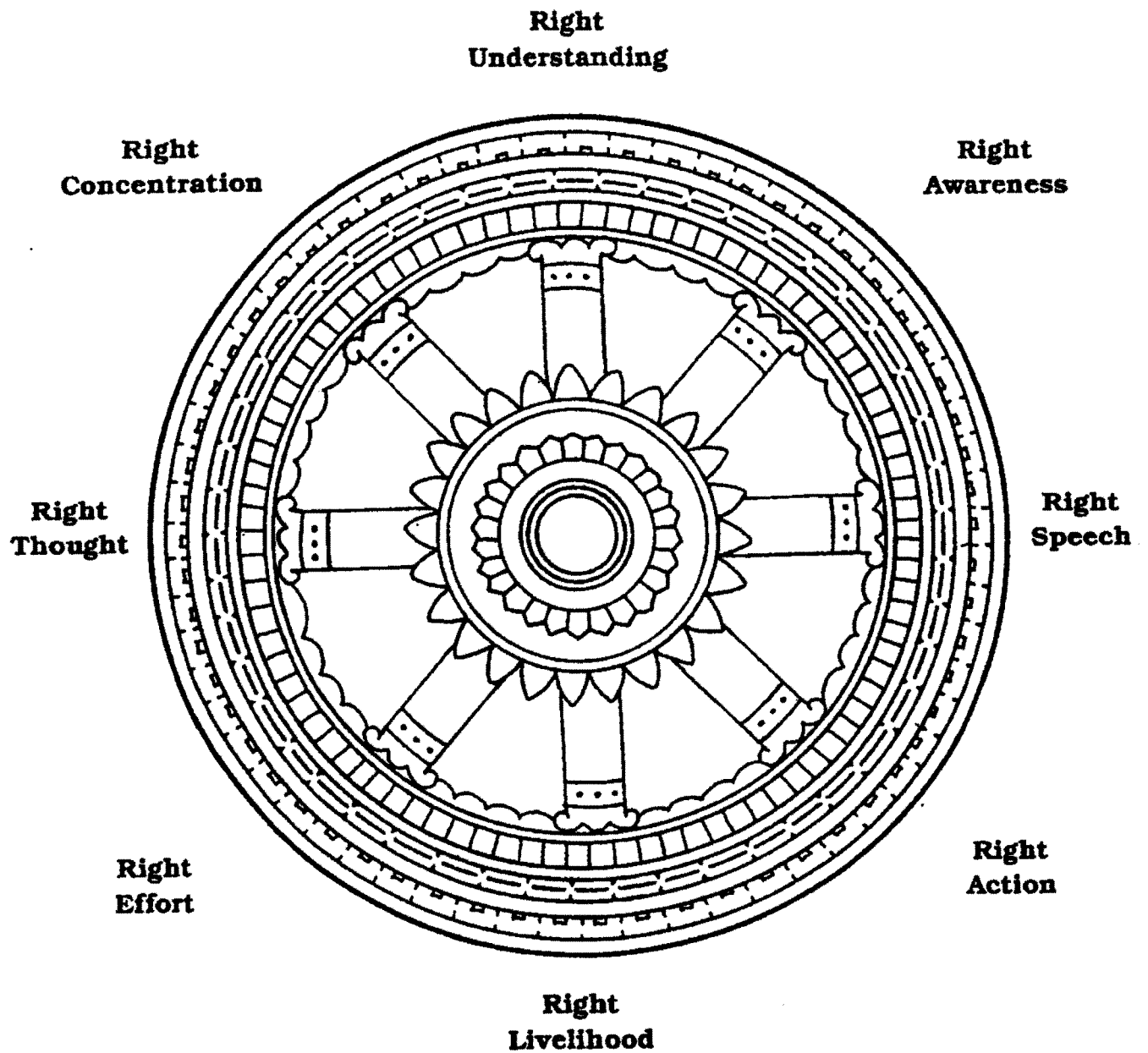
stupa. Solid, dome-like structure under which relics of the Buddha or one of his followers are believed to be buried. Focus of veneration by Buddhists.

Theravada. "The Way of the Elders." One of two schools of Buddhism which promotes salvation of the self in this very lifetime.

Tibetan Lamaism. Form of Buddhism in Tibet melded from the contact of indigenous religious traditions with Indian Buddhism.

Buddha's Teachings (cont.)

The Wheel of Law



Buddhism - the Wheel of Law

A Symbol of Buddhism Representing the Eight Fold Path

Right Understanding -

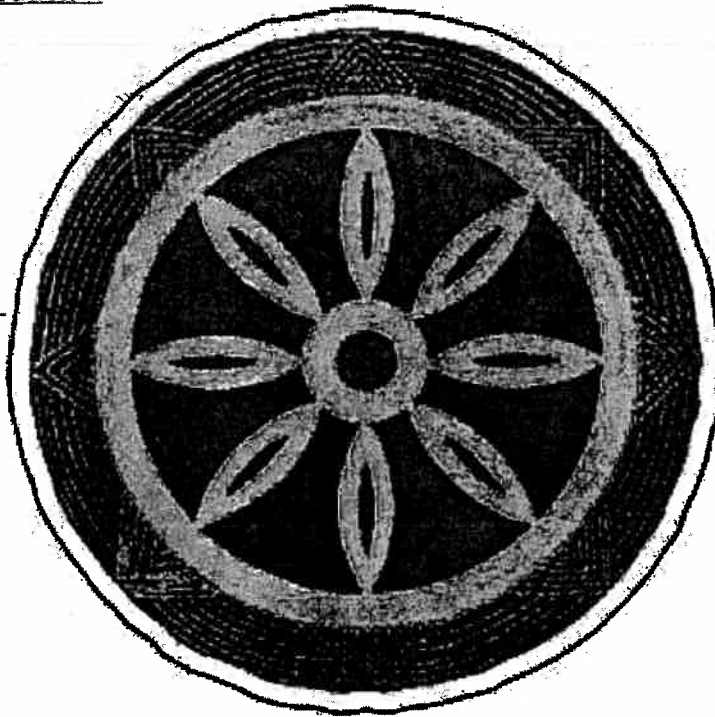
accepting and believing in the 4 Nobel Truths

Right Concentration -

learn self
responsibility,
focus through
meditation

Right Awareness -

your attitude must
determined
to end selfish ways



Right Thought

learn about
the world

Right Speech -

do not say
anything
hurtful to others

Right Effort -

you must try
to improve
yourself

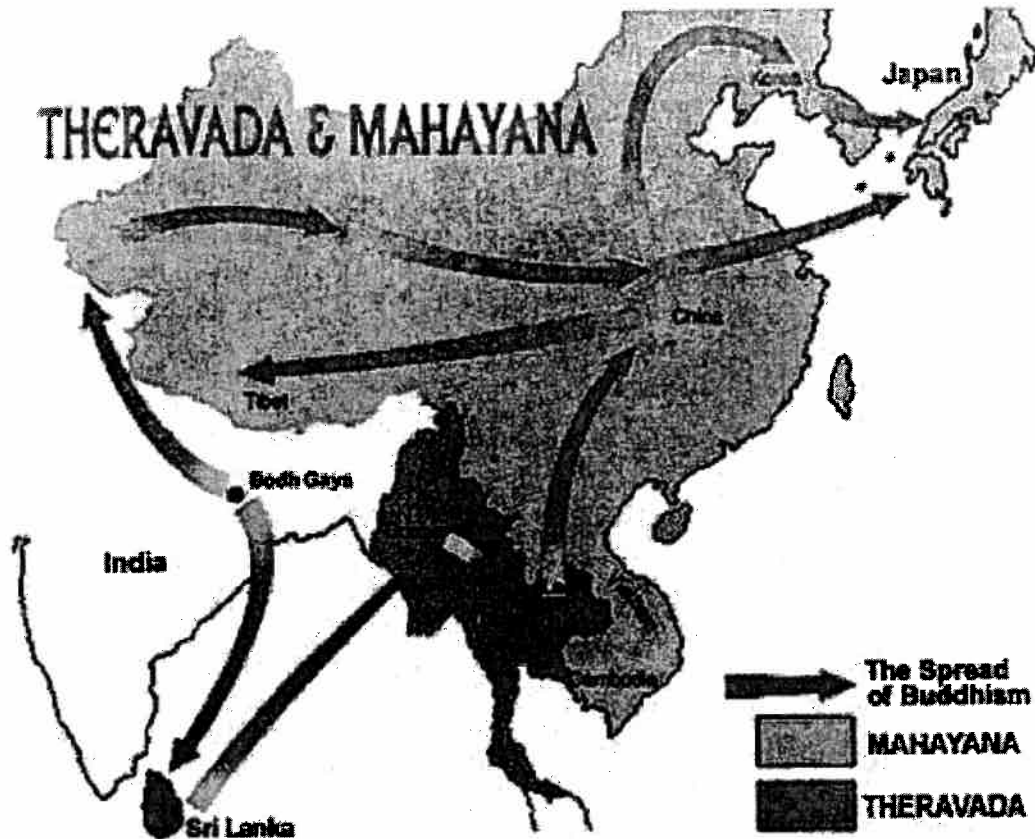
Right Action -

do not do
anything that is
hurtful to others

Right Livelihood -

Do not perform a job that
makes you or others unhappy

Cultural Diffusion - the Spread of Buddhism through 2 Sects



Sub Sects of Mahayana

- Lamaism in Tibet, once an independent nation, now part of China
the spiritual leader is known as the Dalai Lama who is like a living Buddha
Political problems in 1950 have forced the Dalai Lama to live in India since then
- Zen Buddhism in Japan
Some Japanese Buddhists spend their whole lives meditating (zazen) according to strict rules.
Sitting in the lotus position followers of Zen attempt to answer riddles (koan) which have no real importance except to help the mind find new ways of thinking.
Example : " When you clap both your hands together a sound results.
Now listen to the sound of one hand clapping! "

VHS
290
Bud
Name _____

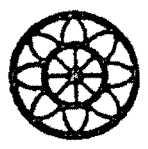
House 5 Media Center
Liverpool High School
Date _____

7897

Score _____

Buddhism Activity Worksheet 2

Early Life of the Buddha



Directions: Complete the passage by filling in the appropriate words from the list below.

- | | | | |
|-------------|---------|----------|--------------------|
| monk | old man | disease | holy man |
| old age | Nepal | dead man | Siddhartha Gautama |
| Kapilavastu | nirvana | palace | |
| miseries | king | death | |
| son | Buddha | sick man | |

In 563 a.c. in the city of (1) _____, which is in the country of (2) _____, a son was born to a king and queen. The son was named (3) _____. An astrologer who went to the palace to read the baby's horoscope noticed unusual marks on the baby which indicated that he would grow up to be either a great spiritual leader or a great king. The baby's father wanted his son to be a (4) _____ so he tried to shield him from the (5) _____ of the world by always keeping him inside the (6) _____.

The young prince got married to a beautiful princess, and they had a (7) _____. One day the wife of the young prince wanted to go outside and visit the local park and swimming pond. The young prince told his father that his wife and he wanted to go outside, so his father gave orders that all the streets where his son and wife would pass should be cleared of all people with any type of problem. Very gently all cripples, beggars, the aged, and the sick were driven away.

However, as the young prince went along the royal highway in his chariot, the first thing he saw was an (8) _____. He was shocked to hear of (9) _____ as explained by his charioteer. He ordered the charioteer to turn the chariot around and return to the palace.

The second time he went outside of the palace on a journey, the prince saw a (10) _____. When (11) _____ was explained to him, he again felt so sad that he returned to his palace.

On a third excursion outside the palace, the prince saw a (12) _____. When the king's son heard about (13) _____ as explained by the charioteer, he replied, "This is the end which has been fixed for all, and yet the world forgets its fears and takes no notice! Turn back the chariot!"

On his fourth excursion outside the palace, he met a (14) _____ who had renounced the world to seek God.

Soon thereafter, the prince left the palace and took up the life of a wandering (15) _____. He wandered from place to place for many years. It was after the prince attained (16) _____ that he became known as the (17) _____.

//.

VHS
290
Bud
Name _____

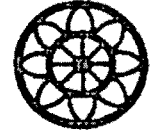
Home & Media Center
Liverpool High School
Date _____

7897

Score _____

Buddhism Activity Worksheet 3

The Four Noble Truths



Directions: Answer the questions in the spaces provided.

1. What are the Four Noble Truths?

2. The Eightfold Path is the Fourth Noble Truth. What are the similarities and differences between the Eightfold Path and the Ten Commandments?

Eightfold Path

1. You should know that greed causes suffering.
2. You should have only high and worthy goals.
3. You should always be honest and truthful.
4. You should do unto others as you would have them do unto you.
5. You should never injure any living thing.
6. You should always work to educate yourself.
7. You should always have an alert and active mind.
8. You should practice meditation.

The Ten Commandments

1. You should have no other gods besides me.
2. You should not make and worship images of God.
3. You should not take the name of the Lord God in vain.
4. You should observe the Sabbath Day (Sunday).
5. You should honor your father and mother.
6. You should not kill.
7. You should not commit adultery.
8. You should not steal.
9. You should not bear false witness.
10. You should not desire what belongs to someone else.

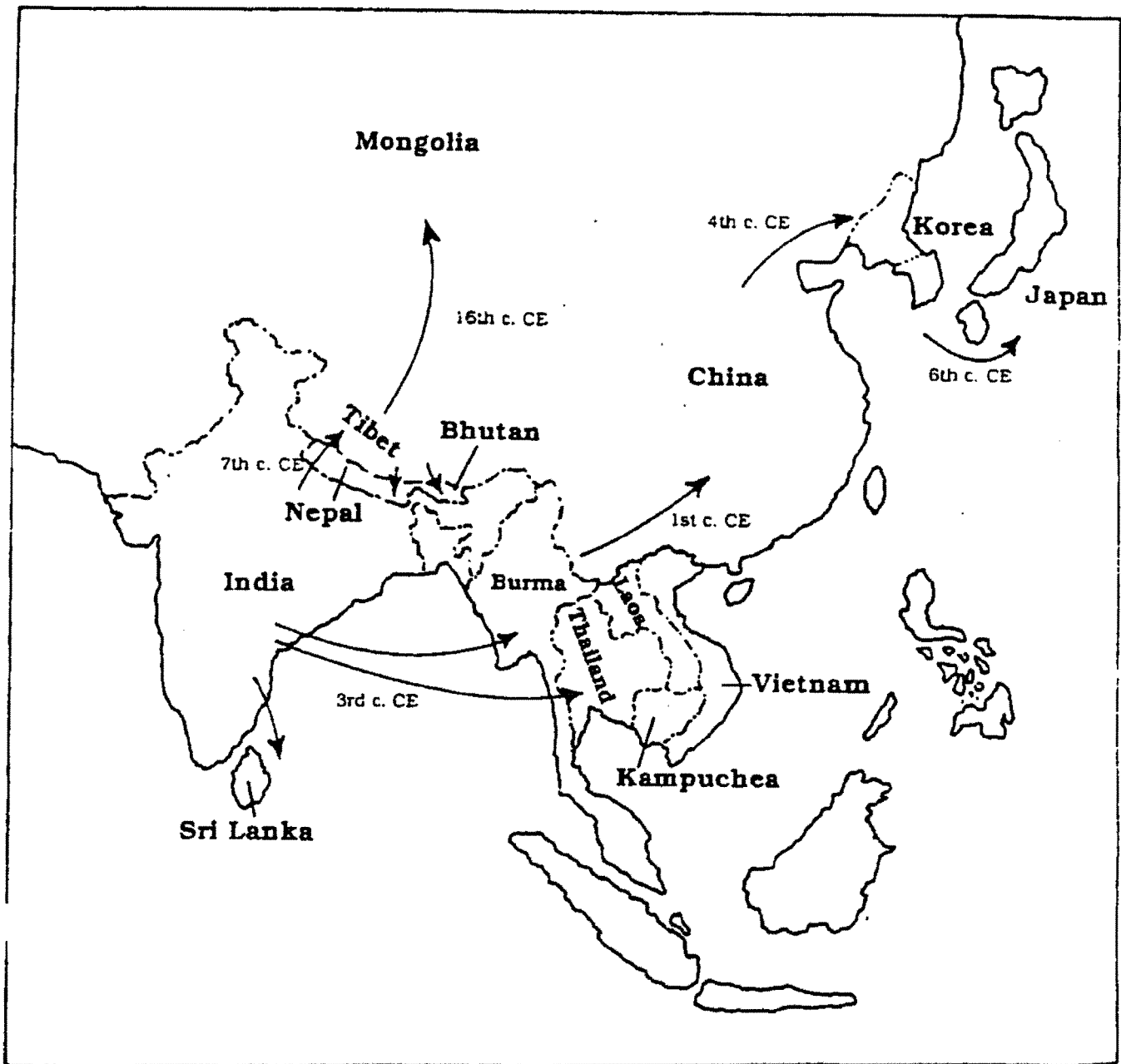
Similarities: _____

Differences: _____

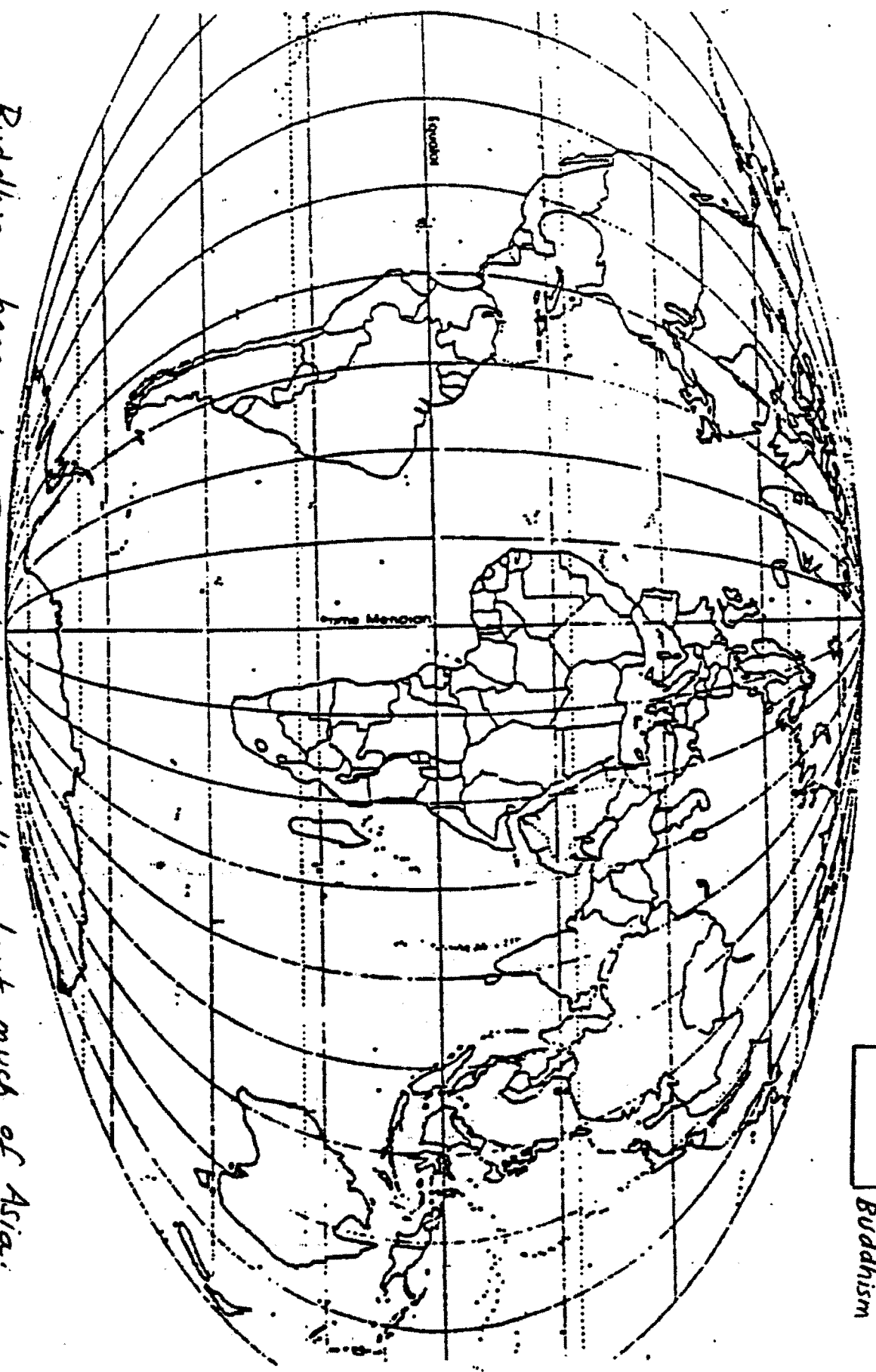
The Spread of Buddhism

Buddhism began to spread rapidly around 270 BCE during the reign of King Asoka, the ruler of the greater area of Northern India. After engaging his empire in a terrible, bloody war, he underwent a spiritual transformation that included embracing Buddhism. He sent missionaries throughout southern Asia. They met with great success, although they did not convert others through either excessive persuasion or violence.

Beginning in the first century CE, Buddhism spread slowly into China and Japan. The first Dalai Lama, the Grand Lama of Lhasa, was responsible for the extension of Buddhism into Mongolia during the 16th century CE.



Buddhism began in India but spread throughout much of Asia.



Buddhism

ism

Tibetan Buddhism

If you look on the map entitled "The Spread of Buddhism," you will notice that Buddhism expanded into Tibet in the 7th century CE, more than 1,500 years ago. The people of Tibet are mostly nomadic, moving about the high Himalayan plateaus with their herds. For centuries, Mahayana Buddhism thrived in this rugged, undeveloped country.

Until China invaded Tibet in 1950, this vast natural setting was spotted with Buddhist monasteries. In fact, Buddhism defines both the religious and political climate of Tibet. The ruler of the country, the *Dalai Lama*, is chosen by spiritual merit. His compassion and wisdom are meant to inspire the people. Like the Catholic Pope, the Tibetan Dalai Lama is believed to be the closest link to the spiritual realm.

The foremost quality the Dalai Lama possesses is compassion. In fact, Tibetan Buddhists believe that the Dalai Lama is a manifestation of the *bodhisattva Avalokiteshvara*. (See page 187.) This god embodies the spirit of compassion, the same spirit alive in Buddha. The Dalai Lama is, therefore, a vehicle in which the bodhisattva's mercy can radiate to the people. Finding the Dalai Lama, however, is not always easy.

Tibetans believe that when the Dalai Lama dies, Avalokiteshvara is reborn as a baby. The Dalai Lama usually gives some indication of the baby's whereabouts, after which the search begins. *Lamas*, Tibetan monks, quest for the newborn, looking for proof of his heritage. They put the candidate through different tests. A true Dalai Lama, for instance, should recognize four of the previous ruler's possessions.

Besides the Dalai Lama, there exists up to 200 *tulkus*. These holy men and women are also revered as embodiments of Avalokiteshvara. These leaders are often responsible for spreading the message of Buddhism.

In 1950, Tibet was conquered by communist China. The Chinese government held that Tibet was part of their country. Although the Tibetans rebelled, the Chinese took over, destroying most of the monasteries and causing most of the monks and nuns to flee the country. In fact, while in 1930 there were about 738,000 monks and nuns in Tibet and China, by 1986 only 28,000 remained. Many Tibetans settled in India, while others exiled themselves to the West.



Bodhisattvas

There are a few famous bodhisattvas. In Mahayana Buddhism, these god-like beings are believed to help mankind by extending compassion and guidance. Followers try to embody the bodhisattva's qualities. These figures, which differ from country to country, are also used for meditation.

Avalokiteshvara

Avalokiteshvara is one of the foremost bodhisattvas. Tibetan Buddhists consider this deity to be the spirit of Buddha. They also believe the Dalai Lama is a reincarnation of Avalokiteshvara.



Tara

In Tibet, the goddess Tara is the consort of Avalokiteshvara. She is an embodiment of compassion.



TWO MAIN SECTS OF BUDDHISM:
1.
2.

PLACE OF WORSHIP:

HOLY BOOK:

WHEN:

WHERE:

FOUNDER:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

Eightfold Path

- 1.
- 2.
- 3.
- 4.

MAJOR BELIEFS:
Four Noble Truths

COUNTRIES WHICH FOLLOW BUDDHISM:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

DEFINE SOME SPECIAL TERMS FOR BUDDHISM:

- A. Nirvana-
- B. Zen-
- C. Lamaism-
- D. Karma-

MY
LITTLE
BUDDHA
BOOK

**(Everything I
need to know
about Buddhism but
was afraid to ask!!)**



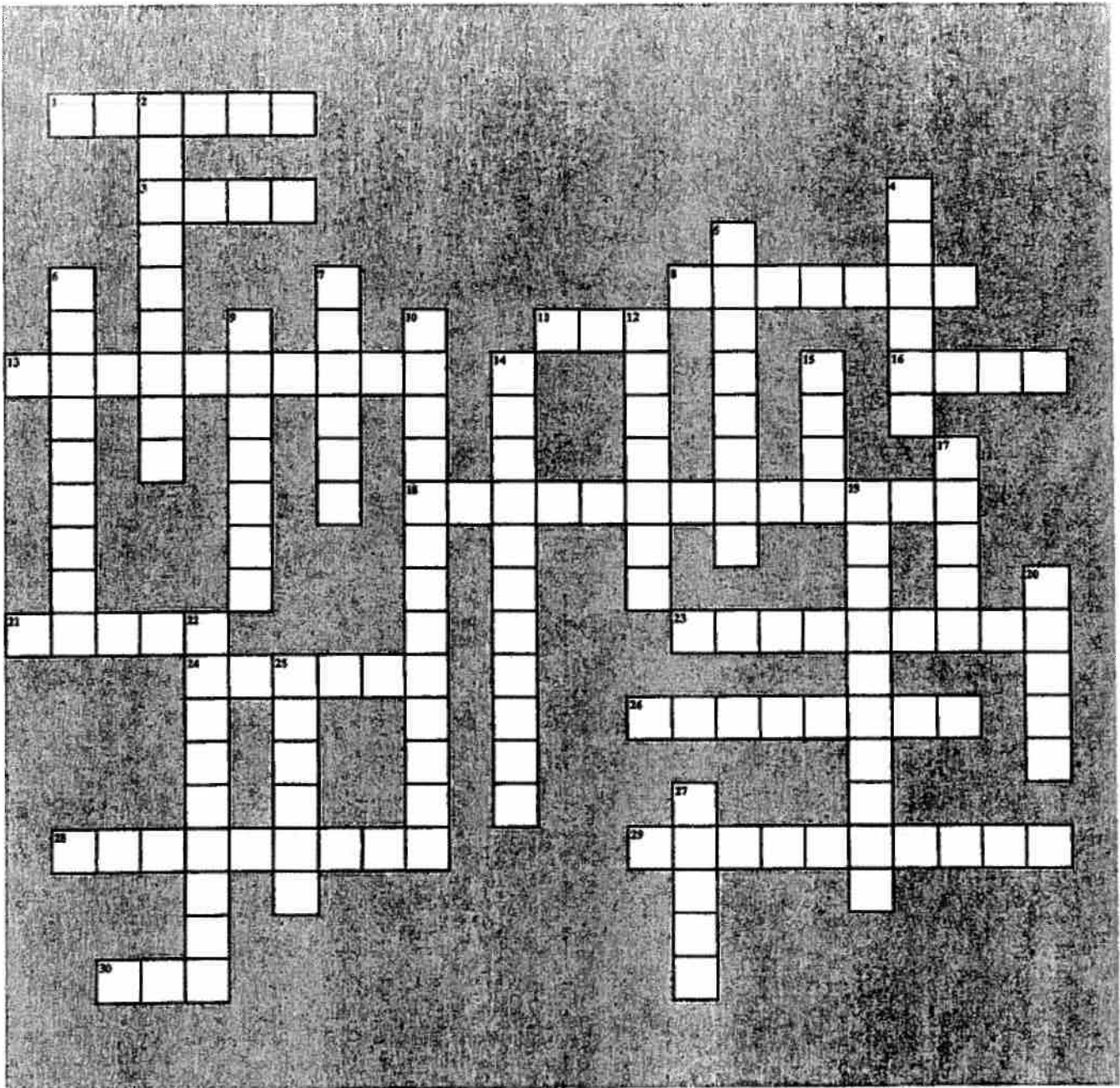


Name _____

Date _____
(Key # 1 - 831493)

Belief Systems #3

Complete the crossword puzzle.



DHAMMAPADA
ENLIGHTENED
MEDITATION
WHEEL
FOUR
HINDUISM
INDIA
GOD

MIDDLE
MAHAYANA
CASTE
INDIVIDUAL
LAMA
TRIPITAKA
LAMAISM
SECT

THERAVEDA
ZEN
INDIAN
TEMPLE
EIGHTFOLD
REINCARNATION
KARMA
DESIRE

SUFFERING
UNDERSTANDING
NIRVANA
DIFFUSION
PRINCE
GAUTAMA

Across

- 1 Buddhism is sometimes called the "-- Way".
- 3 The basic beliefs of Buddhism are called the " -- Noble Truths.
- 8 The founder of Buddhism was Siddhartha --.
- 11 Type of Buddhism popular in Japan which has a strong belief in self discipline.
- 13 -- is important in Buddhism.
- 16 The Dalai -- is considered to be the spiritual leader of Tibetan Lamaism.
- 18 Buddhists, like Hindus believe that when their bodies die their soul will be reborn; this is called --.
- 21 Buddhists accept many beliefs of Hindus but they do NOT accept the idea of --.
- 23 One of the sacred texts of Buddhism.
- 24 Buddhism began in the -- subcontinent.
- 26 Buddhism is an offshoot of --.
- 28 According to Buddhism, life is full of --.
- 29 One of the sacred texts of Buddhism.
- 30 Buddhism is often called more of a philosophy than a religion because it does not address the idea of --.
- 10 The first of the Eightfold Path is Right --.
- 12 The final state of peace in Buddhism is called --.
- 14 Buddha means the "-- one".
- 15 A section or division of a religion.
- 17 Buddhism is no longer popular in --.
- 19 Buddhism calls for -- effort to overcome selfish desires.
- 20 The belief that actions in this life affect future rebirths.
- 22 The guidelines for living in Buddhism are called the -- Path.
- 25 According to Buddhism, suffering is caused by --.
- 27 The Eightfold Path is sometimes called the "-- of Law".

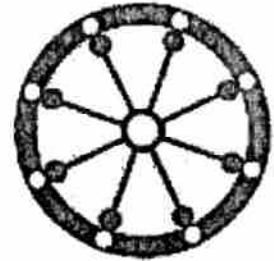
Down

- 2 The spread of Buddhism throughout Asia is an example of cultural --.
- 4 Buddhists worship in a --.
- 5 Sect of Buddhism for the average person.
- 6 Strict sect of Buddhism followed mainly by monks.
- 7 The founder of Buddhism was born a --.
- 9 Sect of Buddhism found in Tibet.

Date _____
Belief Systems: **Buddhism**

Name _____
Day# _____ Block# _____

Text: pages 68-71



1. Using your glossary and pages 68-71 in your textbook, define each of the following terms in its relationship to Buddhism:

a. enlightenment-

b. Four Noble Truths-

c. Eightfold Path-

d. nirvana-

e. reincarnation-

f. pilgrimages-

2. Read "History Makers" on page 68. Describe why Siddhartha Gautama was considered to be "destined for greatness" before and after his birth.

3. Describe Siddhartha Gautama's life and how he came to be enlightened. (p. 68)

4. Complete this chart on the **Four Noble Truths** (p. 69).

First Noble Truth	
Second Noble Truth	
Third Noble Truth	
Fourth Noble Truth	

5. Read the Primary Source on page 69. How does the Buddha describe the Middle Way and the Eightfold Path?

6. Compare how one achieves enlightenment in Hinduism and Buddhism. (pages 68-69)

7. Describe the attitude of Buddhism to caste, women, and society in general. (page 70)



8. Describe how the Buddhist religion spread. (pages 70-71)

9. Compare the Buddhist religion to the Hindu religion by completing the venn diagram below: (pages 63-71)

