



# Knowledge Organiser - Buddhism

## Big RE Question: What does it mean to be a Buddhist?



Image of the **Buddha**, known in life as **Siddhartha Gautama**



The three jewels



**Sangha**  
(Buddhist community)

### Key Vocabulary:

**Buddha:** The founder of Buddhism, Siddhartha Gautama, after his enlightenment. It is a title which means the enlightened or awakened one.

**Enlightenment:** The realisation of the truth about life. In Buddhism it releases a person from the cycle of rebirth.

**Four noble truths:** The truths discovered by the Buddha during his enlightenment.

**The noble eightfold path:** The teaching of the Buddha that can lead to the end of suffering.

**Dukkha:** Suffering; illness; dissatisfaction; imperfection. An unavoidable fact of existence according to the first noble truth.

**Karma (kamma):** Actions, and the consequences of actions. An important concept in Buddhism, Hinduism and Sikhism.

**Meditation:** Thinking quietly as a spiritual or religious exercise. Connection of the mind and soul with the Divine using breathing and other techniques. In Buddhism, using one of a set of techniques or exercises for calming the mind, developing positive emotions and understanding the way things are.

**Samsara:** In Hinduism, Buddhism and Sikhism, this is the cycle of life, death and rebirth.

**Nirvana (also spelt Nibbana):** An indescribable state, held by Buddhists to be the ultimate goal of religious practice, involving breaking free from the cycle of samsara.

**Sangha:** Buddhist community of practitioners - monks and laity - ordinary people.

### Key facts:

- **Buddhism** is one of the world's major religions. It is the **world's 4th largest religion**, with about 520 million followers.
- **Buddhists** are the people who follow Buddhism. They follow the teachings of a man named **Siddhartha Gautama**, who became known as **the Buddha**.
- The religion began when *Gautama*, a prince who had lived a life of luxury, realised that there was **suffering in the world**, and committed himself to understanding why.
- This happened in **India** around 2,500 years ago.
- The holy book in Buddhism is called **Tipitaka**.
- **Buddhist Temples** are buildings designed for Buddhist worship.

