



Buddhism:

Can the Buddha's teachings make the world a better place?

Topic Overview

- Buddhists believe that Siddhatta taught many truths.
 1. Everything changes and people don't want it to.
 2. Life involves suffering and this suffering is caused by selfishness.
- The Buddha teaches that people need to accept that everything changes - it is a natural part of life and should be embraced rather than feared.
- The Buddha believed greed and selfishness could be stopped.
- He taught that to live a good life without being selfish or greedy would make the world a better place.
- To help people know what to do and not to do, he gave them the eight-fold path.
- Buddhists believe the eight-fold path leads to happiness and freedom from suffering.
- The eight-fold path is sometimes called 'The Middle Way' - it is a middle way between a life of luxury and a life of extreme hardship.
- The Dharma wheel represents the eight-fold path because it has 8 spokes. Just as every spoke is needed for the wheel to keep turning, Buddhists need to follow each step of the path.

Links with other religions

- **God** (Judaism/Christianity). Jews and Christians believe God gave Moses the 10 Commandments which teach them how they should aim to live. Jews believe that following the commandments helps them to become better people.
- **Jesus** (Christianity). Jesus was known as *Rabbi* or *teacher* as he taught people a lot about how they should live and the decisions they should make. Some of Jesus' teachings include: love your neighbour, forgive others, say sorry for your sins, love your enemies and don't judge others.
- **Gurus** (Sikhism). Sikhs follow the teachings of the 10 Gurus. Some of these teachings include: all human beings are equal, forgive others, live truthfully and serve others. Values of compassion, humility, honesty, generosity and service are shared through the teachings of the Gurus.

Key Vocabulary	Definition
Buddha	The Buddha was a human being (not a god or prophet) who became "enlightened."
Enlightenment	When a Buddhist finds the truth about life.
Meditation	A way of taking control of the mind so that it becomes peaceful and focused.
Suffering	The state of undergoing pain, distress, or hardship.
Greed	Intense and selfish desire for something, especially wealth, power, or food.
Selfishness	Lack of thought for other people.
Eight-Fold Path	The Buddha's practical instructions to reach the end of suffering.

