



Buddhism:

What is the best way for a Buddhist to lead a good life?

Topic Overview

- The Buddha said there are 8 things people can choose to do to help them lead good lives which would make the world better for everybody and everything.
- The Eight-Fold Path helps people know which decisions/choices are good.

Right Viewpoint - You should look at life in the right way (i.e. being positive)

Right Thought - You should think about others, not just yourself

Right Speech - You should talk to people properly, with respect

Right Action - You should act in a way that does not hurt people e.g. no killing or stealing

Right Living - Your job must help, not harm other people or animals

Right Effort - You should do the best that you can

Right Awareness - You should be sensitive to the needs of others and think about those around you.

Right Concentration - You should focus your mind on what needs to be done. You might concentrate by using meditation.

Links with other religions

- **Code of Practice** (different religions). Many religions have rules which believers try to follow in order to live a good life, for example: The 10 Commandments (Judaism/Christianity), The 5 Pillars of Islam (Islam) and The 3 Golden Rules (Sikhism).
- **The Five Pillars of Islam** (Islam). Muslims try to live a good and responsible life by following the Five Pillars of Islam.
- **A Good Life** (Sikhism). Sikhs believe that your actions are important and you should lead a good life. A good life is lived as part of a community, by living honestly and caring for others. To live a good life a person should do good deeds as well as meditating on God.
- **Mitzvot** (Judaism). The mitzvot are Jewish laws. There are 613 mitzvot in the Torah and they guide Jews on how to live a good life.
- **Purusharthas** (Hinduism). The purpose of life for Hindus is to achieve four aims, called Purusharthas. These aims provide Hindus with opportunities to lead a good life.
- **The 10 Commandments** (Christianity). According to Christian belief, the Ten Commandments are important rules from God that tell Christians how to live good lives.

Key Vocabulary	Definition
Buddha	The Buddha was a human being (not a god or prophet) who became "enlightened."
Meditation	A way of taking control of the mind so that it becomes peaceful and focused.
Eight-Fold Path	The Buddha's practical instructions to reach the end of suffering.
Respect	Act in a way that shows you care about their feelings and well-being.

