

## Aspirational Vocabulary

Term	Definition
Buddhism	A religion and philosophy based on the teachings of Siddhartha Gautama, the Buddha.
The Buddha	Siddhartha Gautama, who achieved enlightenment and taught the path to overcome suffering.
Enlightenment	A state of perfect wisdom and freedom from suffering.
The Four Noble Truths	Core Buddhist beliefs about suffering and how to overcome it.
The Eightfold Path	A guide to behaviour and spiritual development in Buddhism.
Meditation	A practice used to develop concentration, mindfulness, and insight.
Pilgrimage	A journey to a sacred place for spiritual reasons.
Vesak	A major Buddhist festival celebrating the birth, enlightenment, and death of the Buddha.
Theravāda	An older form of Buddhism mainly found in Sri Lanka and Southeast Asia.
Mahāyāna	A branch of Buddhism found mainly in East Asia, which includes different beliefs and practices.
Stupa	A Buddhist shrine containing relics, often used as a place of meditation.
Buddhist Art	Visual representations such as statues, mandalas, and paintings that reflect Buddhist beliefs.

### Who was the Buddha?

- The Buddha, originally Siddhartha Gautama, was born in India around 2,500 years ago.
- He left a life of wealth to seek answers about suffering.
- After achieving enlightenment, he taught how to overcome suffering and reach inner peace.

### What do Buddhists believe?

- Buddhists follow the Four Noble Truths and the Eightfold Path.
- They believe life involves suffering, but it can be overcome through wisdom, ethical living, and meditation.
- Karma (actions and consequences) and rebirth are also important beliefs.

### Do all Buddhists have the same beliefs?

- There are different types of Buddhism, including Theravāda and Mahāyāna.
- All Buddhists respect the Buddha's teachings, but they may interpret and practise them differently.
- Some schools focus more on meditation, others on rituals or community action.

### Buddhist Pilgrimages

- Buddhists may visit places connected to the Buddha's life, such as Lumbini (his birthplace) and Bodh Gaya (his enlightenment).
- Pilgrimages help deepen faith and remind Buddhists of the Buddha's journey.
- Stupas and temples are often visited as part of pilgrimage.

### How do Buddhists express their beliefs?

- Buddhists express beliefs through meditation, chanting, offering at shrines, and ethical living.
- Monks and laypeople follow different roles but share common spiritual goals.
- Compassion, mindfulness, and non-harm are key values in daily life.

### Buddhist Festivals Throughout the Year

- Vesak celebrates the Buddha's birth, enlightenment, and passing away.
- Other festivals include Parinirvana Day (remembering the Buddha's death) and Kathina (celebrating generosity).
- Festivals are marked with rituals, donations, meditation, and joy.

## Can Buddhism Be Expressed Through Art?

- Buddhist art includes statues, mandalas, murals, and symbolic imagery like the lotus flower.
- Art is used to inspire meditation, teach stories, and reflect spiritual truths.
- It can be both decorative and deeply meaningful, helping Buddhists connect with their beliefs.

## Big Questions

- 1) Who was the Buddha and why is he important?
- 2) What are the main beliefs of Buddhism and how do they help people?
- 3) Why are there different types of Buddhism?
- 4) How do Buddhists express their beliefs in daily life and special occasions?
- 5) Can art be a form of religious expression and teaching?

