



KEY
VOCABULARY

Buddha

the name given to **Siddhartha Gautama** after he reached **enlightenment** – it means ‘**the awakened one**’

enlightenment

a special state of **deep understanding and peace**, when someone **truly sees how life works** and **how to end suffering**

dharma

the Buddha’s **teachings** and **guidance** for living wisely and kindly to **reach enlightenment**

samsara

the cycle of **birth, death**, and **rebirth** that Buddhists try to escape to end suffering

nirvana

a state of **perfect peace** and **freedom from suffering** – when someone escapes the cycle of **samsara**

The Four
Noble Truths

that **suffering exists**, it **has a cause**, it **can end**, and there is a **path to follow to stop it**

meditation

a quiet practice of **thinking deeply** and **calming the mind** to better understand **life** and **the Buddha’s teachings**

Wesak

a colourful Buddhist **festival** that celebrates the Buddha’s **birth, enlightenment**, and **death**

mantra

a **special word or phrase** that is repeated to help Buddhists **focus during meditation** and **remember important teachings**



Siddhartha Gautama

Siddhartha Gautama, known as Buddha, was a prince who gave up his wealthy life to understand and teach people to overcome suffering – his ideas became the foundation of Buddhism



Buddha

Buddha is the name given to Siddhartha Gautama after he reached enlightenment – it means ‘the awakened one’ and shows that he understood how to overcome suffering and live wisely

the Noble
Eightfold Pathway

right
concentration

practising meditation to improve awareness and understanding

right
mindfulness

being aware of the moment, of one's self and other people

right
effort

discouraging feelings of anxiety and fatigue and encouraging positive effort

right
understanding

striving for a real understanding of the nature of the world, recognising the impermanence of things

right
thought

encouraging positive emotions and discouraging negative ones

right
speech

speaking honestly, without undermining and sowing discord

right
action

acting out of love for people, avoiding harming others

right
livelihood

a job that does not rely on hurting people, such as arms dealing

