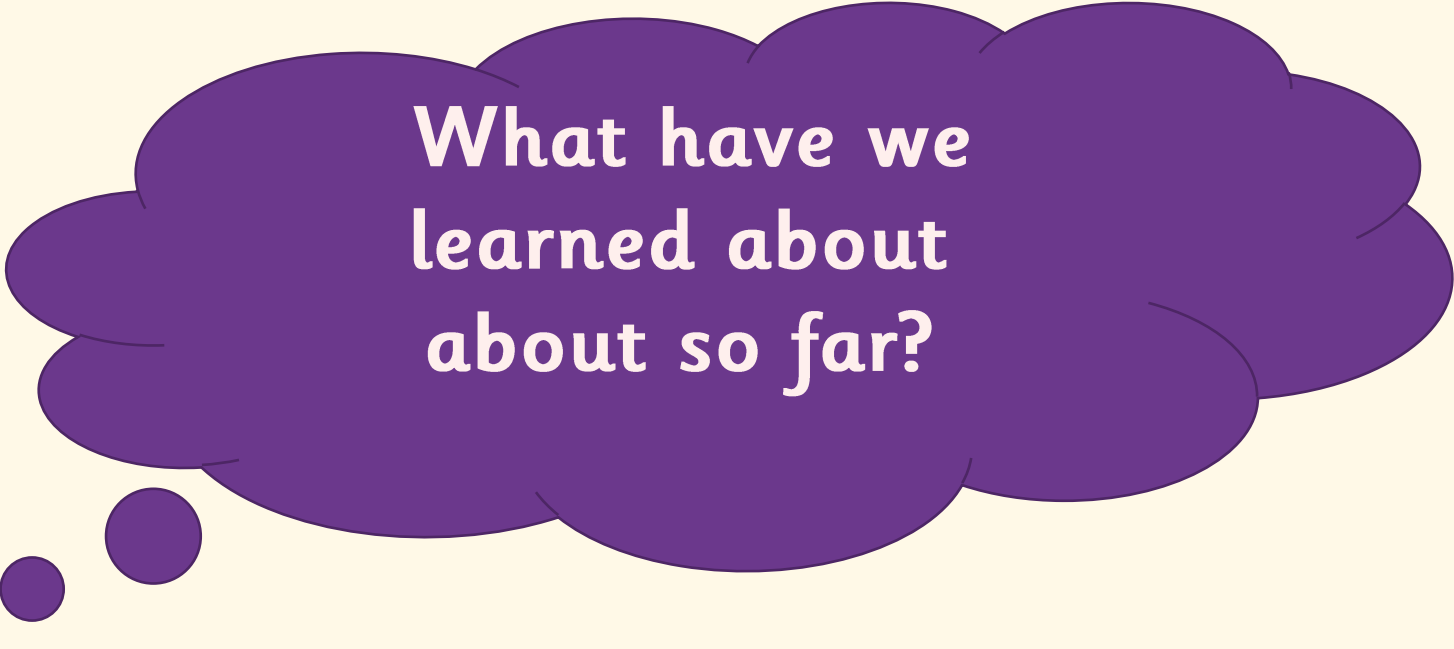


# Main Beliefs



**We are continuing our work on learning about Buddhist beliefs.**



**What have we learned about about so far?**

**Read the information below and follow the instructions in **Purple**.**

# Key Beliefs

Buddhists believe the Buddha was a human, not a god.

The Buddha is important to Buddhists because he gained Enlightenment and taught others how to reach it too.

Buddhists believe nothing in the world is perfect and that the Buddha found out why this is.



# Key Beliefs

## The Four Noble Truths

- 1 Dukkha – life is suffering.
- 2 Suffering is caused by craving and trying to control things.
- 3 The suffering can end if we learn to live a day at a time, be contented and let go of our cravings.
- 4 The Noble Eight-fold Path is the path you must follow which leads to the end of suffering. Buddha called it the ‘middle way’.

# Key Beliefs

## The Noble Eight-Fold Path

1

Right View (understanding)

5

Right Livelihood

2

Right Thought

6

Right Effort

3

Right Speech

7

Right Mindfulness

4

Right Action

8

Right Contemplation  
(concentration)

Tuesday 2<sup>nd</sup> February, 2021

LO: to know and understand 'The Three Jewels'

LO: to be able to present what I know about Buddhist beliefs



# Key Beliefs

## The Three Jewels

### 1 **Buddha: The Teacher**

This refers, first, to the historical Buddha, the original teacher. He was not a god but a human being like us, and his example shows us that we too can follow the path to enlightenment. More broadly, the Buddha principle refers to all teachers and enlightened beings who inspire and guide us.

### 2 **Dharma: The Teachings**

The Buddhist dharma starts with the fundamental truths that the Buddha himself taught and includes the vast body of Buddhist teachings that have been developed in the 2,600 years since then. The word *dharma* means a basic law or truth of reality.

### 3 **Sangha: The Community**

This is a specific community or group, and you will often hear people talk about “my sangha,” meaning the Buddhist community to which they belong.



# Key Beliefs - Review

## The Three Jewels

The key things Buddhists believe

Buddha – The Teacher

Dharma – The teaching of Buddha

The Sangha – The Buddhist Community to which Buddhists belong

## The Four Noble Truths

Dukkha – life is suffering.

Suffering is caused by craving and trying to control things.

The suffering can end if we learn to live a day at a time and let go of our cravings.

The Noble 8-fold Path is the path you must follow which leads to the end of suffering.

## The Noble Eight Fold Path

Right View (understanding)

Right Livelihood

Right Thought

Right Effort

Right Speech

Right Mindfulness

Right Action

Right Contemplation (concentration)



Think about what we have learned about Buddhist beliefs.

Why do you think the Four Truths are described as 'Noble'?

If Buddhists wanted to add 2 more steps to the Eightfold Path, what would you suggest they should be?

What do you think is the importance of the word 'Jewel'?

# TASK:

Use the template below  
(or create one of your  
own) to present what you  
know about  
Buddhist Key Beliefs.

