

## Lesson 4: Buddhism

**Directions:** Read the summary to reveal that finding peace and happiness is at the heart of Buddhism. As you read, highlight/underline important details in each section that relate to that section's title. Think about what you already know, what you want to know, and what you have learned after reading the summary.

### Vocabulary

**meditation** a way of clearing the mind

**enlightenment** a state of pure goodness

#### Who Was the Buddha? (p. 141)

The sixth century B.C. was a time when Asian people were fighting and questioning religion. Buddhist tradition says that Siddhartha Gautama was the man who became known as the Buddha. The Buddha founded the religion of Buddhism. Siddhartha was born just south of the Himalayas in about 563 B.C. His father was a wealthy ruler. His father was told that Siddhartha would be a great king if he stayed at home. He would become a great teacher if he left home. When Siddhartha was a child, his father kept him within the palace walls. As an adult, Siddhartha left the palace and began his travels. For the first time, Siddhartha sees a very sick person which inspired his lifelong journey.

#### The Buddha's Travels (p. 142)

Siddhartha joined a group of monks who sought understanding and simple living. They fasted or lived on very little food, for six years. The monks believed that by giving up what the body needs, they might better understand what the spirit needs. They practiced **meditation**, a way of clearing the mind. Siddhartha left the group. Siddhartha felt weak and left the group. He ate, was refreshed, and began his journey again. According to Buddhist tradition, Siddhartha sat silently under a tree near Bodh Gaya and meditated. When he saw a beautiful morning star, he realized that all people had the power to free themselves from suffering. He believed that he reached **enlightenment**, or a state of pure goodness. He became known as the Buddha. For nearly 50 years, he traveled and taught. His followers believe that he spoke to all people using a language that everyone could understand. The Buddha taught that people, not just priests, could achieve enlightenment. His words showed a peaceful and tolerant way of looking at the world.

#### Four and Eight (p. 143)

Buddhism is based on the Four Noble Truths. The Four Noble Truths explain human suffering. The Buddha used these truths to understand his enlightenment.

The **Four Noble Truths** are listed below:

1. Suffering is part of life for all people.
2. People suffer because they want so many things in life.
3. If people can free themselves from wanting so many things, they will not suffer.
4. People can free themselves from wants and from suffering by following the Eightfold Path.

The Eightfold Path is a way of living that can help people find relief from their suffering. According to the Eightfold Path, people should develop three qualities: wisdom, morality, and meditation. The Eightfold Path suggests actions, efforts, or ways of thinking that will help Buddhists develop these qualities.

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**Directions:** Number the following events in Siddhartha Gautama’s life in order from *1* (earliest) to *10* (most recent). Then fill in the blanks to complete the Four Noble Truths of Buddhism. You will use your textbook and provide the page number where you found your answer.

### The Life of Siddhartha Gautama:

- p. \_\_\_\_ 1. Siddhartha sits under a tree and meditates. \_\_\_\_
- p. \_\_\_\_ 2. He becomes enlightened. \_\_\_\_
- p. \_\_\_\_ 3. After feeling very weak, he leaves the group. \_\_\_\_
- p. \_\_\_\_ 4. He travels and teaches for nearly 50 years. \_\_\_\_
- p. \_\_\_\_ 5. In a village, Siddhartha sees a very sick person. \_\_\_\_
- p. \_\_\_\_ 6. He joins a group of men who sought understanding and simple living. \_\_\_\_
- p. 141 7. Siddhartha is kept inside the palace. 1
- p. \_\_\_\_ 8. He sees a morning star. \_\_\_\_
- p. \_\_\_\_ 9. After becoming an adult, he leaves the palace. \_\_\_\_
- p. \_\_\_\_ 10. Siddhartha fasts for six years. \_\_\_\_

### The Four Noble Truths of Buddhism:

- p. \_\_\_\_ 11. \_\_\_\_\_ is part of life for all people.
- p. \_\_\_\_ 12. People suffer because they \_\_\_\_\_ so many things in life.
- p. \_\_\_\_ 13. If people can \_\_\_\_\_ themselves from wanting so many things, they will not suffer.
- p. \_\_\_\_ 14. People can free themselves from wants and from suffering by following the \_\_\_\_\_.