

**Life as a Buddhist: “How do Buddhist beliefs influence their practice?”**

Key terms	Definitions
Buddha	Literally means ‘Enlightened One’. It is a title given to Siddhartha Gautama.
Anicca	Impermanence (nothing stays the same).
Anatta	No Self/No Soul.
Dukkha	Suffering.
4 Noble Truths	The Buddha’s teachings about the causes of suffering and the ways to rid ourselves of it.
Eightfold Path	The Path we must follow to live in the Middle Way and remove suffering from our lives.
Middle Way	A way of living between the two extremes of luxury and self-denial.
5 Precepts	The 5 guidelines the Buddha taught to live a good life.
Gompa	A space in a Buddhist temple for meetings, lectures and learning.
Stupa	A small building in a monastery that contains holy relics.
Shrine	An area in a monastery that contains a statue of the Buddha which is a focal point for meditation.
Vihara	The Buddhist term for a monastery
Wesak	A Buddhist festival that celebrates the birth, enlightenment and death of the Buddha
Meditation	A Buddhist form of worship. There are many different

**Key questions:**

Who was the Buddha?  
 What did the Buddha teach?  
 How did the Buddha think we should live our

**Key points to understand:**

The term ‘Buddha’ is a title that means ‘Enlightened One’ and does not refer to just one person. Prince Siddhartha Gautama was given this title after achieving enlightenment.

Buddhists do not believe in a God, the only major world religion to not have a Godhead.

The Buddha’s main teachings are:

- Existence
- The Three Marks of
- Truths
- The Four Noble
- The Eightfold Path
- The 5 Precepts

All Buddhists are trying to achieve enlightenment in this life and these teachings all support them with this attempt.

Buddhists main form of worship is meditation. There are many different types all with different focuses and outcomes.

A Buddhist place of worship is referred to as a Temple or a Vihara.

	types of meditation.
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