

Do now

Write down any facts you remember about Buddhism

Part one: the study of religions

(Buddhism and Christianity = Paper One)

Beliefs and teachings

- The birth of the Buddha and his life of luxury
- The four sights
- The Buddha's ascetic life
- The Buddha's enlightenment
- The Dhamma
- The concept of dependent arising
- The three marks of existence
- The Four Noble Truths
- Theravada and Mahayana Buddhism
- The Arhat and the Bodhisattva
- Pure Land Buddhism

Practices

- Places of worship
- How
- Buddhists worship
- Meditation
- Visualisation
- Ceremonies and rituals associated with death and mourning
- Wesak and Parinirvana Day
- Karma and rebirth
- Compassion (karuna)
- Loving-kindness (metta)
- The five moral precepts
- The six perfections

The Birth of the Buddha and his Life of Luxury

YWBAT: explain the early life of the Buddha.

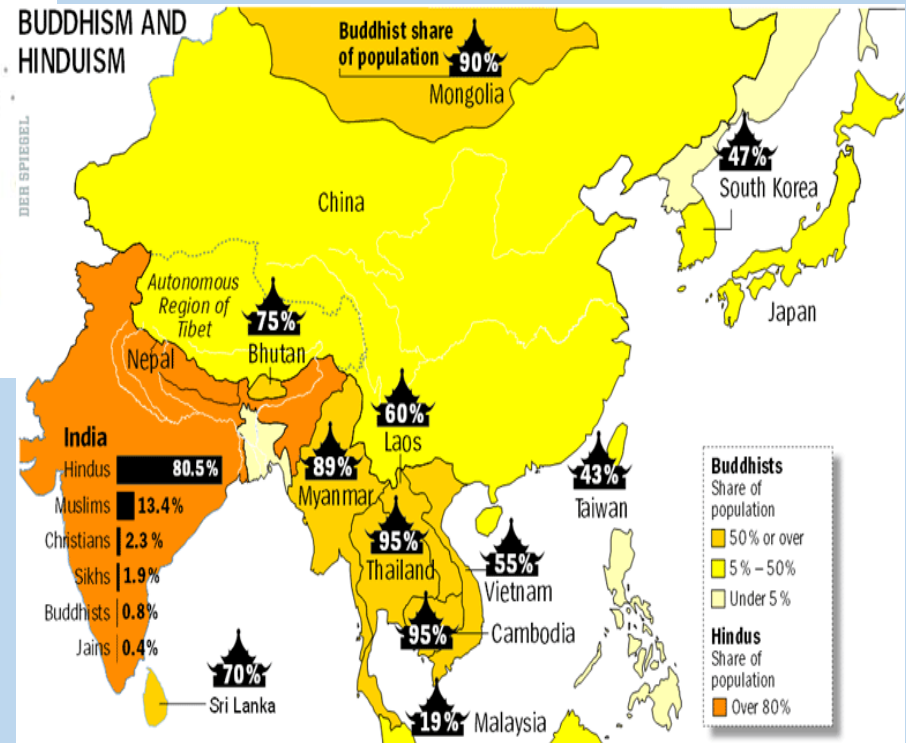
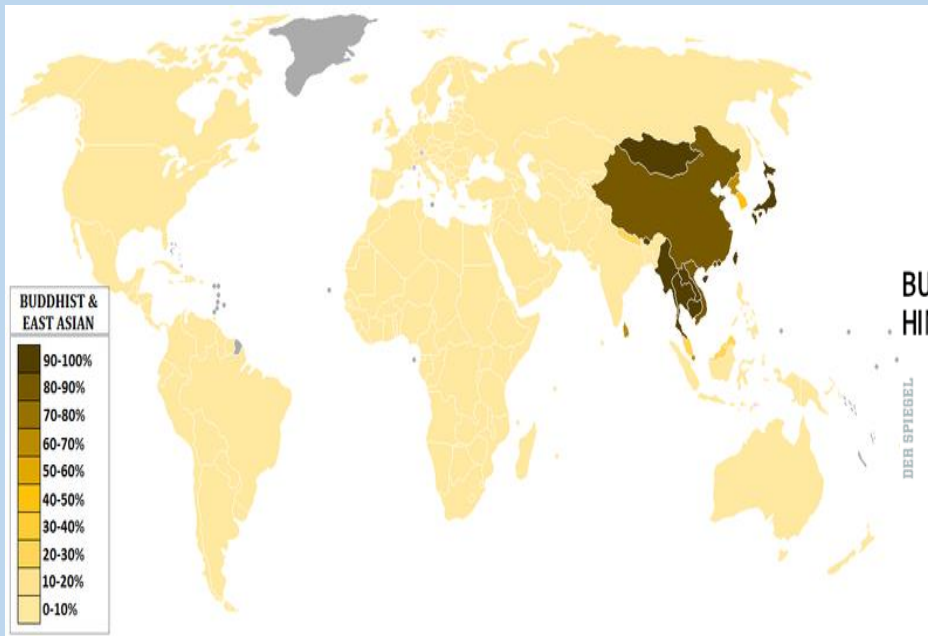
Key terms.

Buddhism – a religion founded around 2500 years ago by Siddhartha Gautama.

Buddha – a title given to someone who has achieved enlightenment; usually used to refer to Siddhartha Gautama.

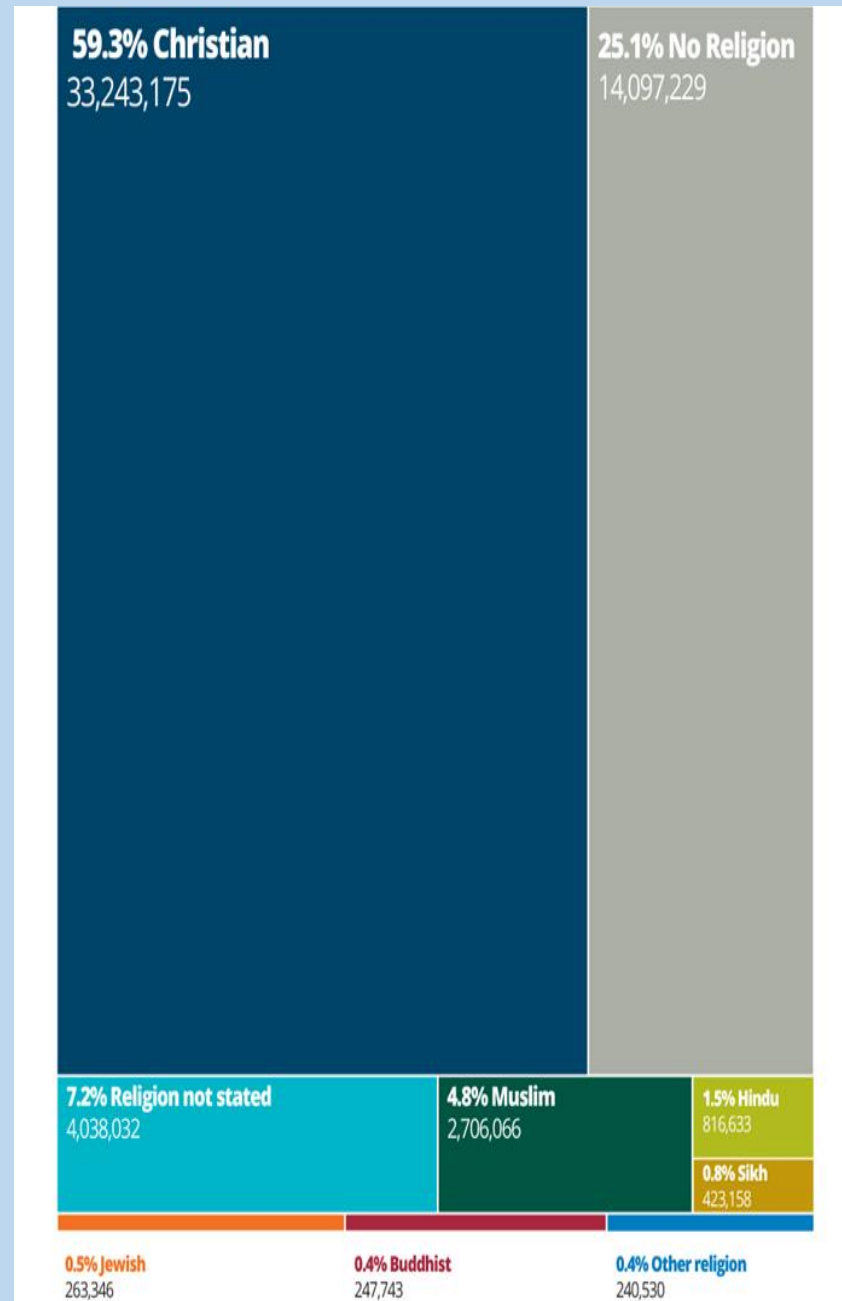
Buddhist – a follower of the religion of Buddhism.

Buddhism Around the World



Buddhism in the UK

247,743



Task 1 – Find the answers to the questions below using the yellow Buddhism book, pages 8 & 9.

- Name of the Buddha?
- When was Buddha born?
- Where was Buddha born?
- Name of Buddha's parents?
- Buddha's parents' jobs?
- What could Buddha do as soon as he was born?

What does the name 'Siddhartha' mean?



Challenge question

Why might it be difficult for ordinary people to listen to the teachings of someone who was born into a life of luxury?

BUDDHISM FACT FILE - ANSWERS

- Name of the Buddha?
- Siddhartha Gautama
- When was Buddha born?
- Around 490 CE until around 410 CE. (CE means years after Jesus was born)
- Where was Buddha born?
- A town called Lumbini in Southern Nepal, which is close to the border with India.
- Name of Buddha's parents?
- Suddhodana Tharu and Maya Devi Tharu
- Buddha's parents' jobs?
- King and Queen
- What did Buddha do as soon as he was born?
- He could immediately walk and talk without any support.
- What does the name 'Siddhartha' mean?
- It means 'perfect fulfilment'.

TASK 2 – The Birth of the Buddha

- Stories about the birth and life of Buddha can be found in a number of holy Buddhist writings, none of which were written during his lifetime.
- <https://www.youtube.com/watch?v=sWD-cpZTqzk>
- Using the worksheet you have been given write the events of the birth of Buddha in the correct Chronological order.

Why might some people find these stories difficult to accept?

Are there any similarities or differences between the birth stories of Buddha and the birth stories of Jesus Christ?

Birth of Buddha –

4	On the way to her father's house the Queen passed Lumbini Grove, which was full of blossoming trees. Entranced, the Queen asked her courtiers to stop, and she entered the grove.
1	One day during a midsummer festival Queen Maya, retired to her quarters to rest, and she fell asleep and dreamed a vivid dream, in which four angels carried her high into white mountain peaks and clothed her in flowers. A magnificent white bull elephant bearing a white lotus in its trunk approached Maya and walked around her three times. Then the elephant struck her on the right side with its trunk and vanished into her.
5	One of the blossom trees bent down its branch for the Queen to take hold of and her son as born.
7	As he walked the seventh step he is reported to have said. "I am chief of the world, Eldest am I in the world. Foremost am I in the world. This is the last birth. There is now no more coming to be.
2	When Maya awoke, she told her husband about the dream. The King summoned 64 Brahmans (wise men) to come and interpret it. Queen Maya would give birth to a son, the Brahmans said, and he would become a great leader or a great religious leader.
6	Following his birth it is said that the baby began to walk seven steps forward and at each step a lotus flower appeared on the ground.
8	Then Queen Maya and her son returned to the palace. The Queen died seven days later, and the infant prince was nursed and raised by the Queen's sister Pajapati.
3	10 months later, a pregnant Queen Maya set out on a journey to her childhood home, because it was tradition in those days to give birth at your father's house.

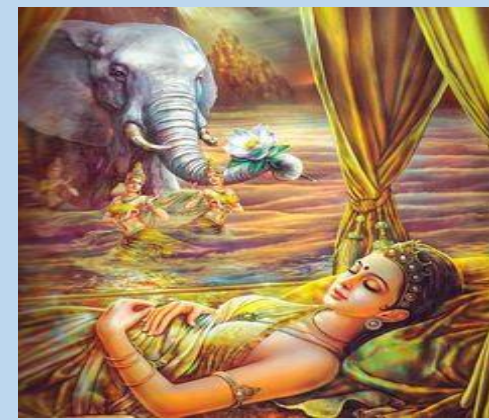
- “I was delicately nurtured... At my father’s residence lotus ponds were made just for my enjoyment: in one of them blue lotuses bloomed, in another red lotuses, and in a third white lotuses... By day and by night a white canopy was held over me so that the cold and heat, dust, grass, and dew would not settle on me. I had three mansions: one for the winter, one for the summer, and one for the rainy season. I spent the four months of the rains in the rainy season mansion, being entertained by musicians, none of whom were male, and I did not leave the mansion.” The Buddha in the *Anguttara Nikaya*, vol. 1, p. 145

What does this text tell you about the life of young Siddhartha?

Why do you think his father kept Siddhartha in such a luxurious lifestyle? Think back to what the Brahman predicted.

Anything unusual?

- Paired task
 - With a partner, list anything that was unusual about the birth of Prince Siddhartha Gautama.
 - His mother's dream
 - The tree assisting his mother
 - The baby walking and talking straight after birth
 - Lotus flowers appearing as he walked
 - The prediction about his greatness



Buddhism – Use the new Buddhism books to research the following Buddhist concepts.

Concept	A fact I have learned		
Birth of Buddha and his life of luxury			
The four sights			
Buddha's ascetic life			
Buddha's enlightenment			
Dhamma			
Dependent arising			
Three marks of existence			
The 4 noble truths			
Different types of Buddhism			

Review now

What questions answer the statements?

376 million followers worldwide.

There is no belief in a personal god. Buddhists believe that nothing is fixed or permanent and that suffering can be ended by avoiding greed.

Siddhartha Gautama.


A town called Lumbini in Southern Nepal, which is close to the border with India.

Around 490 CE until around 410 CE.

King Suddhodana Tharu and Queen Maya Devi Tharu.

Lesson 2

Do now– true or false?

Statement	True or False?	Additional Information
1. Buddhism is the world's oldest religion		Buddhism was founded around 2500 years ago making it older than Christianity, Islam, and Sikhism, but not as old as Judaism or Hinduism.
2. Buddhism originated in China		Buddhism originated in Northern India (modern day Nepal) although there are very few Buddhists left in India today.
3. The founder of Buddhism was Siddhartha Gautama		Siddhartha Gautama was the name of the man who founded Buddhism. He later became known as the Buddha (enlightened one).
4. Buddhists worship a God called 'Buddha'		Buddha is not a God and is not worshipped by Buddhists. Buddhists do not believe in an omnipotent creator God unlike Western religions
5. The main aim of Buddhism is to overcome suffering and attain enlightenment		The Buddha left his home on a quest to find spiritual enlightenment and an end to suffering. He then taught his followers what he had found.

The Four Sights

YWBAT: identify the four sights and explain their impact on the Buddha.

Key terms

Jataka tales – popular stories about the life of the Buddha.

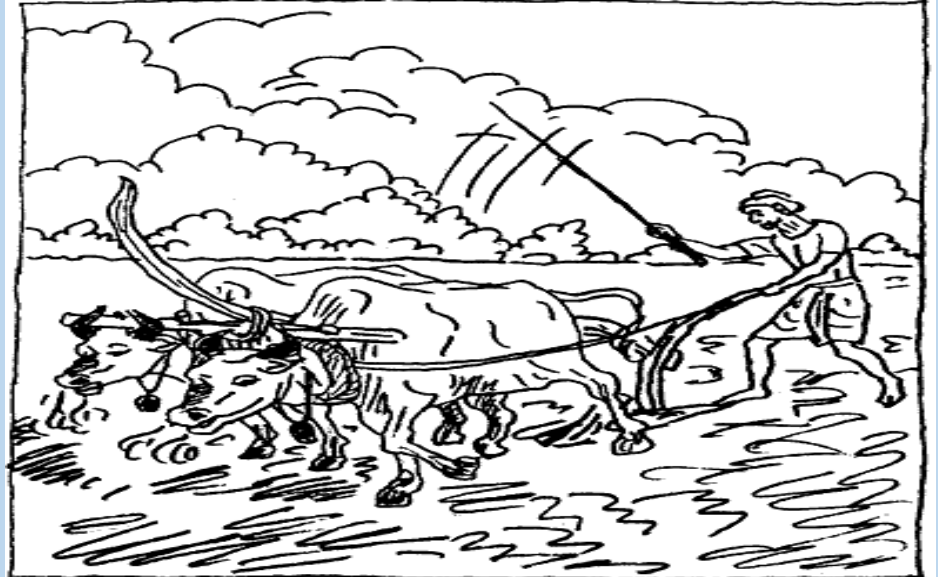
The four sights – things seen by the Buddha that led him to leave his life of luxury in the palace.

2 stories from the early life of the Buddha. As you read them, make notes on what the stories tell you about the kind of person Siddhartha was.

One day, Siddhartha was playing with his friends in the palace garden. One of the boys was his cousin, Prince Devadatta. While Siddhartha was gentle and kind, Devadatta was by nature cruel and liked to kill other creatures. While they were playing, Devadatta shot a swan with his bow and arrow. It was badly wounded. But Siddhartha took care of the swan until its wounds healed. When the swan was well again, he let it go free.



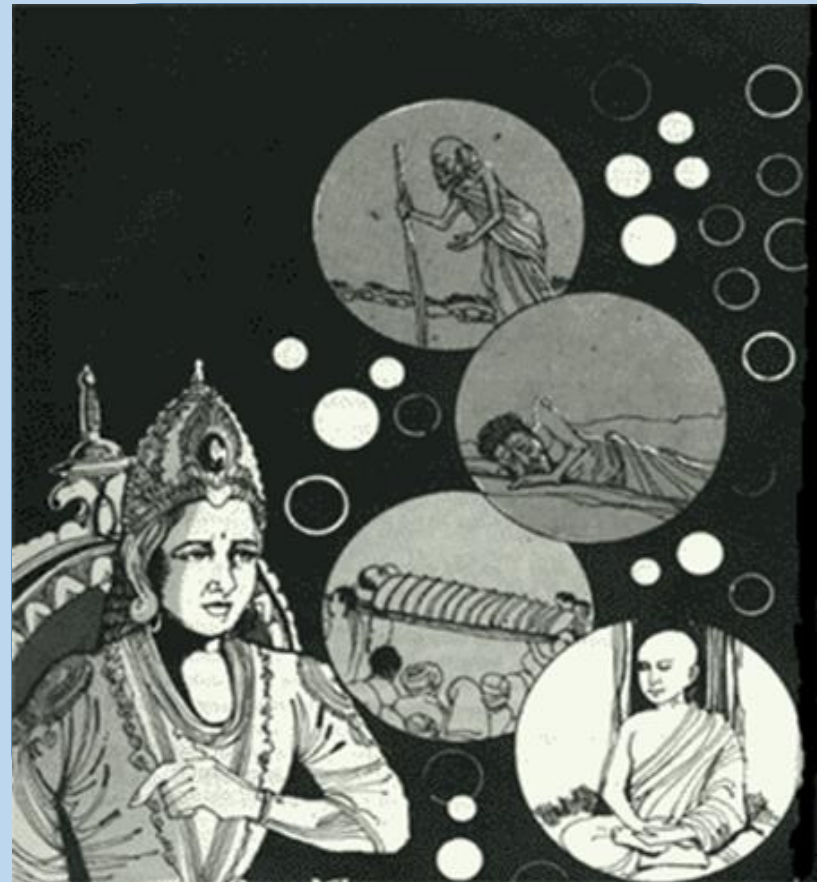
Siddhartha liked to watch what was happening and think about different things. One afternoon his father took him to the annual Ploughing Festival. The king started the ceremony by driving the first pair of beautifully decorated bulls. Siddhartha sat down under a rose-apple tree and watched everyone. He noticed that while people were happily enjoying themselves, the bulls had to work terribly hard and plough the field. They did not look happy at all.



The four sights

- Prince Siddhartha grew up in the palace with access to every luxury imaginable.
- His father forbade him to leave the palace.
- At the age of 29 Prince Siddhartha and his Channa (his personal attendant and charioteer) left the palace grounds and encountered the four sights.
- This changed his life forever.
- The story is recorded in the Jataka.

<http://www.bbc.co.uk/education/clips/zqwfgk7>





OLD AGE – he had never experienced old age, nor had he seen someone so frail. He began to understand that not everything was permanent.

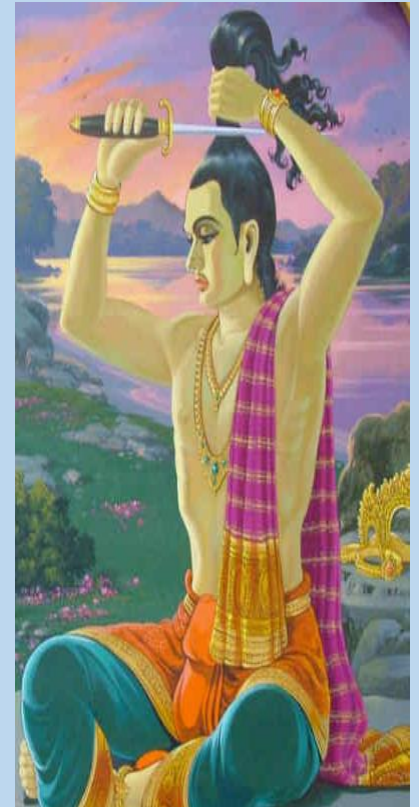
ILLNESS – he saw a person lying in the road in agony. He began to understand that illness was a reality of life.

DEATH – he saw a dead person being carried through the streets in a funeral procession. He realised that if something was born it would go through a process of growing older, illness and eventually death. There was no escape, even for kings.

THE HOLY MAN – a holy man walked calmly through the city dressed in rags and carrying his begging bowl. He had a peaceful expression on his face. This sparked the Prince's quest to answer the question 'Why do people suffer?' He wanted to find the truth about life and end suffering.

Complete the following tasks:

- Which of the four sights do you think would have had the greatest impact on Prince Siddhartha? Explain your answer.
- If he had stayed in the palace the Prince would not have experienced the four sights. Was he right to disobey his father?
- Some people believe that Siddhartha saw the four sights on one visit. Others think it was on four separate visits. Does it matter to the overall message of the story?
- Home learning - Draw a picture/symbol to represent each of the four sights.



Challenge – What do you think happens next in the story? Use the picture above to guide your thinking.

What impact did these 4 sights have on Prince Siddhartha?

- Prince Siddhartha knew that if he stayed in the palace he would never find out why people suffer.
- On the night that his son (Rahula) was born he kissed his wife and left the palace for good.
- Channa took him to the edge of the river. Siddhartha cut off his hair, swapped his clothes for the robes of a beggar, gave Channa all of his jewellery to take back to his father and disappeared into the forest.
- He later said that this 'letting go' was important in reaching enlightenment.



Review now

Recap: 3 key facts about the life of the Buddha.

Complete the emotion line.

Do you think that these events really took place?

Explain your answer. Would it make any difference to the overall message of the story if the events didn't happen?

Emotion Line

Complete this emotion line to account for the impact of the 4 sights. When complete explain your choices to your partner.

Happy
Quite Happy
Frustrated
Angry
Confused
Sad

Living in
the
palace

Saw the
old man

Saw the
sick man

Saw
the
dead
man

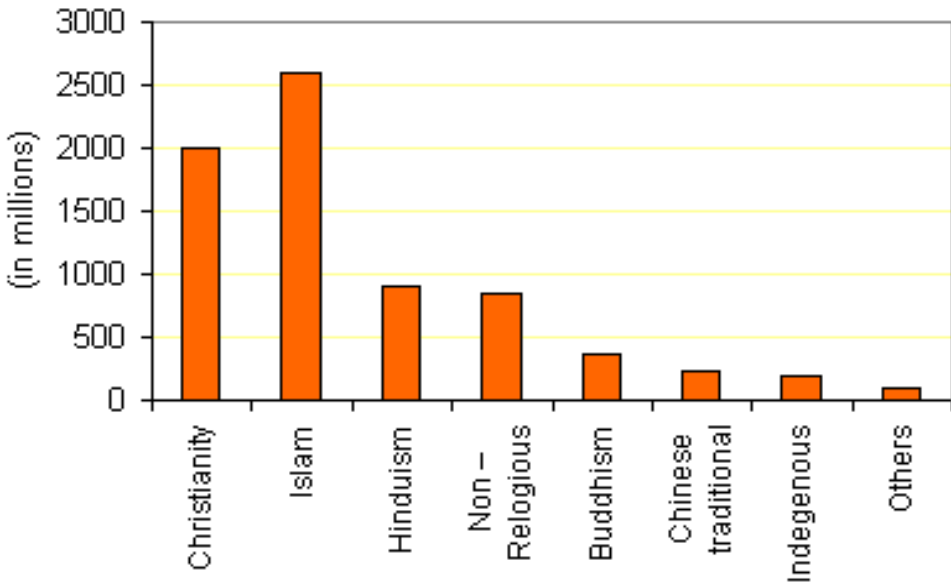
Saw the
holy
man

Birth of
his son

Letting go
(leaving palace
and giving
away wealth)

Lesson 3

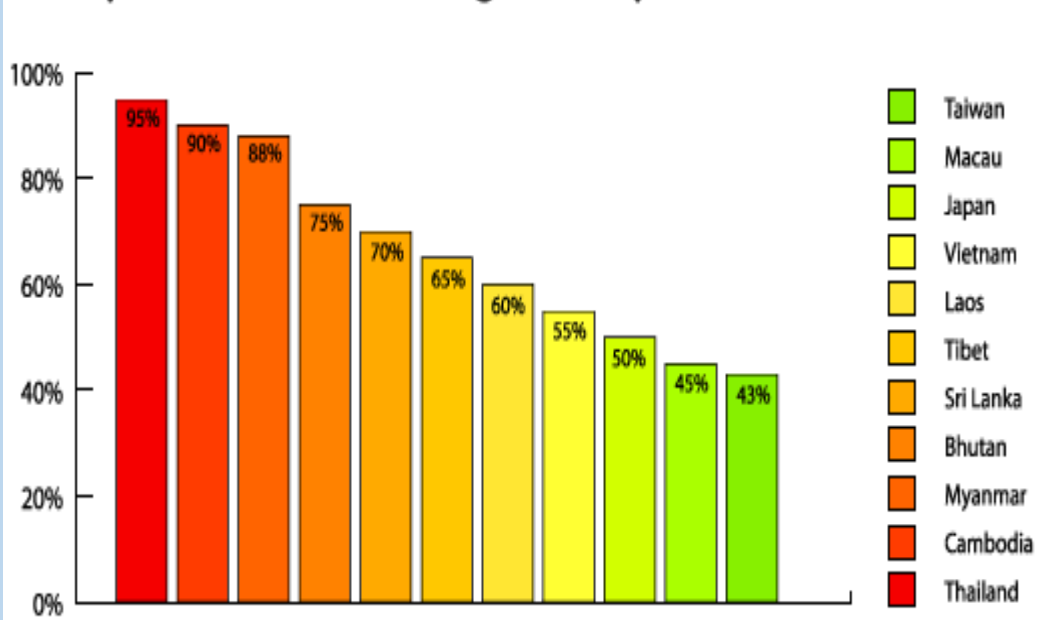
Number of People following Buddhism and other Religions in the world



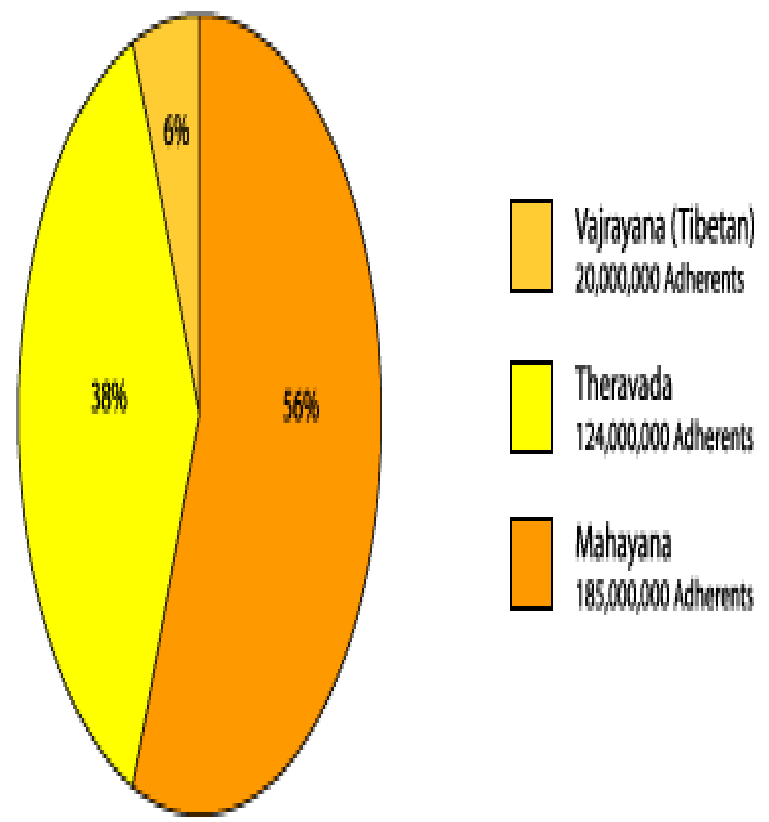
Do now:

Write down 3 things we can learn about Buddhism from these statistics.

Top 10 Countries with Highest Proportion of Buddhists



Statistics on the Major Branches of Buddhism



YWBAT: describe the experiences Siddhartha had that led him to enlightenment.

Key terms

Ascetic – living a simple and strict lifestyle with few pleasures or possessions.

Meditation – a practice of calming and focusing the mind.

Enlightenment – the gaining of true knowledge about the self or the nature of reality.

Watch the following video clip (from 6:47 –
Use this to complete your worksheet.



- | | |
|---------------|--------------|
| 1. Holy | 2. Flowers |
| 3. Legs | 4. Tree |
| 5. Rice | 6. Four |
| 7. Middle | 8. Distract |
| 9. Death | 10. Ascetics |
| 11. Suffering | 12. Evil |
| 13. Previous | 14. Emotions |

<https://www.youtube.com/watch?v=nsN7NLs-0jI>

How did Prince Siddhartha reach enlightenment?

- **Challenge 1**– select and highlight on your sheet what you consider to be the three most important pieces of information in answering this question.
- **Challenge 2** - why is it important in the story that Siddhartha went through the process of asceticism?
- **Challenge 3** – are there any similarities with events in the life of Christ?



The middle way – a path of moderation, between the extremes of over and under indulgence. This, according to the Buddha, was the path of wisdom.

• **TASK**

- Do the two extremes exist in modern society?
- Think of 5 examples of each extreme from the world around us.

• **TASK**

- Do you think that following the middle way, between the two extremes, would help to solve the problems in today's society? Explain with reference to at least one specific example.

Extension 1 – MAKE A LIST OF WHAT YOU CONSIDER TO BE THE KEY TERMS THAT WE HAVE LOOKED AT SO FAR IN THIS TOPIC?

Exam questions

- 1) Which word describes the simple lifestyle of the Buddha? (1 mark)**
a) Cosmetic b) Ascetic c) Frantic d) Baltic

- 2) Give two of the four sights. (2 marks)**

- 3) Explain the importance of two of the four sights. (4 marks)**

Review now

AGREE?

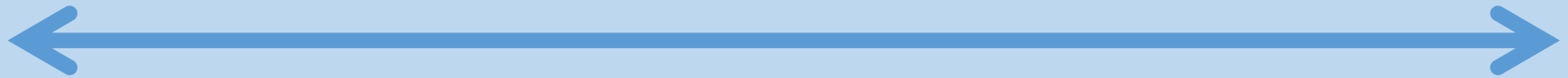
DISAGREE?

Our society tries to hide the four sights from us,
in order to discourage spiritual journeys...



AGREE?

DISAGREE?



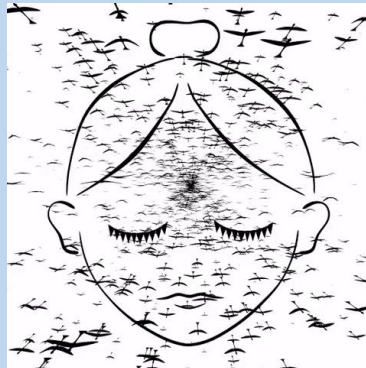
It is important to reflect upon our own mortality [the fact that we will die].



AGREE?

DISAGREE?

Enlightenment (spiritual awakening) is a goal we should all try to pursue...



AGREE?

DISAGREE?

←————→
Following the middle way is the answer
to all of our problems



Lesson 4

Do now – put these events from the life of the Buddha into chronological order.

- A. Prince Siddhartha is born in Lumbini, Nepal.
- B. Buddha gives his first sermon.
- C. Siddhartha experiences the three watches.
- D. Siddhartha leaves his life of luxury behind and studies meditation
- E. Aged 29 Siddhartha experiences the four sights.
- F. Siddhartha reaches enlightenment and becomes the Buddha.
- G. Siddhartha is tempted by Mara but does not give in.
- H. Prince Siddhartha grows up in a luxurious palace.

Challenge.
Which of the events do you think was the most important for the Buddha and why?

Life so far – correct answers

- (A) Prince Siddhartha is born in Lumbini, Nepal.
- (H) Prince Siddhartha grows up in a luxurious palace.
- (E) Aged 29 Siddhartha experiences the four sights.
- (D) Siddhartha leaves his life of luxury behind and studies meditation
- (G) Siddhartha is tempted by Mara but does not give in.
- (C) Siddhartha experiences the three watches.
- (F) Siddhartha reaches enlightenment and becomes the Buddha.
- (B) Buddha gives his first sermon.



YWBAT: understand why the four noble truths are important in Buddhism.

key terms

The four noble truths - the four main beliefs that the Buddha taught about suffering.

Dukkha – the first noble truth: Suffering exists.

Samudaya – the second noble truth: there is a cause of suffering.

Nirodha – the third noble truth: suffering can be stopped.

Magga – the fourth noble truth: the treatment to stop suffering; the eightfold path.

<https://www.youtube.com/watch?v=TK-MbNj83NM>

Buddha begins to teach others the path to enlightenment.

- What is the point of enlightenment if you cannot share with others? What is the point of knowing how suffering can be ended if it cannot be put into practice?
- Buddha began to teach others his ideas. His followers did NOT see him as a god, but as a great teacher who could help them on their path to enlightenment.
- Some of the teachings that we will look at are:
 - The 4 Noble Truths
 - The 8 Fold Path
 - Dhamma (Dharma)
 - The 3 Jewels
 - The 3 Marks of Existence
 - The 3 Poisons
 - Dependent Arising

The four noble truths try to explain why people suffer and how they can end that suffering.

- Discovered by the Buddha while he searched for enlightenment under the peepul tree.
- The first teachings he gave to the five ascetics (student monks) in his first sermon.
- Dukkha – suffering exists
- Samudaya – suffering is caused by something
- Nirodha – suffering can end
- Magga – there is a way to end suffering

“The truth of suffering is like a disease, the truth of origin is like the cause of the disease, the truth of cessation is like the cure of the disease, and the truth of the path is like the medicine.”

Buddha begins to share his understanding of suffering.

“Now this, bhikkhus, is the noble truth of suffering: birth is suffering, aging is suffering, illness is suffering, death is suffering; union with what is displeasing is suffering; separation from what is pleasing is suffering; not to get what one wants is suffering; in brief, the five aggregates subject to clinging are suffering.

Now this, bhikkhus, is the noble truth of the origin of suffering: it is this craving which leads to re-becoming, accompanied by delight and lust, seeking delight here and there; that is, craving for sensual pleasures, craving for becoming, craving for disbecoming.

Now this, bhikkhus, is the noble truth of the cessation of suffering: it is the remainderless fading away and cessation of that same craving, the giving up and relinquishing of it, freedom from it, non-reliance on it.

Now this, bhikkhus, is the noble truth of the way leading to the cessation of suffering: it is this noble eightfold path; that is, right view, right intention, right speech, right action, right livelihood, right effort, right mindfulness, right concentration.”

Dhammacakkappavattana Sutta

What is Buddha talking about?

Can you identify his 4 teachings?

Do you agree with the 4 truths?



The 4 Noble truths – can you put Buddha's teachings into an order that makes sense to you?

- The treatment can end suffering
- Suffering is caused by something
- There is a cure to bring an end to suffering
- Suffering exists.



The 4 Noble Truths and the doctor analogy match correctly

- Suffering exists (Dukkha).
- Suffering is caused by something (Samudaya).
- Suffering can end (Nirodha).
- The treatment can end suffering (Magga).
- The doctor prescribes a treatment for your illness.
- You have an illness.
- The doctor finds the cause of your illness.
- There is a cure for your illness.



The 4 Noble Truths and the Dr. analogy

- Suffering exists (Dukkha).
- Suffering is caused by something (Samudaya).
- Suffering can end (Nirodha).
- The treatment can end suffering (Magga).
- You have an illness.
- The doctor finds the cause of your illness.
- There is a cure for your illness.
- The doctor prescribes a treatment for your illness.



CHECKING OF KNOWLEDGE – pit stop

1.DUKKHA

SUFFERING CAN
END

2.SAMUDAYA

SUFFERING EXISTS

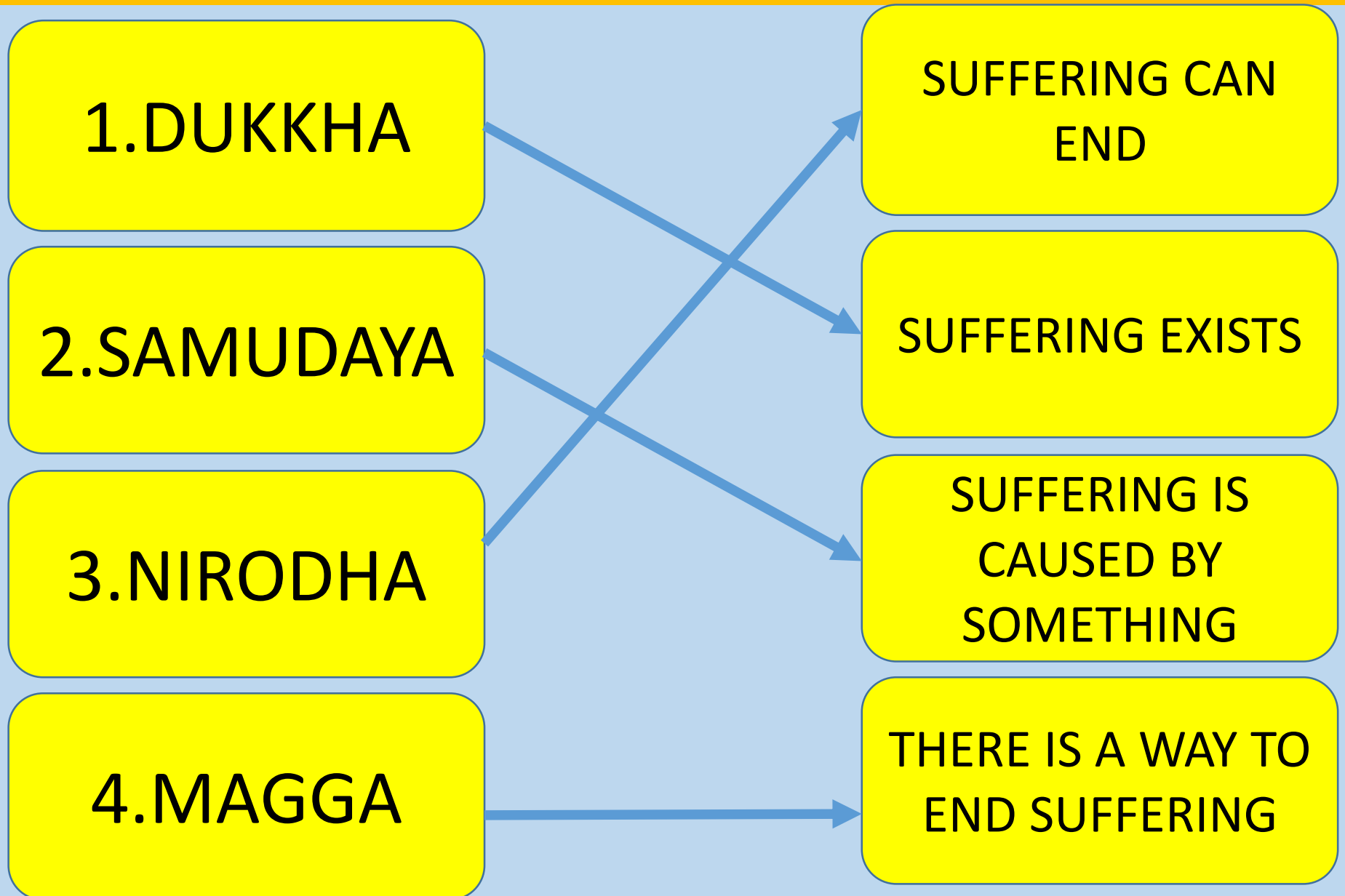
3.NIRODHA

SUFFERING IS
CAUSED BY
SOMETHING

4.MAGGA

THERE IS A WAY TO
END SUFFERING

CHECKING OF KNOWLEDGE pit stop



The 4 Noble Truths and the Dr. analogy

The basis formula a Dr. uses when you visit them is: problem; cause; solution; treatment. Apply the same formula to one of the following problems:

Having a very bad headache.

Being worried about an exam.

Falling out with a family member or good friend.

Challenge – Do you agree with Buddha, is there a way to stop ALL suffering?

- You have an illness.
- The Dr. finds the cause of our illness.
- There is a cure for your illness.
- The Dr. prescribes a treatment for your illness.



Extended writing task

Some people think that Buddhism is a pessimistic (negative) way of life because it directs people's attention towards suffering.

Others think that Buddhism is an optimistic (positive) way of life because it provides a cure for suffering that relies on how people behave rather than referring to an external god.

Which of these two approaches do you most agree with? Why? Evaluate this argument.

FORM For – reasons to agree

Other – other opinions

Religious teachings or quotes from scripture

My – Your opinion

SKILL ZONE

Practicing this type of response will help you with the 12 mark GCSE questions

Targets 1-3

Point > Explain in detail > Provide an example in support.

Targets 4-6

Point > Explain in detail > Provide an example in support > Why might people disagree with you?

Targets 7-9

Point > Explain in detail > Provide an example in support > Why might people disagree with you? > Why is your argument stronger?

Extended writing task

Some people think that Buddhism is a pessimistic (negative) way of life because it directs people's attention towards suffering.

Do you agree?

FORM For – reasons to agree

Other – other opinions

Religious teachings or quotes from scripture

My – Your opinion

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Point > Explain in detail > Provide an example in support > Why might people disagree with you?

Targets 7-9

Point > Explain in detail > Provide an example in support > Why might people disagree with you? > Why is your argument stronger?

Review now

- How important are the four noble truths as part of Buddhist teaching?
- How do they link with the Buddha's own personal experiences?

Lesson 5

Do now- key terms

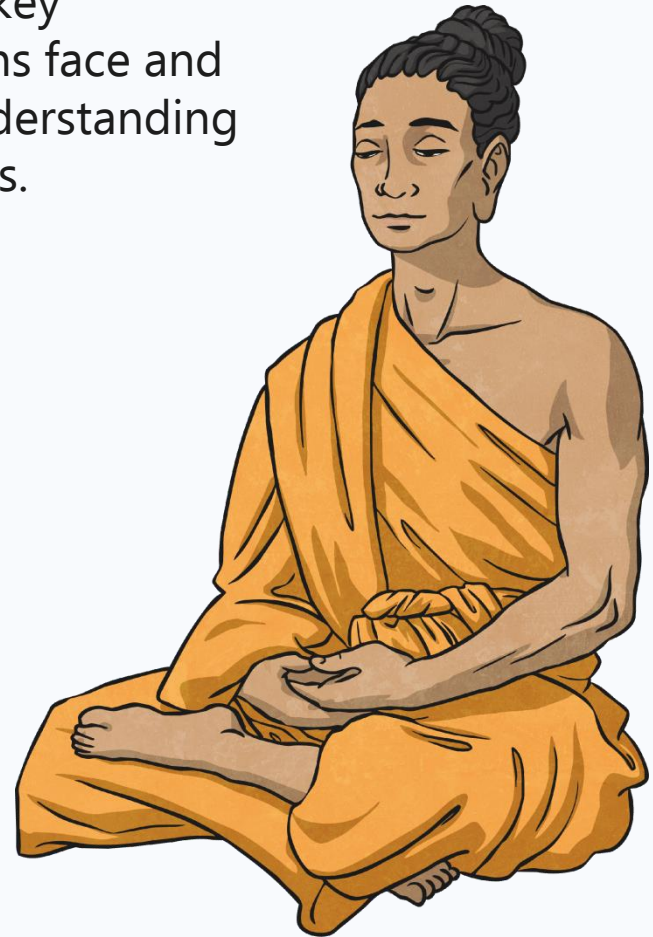
The Four Noble Truths	Buddha's way of teaching about the cause and end of suffering.
Kisa Gotami	Lady whose experience of death lead her to realise that everyone suffers.
Three types of suffering	<ol style="list-style-type: none">1. <u>Painful experiences</u> such as birth, death, sickness and old age. Unpleasantness of mind and body.2. <u>Impermanence or loss</u> – losing things you are attached to. No good feeling lasts forever.3. <u>Mental suffering</u> – deep down we know that our own existence is not solid. Anxiety and insecurity that clouds even our happiest moments.
The Three Poisons	<ol style="list-style-type: none">1. <u>Greed</u> (lobha) and desire which are represented by the rooster2. <u>Ignorance</u> (moha) and delusion which are represented by the pigs. Ignorance is not lack of general knowledge but lack of knowledge of the Noble Truths.3. <u>Hatred</u> (dvesha) and destructive urges represented by the snake

Truths 1-2

YWBAT: link Buddhist teaching to examples of suffering.

The Four Noble Truths

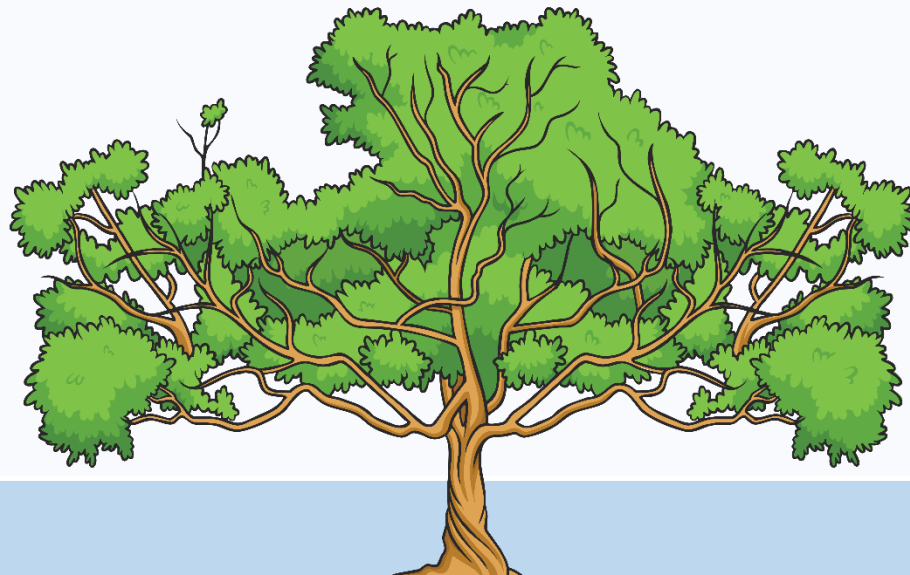
The Four Noble Truths are one of Buddha's key teachings. They explain the problems humans face and why. The truths also begin to offer some understanding into how humans can escape these problems.



The Four Noble Truths

1

All human life involves suffering. This is known as 'dukkha'. This does not mean humans are never happy. However, even things that make us happy will eventually end. This is because the world is always changing (impermanent).



Kisa Gotami.

<https://www.youtube.com/watch?v=aJ7kNfzXv>

JE

Kisa Gotami's son died when he was a toddler and she was stricken with grief. Carrying her dead son, she went everywhere asking for medicine to restore her son to life. People thought she had gone mad. But a wise man seeing her pathetic condition, decided to send her to the Buddha. The Buddha told her to get some mustard seeds from a home where there had been no death. Overjoyed at the prospect of having her son restored to life, Kisa Gotami ran from house to house, begging for some mustard seeds. Everyone was willing to help but she could not find a single home where death had not occurred. As the day dragged on, she realised hers was not the only family that had faced death and that there were more people dead than living. As soon as she realised this, her attitude towards her dead son changed; she was no longer attached to the dead body of her son and she buried him.

What can we learn from this story?

Which one of the Four Noble Truths can this story be used to illustrate? Explain your answer

The 4 Noble Truths

- **Suffering exists (Dukkha).**
- Suffering is caused by something (Samudaya).
- Suffering can end (Nirodha).
- There is a way to end suffering (Magga).



The story of Kisa Gotami highlights the first Noble Truth that suffering exists and is unavoidable.

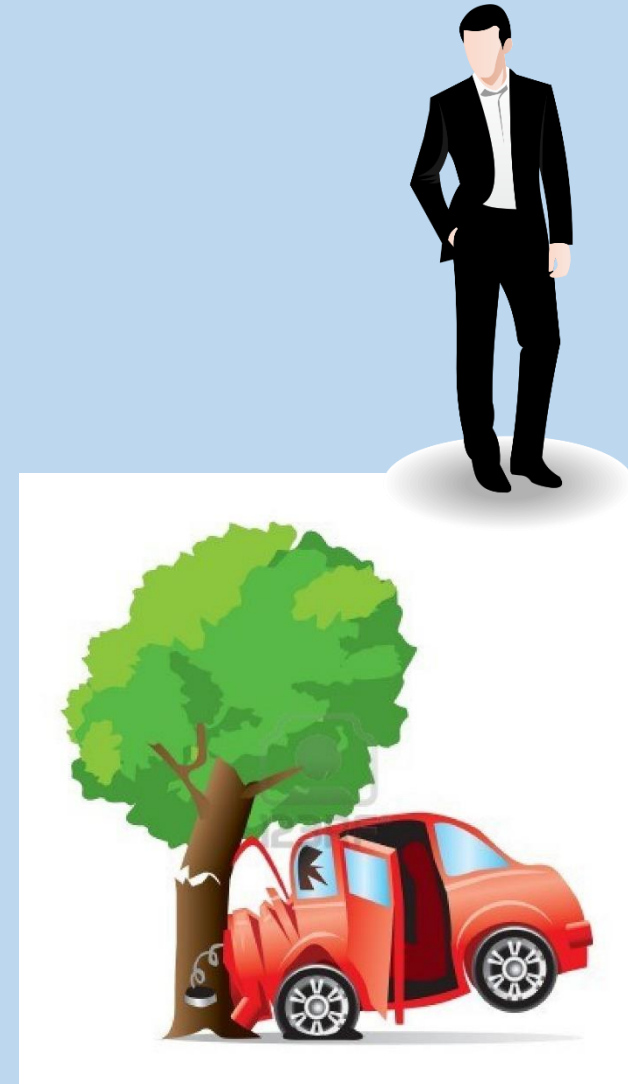
Buddha taught that there are three types of suffering:

1. **Painful experiences** such as birth, death, sickness and old age. Unpleasantness of mind and body.
2. **Impermanence or loss** – losing things you are attached to. No good feeling lasts forever.
3. **Mental suffering** – deep down we know that our own existence is not solid. Anxiety and insecurity that clouds even our happiest moments.

An example of these three types of suffering in action

Sarah is driving her new car when she spots a handsome man on the pavement. She is distracted by his good looks and crashes into a tree.

- Painful experiences – she has a broken nose, a black eye and a bust lip.
- Impermanence – the car is repaired but it never the same again, rust sets in, the engine is not as fast and there is a newer model that looks much better. Sarah can't afford the insurance on the better model.
- Mental suffering – the only reason Sarah bought the car was because she liked the attention that she got when driving it. She is insecure and now with her physical injuries she doesn't feel attractive. Life is not what she was hoping it would be.



Task 1 – NOBLE TRUTH 1, WHAT TYPE OF SUFFERING

	Truth 1 type of suffering	Truth 2 type of cause
1. You are feeling sad because you are starting to look older and cannot do the things you used to be able to do.		
2. You have a broken ankle after falling down the stairs trying get to the ringing phone.		
3. You are throwing up because you have overeaten at the all you can eat buffet		
4. You feel jealous and angry because you are not as happy as people on television seem to be.		
5. You or your partner is giving birth to your child.		
6. You are afraid of everything: deep down, you are terrified of death.		
	<ul style="list-style-type: none">- Painful experiences- Impermanence- Mental suffering	<ul style="list-style-type: none">- Greed- Ignorance- Hatred



**Complete
this
column**

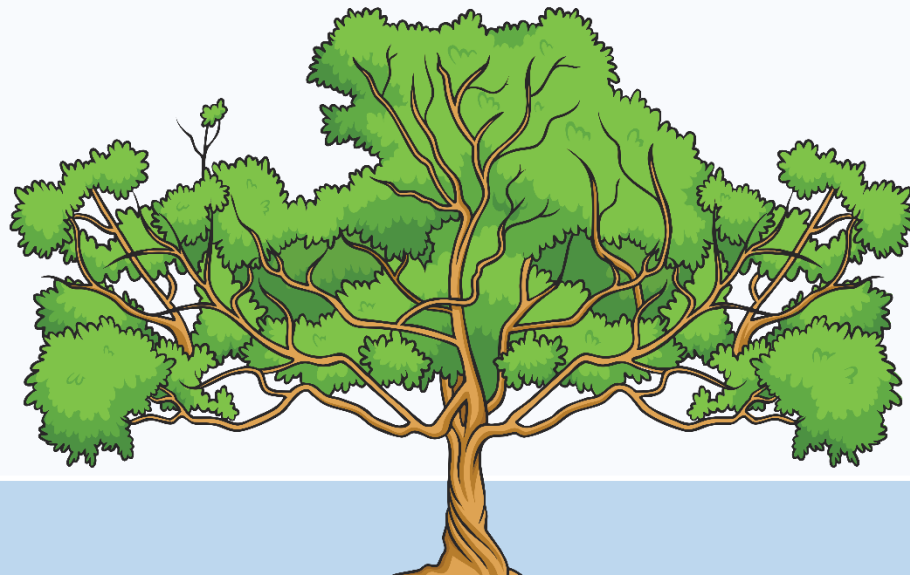
Task 1 – NOBLE TRUTH 1, WHAT TYPE OF SUFFERING

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	<ul style="list-style-type: none">- Painful experiences- Impermanence- Mental suffering	<ul style="list-style-type: none">- Greed- Ignorance- Hatred

The Four Noble Truths

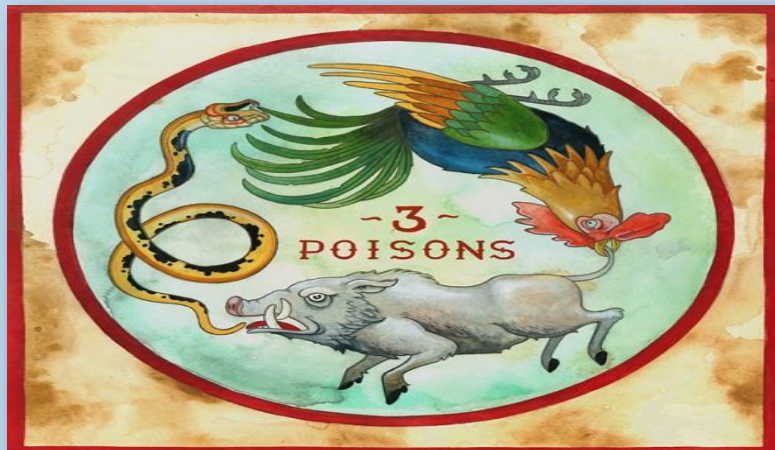
2

The root of suffering is craving. This is the idea that humans always want things; we are never satisfied. This leads to suffering as in an impermanent world we cannot get everything we want.



The 4 Noble Truths

- Suffering exists (Dukkha).
- **Suffering is caused by something (Samudaya).**
- Suffering can end (Nirodha).
- There is a way to end suffering (Magga).



THE THREE POISONS

- They are dangerous toxins in our lives. Not only are they the source of our unquenchable thirst for possessions, and the root cause of all of our harmful illusions, but they are painful pollutants, which bring sickness, both physical and mental.
- Greed (lobha) and desire which are represented by the rooster
- Ignorance (moha) and delusion which are represented by the pigs. Ignorance is not lack of general knowledge but lack of knowledge of the Noble Truths.
- Hatred (dvesha) and destructive urges represented by the snake

Task 2–NOBLE TRUTH 2, CAUSE OF SUFFERING

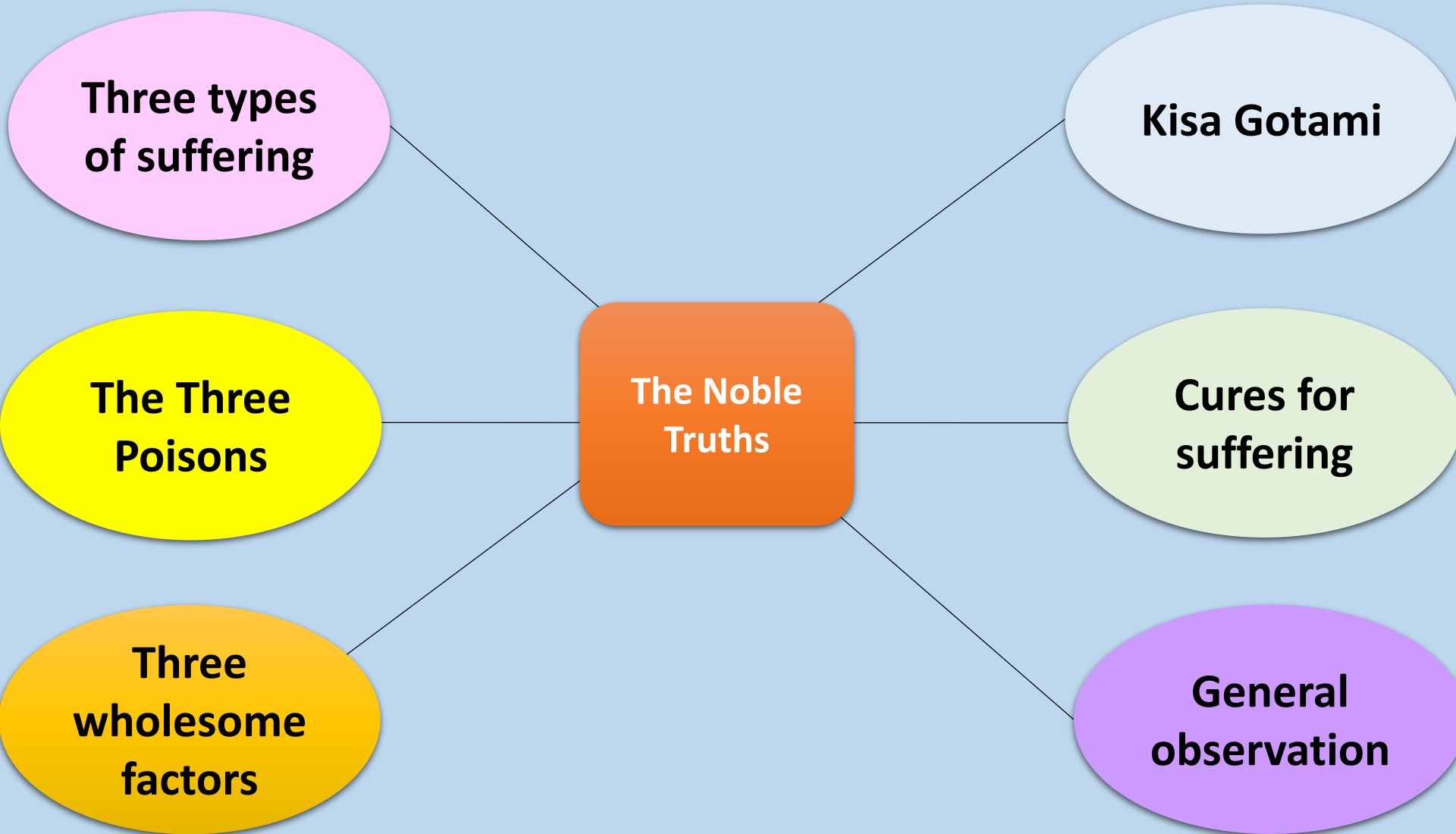
**This one is ignorance of the Four Noble Truths.
Everything is born, gets older and dies.**

**Truth 2 type of
cause**

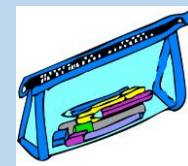
<p>1. You are feeling sad because you are starting to look older and cannot do the things you used to be able to do.</p>	<p>Impermanence</p>	<p>IGNORANCE</p>
<p>2. You have a broken ankle after falling down the stairs trying get to the ringing phone.</p>	<p>Painful experience</p>	<p>GREED</p>
<p>3. You are throwing up because you have overeaten at the all you can eat buffet</p>	<p>Impermanence</p>	<p>GREED</p>
<p>4. You feel jealous and angry because you are not as happy as people on television seem to be.</p>	<p>Mental suffering</p>	<p>HATRED</p>
<p>5. You or your partner is giving birth to your child.</p>	<p>Painful experience</p>	<p>GREED</p>
<p>6. You are afraid of everything: deep down, you are terrified of death.</p>	<p>Mental suffering</p>	<p>IGNORANCE</p>
	<ul style="list-style-type: none"> - Painful experiences - Impermanence - Mental suffering 	<ul style="list-style-type: none"> - Greed - Ignorance - Hatred

'Suffering can never end.'

Review Now - pick a category and give one key idea about that category that you have reflected upon in today's lesson



Lesson 6



Do now – below are two letters written to a Buddhist agony aunt column. How might you respond to them using the teachings from the 4 noble truths?

Dear Aunty Agda,

Please help me. My puppy is very sick and the vet cannot help him. I think he is going to die and I can't imagine life without him. I cry all the time. How can I be happy again?

What type of suffering is it and how has it been caused (use the key terms from last lessons worksheet)

Dear Aunty Agda,

I am 12 years old and I go to Secondary School. Everyone in my class has a mobile phone, but I do not. My mum says I'm not allowed one till I am 16. I am really frustrated and just want to be happy. Please tell me what I should do.

The third noble truth is that suffering can end if people let go of their cravings. How might these people be encouraged to let go of their cravings.

YWBAT: identify what nibbana is and how
Buddha said it could be achieved.

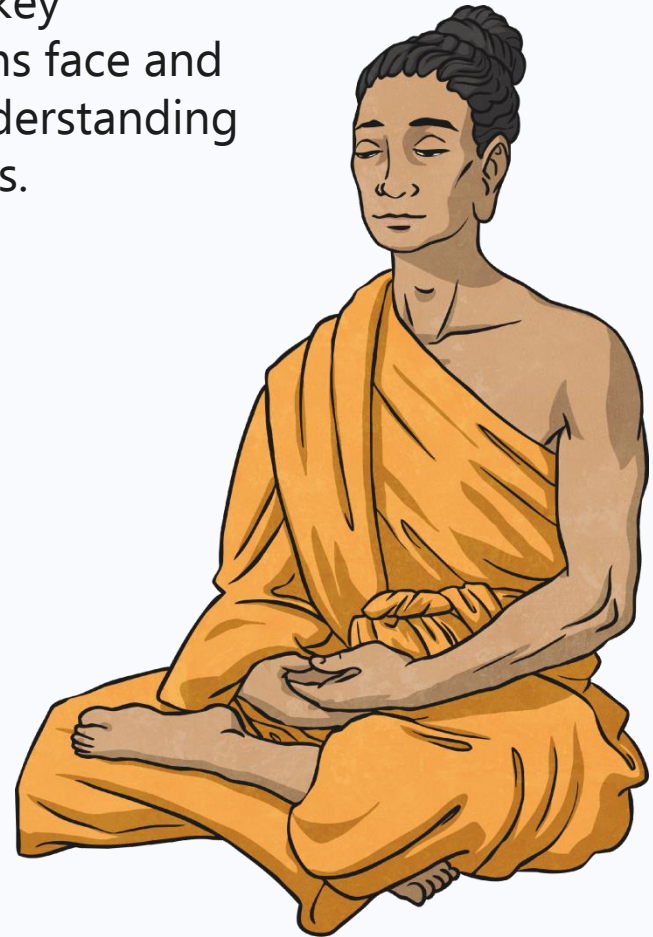
Key terms

Nibbana (nirvana) – a state of complete enlightenment, happiness and peace. Literally means blowing out or extinction of the three poisons.

Tanha – craving (wanting something).

The Four Noble Truths

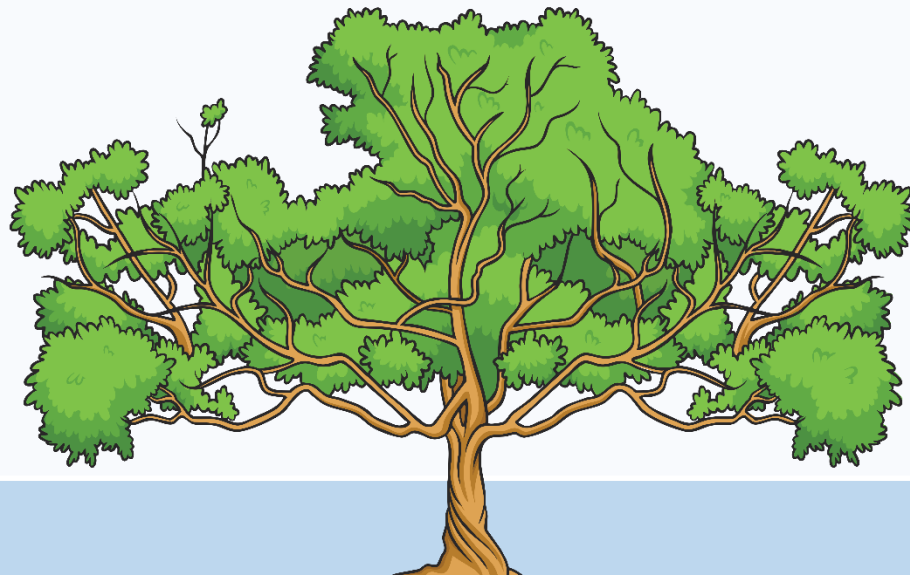
The Four Noble Truths are one of Buddha's key teachings. They explain the problems humans face and why. The truths also begin to offer some understanding into how humans can escape these problems.



The Four Noble Truths

1

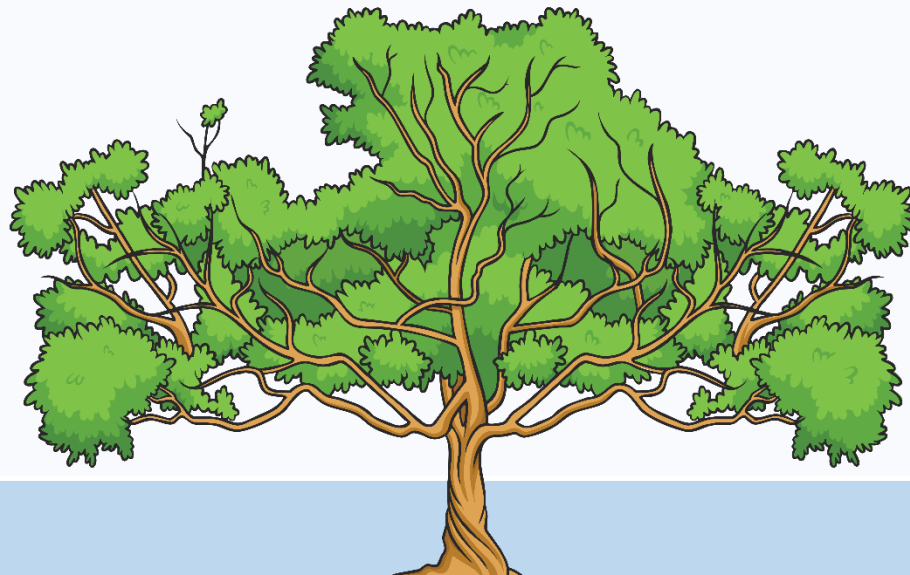
All human life involves suffering. This is known as 'dukkha'. This does not mean humans are never happy. However, even things that make us happy will eventually end. This is because the world is always changing (impermanent).



The Four Noble Truths

2

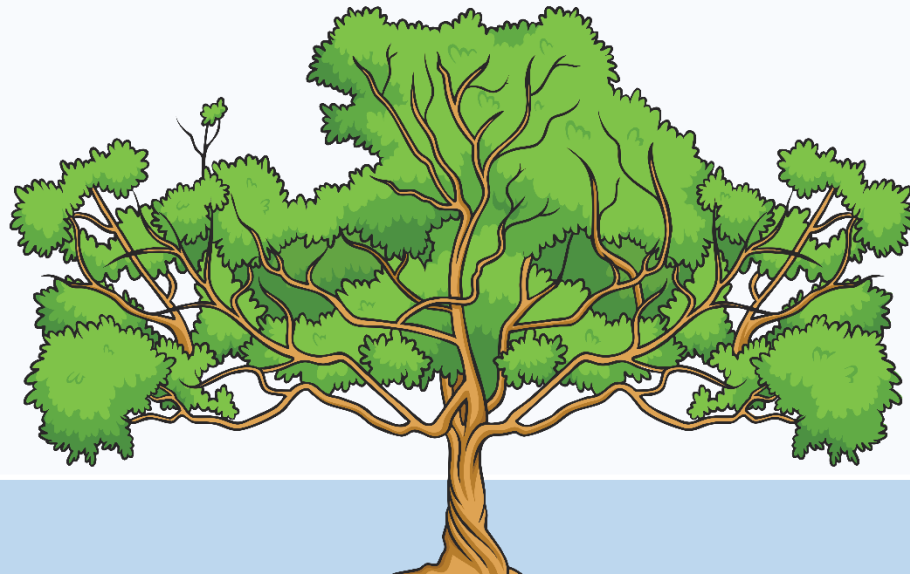
The root of suffering is craving. This is the idea that humans always want things; we are never satisfied. This leads to suffering as in an impermanent world we cannot get everything we want.



The Four Noble Truths

3

We can escape suffering if we learn to be contented and stop craving. This state is known as nirvana. Buddha achieved this through his enlightenment.



The 4 Noble Truths and the Dr. analogy

- Suffering exists (Dukkha).
 - Suffering is caused by something (Samudaya).
 - Suffering can end (Nirodha).
 - There is a way to end suffering (Magga).
- You have an illness.
 - The Dr. finds the cause of our illness.
 - There is a cure for your illness.
 - The Dr. prescribes a treatment for your illness.
- ←→





3rd Noble Truth – there is a cure for suffering (Nirodha)

Complete the sheet. Use the words below to help you.

appreciate

three poisons

tanha

long

rebirths

suffering

last

permanent

happiness

nibbana



3rd Noble Truth – there is a cure for suffering (Nirodha)

The third noble truth says that you can avoid **suffering** and reach a point where you never suffer and you have an everlasting **happiness**. This is called **Nibbana** and means that there will be no further **rebirths** when that person dies.

To end suffering people need to free themselves from the **three poisons** by rejecting their cravings (tanha).

Rejecting our cravings (**tanha**) doesn't mean giving up on the things that we enjoy but realising that things will not last. Enjoy them but know they are not **permanent** and that when they are gone we should not **long** for it.

We have to aim to have an **appreciation** of what we have (no matter how little this might be) rather than what we want.

The 3rd Noble Truth

Think about the Buddha's childhood and the life of luxury he had when growing up. Write down a list of things that the Buddha might have been attached to in his life.

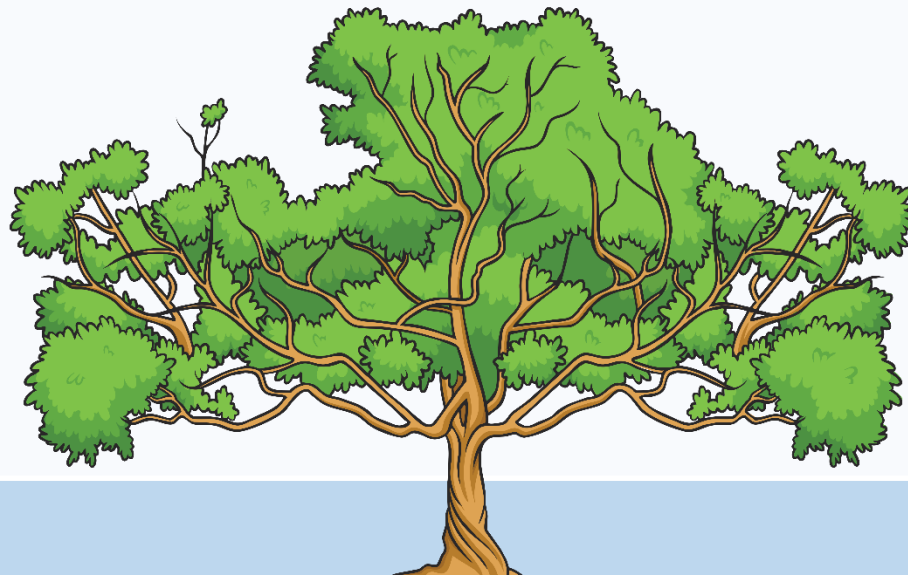
Have you ever wanted something very much and then found out it wasn't nearly as interesting or rewarding as you had expected? How did you feel at different stages of the experience? Could you have avoided this?

Buddha taught that it was at least possible to stop craving things that cannot provide lasting satisfaction. However, he also taught that some things offer deeper satisfaction and enjoyment than others eg friendship when compared with new trainers. Can you think of three examples of this. Explain in detail.

The Four Noble Truths

4

We can end suffering by following what Buddha described as the 'middle way'. This involves living a life which is somewhere between the luxurious life Buddha lived in the palace and the poor, difficult life he lived as a holy man. This is also known as the 'Eightfold Path'. You will look at this in more detail in your next task.



The 4th Noble Truth – there is a way to end suffering (Magga)

- Suffering exists (Dukkha).
 - Suffering is caused by something (Samudaya).
 - Suffering can end (Nirodha).
 - There is a way to end suffering (Magga).
- You have an illness.
 - The Dr. finds the cause of our illness.
 - There is a cure for your illness.
 - The Dr. prescribes a treatment for your illness.
- ←→



The 4th Noble Truth – there is a way to end suffering (Magga)

- After seeing the 4 sights was Prince Siddhartha happy living in absolute luxury?
- After years of starving himself and living as an ascetic monk meditating under the peepul tree was he happy?

NO ! Buddha reached enlightenment when he realised that people could overcome suffering by following the MIDDLE WAY. Neither extreme would bring satisfaction but following a MODERATE life somewhere between these could.

So he came up with a list of 8 practices that would help someone to stay on the middle way so that they could overcome suffering and help others to do so too.

The Eightfold Path / The Middle Way.

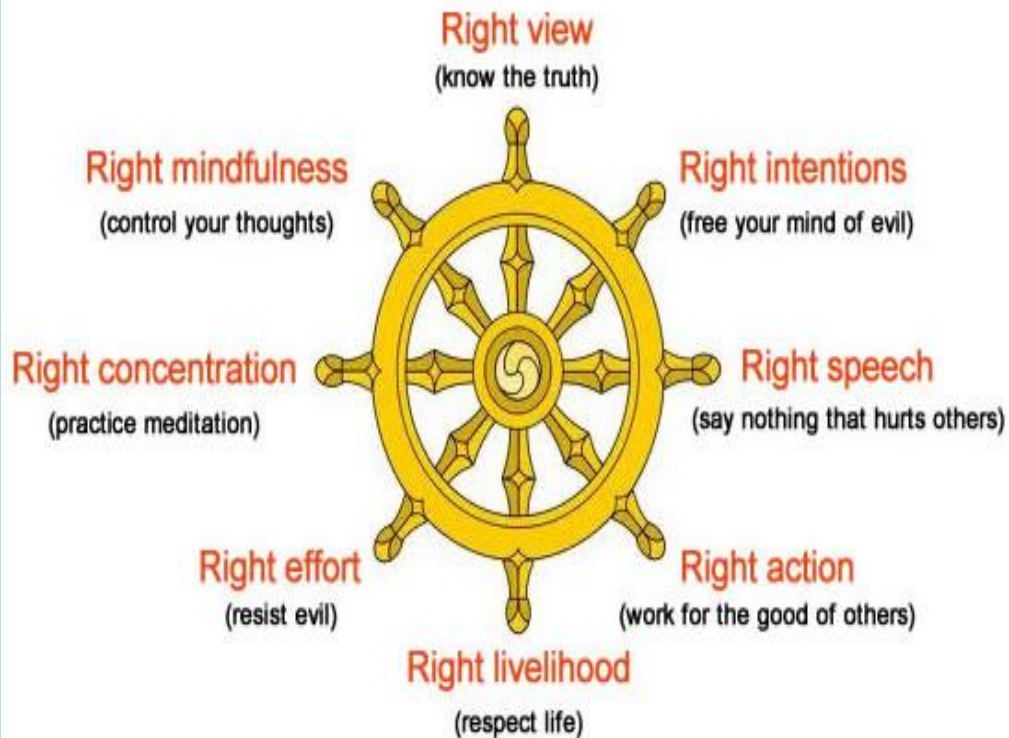
This is grouped into three sections

Wisdom	Right Understanding
	Right Aspiration
Morality	Right Speech
	Right Action
	Right Livelihood
Concentration	Right Effort
	Right Mindfulness
	Right Concentration

Emphasises the importance of overcoming ignorance to achieve enlightenment

Emphasises the importance of good behaviour and living in a way that helps rather than harming people.

Emphasises the importance of meditation in developing wisdom and reaching enlightenment.



Page 34/35

- Match the info to the practice
- Think of an example of how this can be applied in life
- Draw a memory icon for this practice.

EXTENSION TASK

Why do you think Buddhists choose to represent the eight fold path as the diagram above rather than the one to the right?



Plenary- The 4 Noble Truths, can they really end suffering?

- Suffering exists (Dukkha).
- Suffering is caused by something (Samudaya).
- Suffering can end (Nirodha).
- There is a way to end suffering (Magga).



Pick an example of suffering from the modern world (can be big or small)

- **What caused it (greed, ignorance, hatred)?**
- **How can it be ended?**
- **Which elements of the 8 fold path would be useful in ending this suffering.**

To what extent can following the 4 noble truths help to prevent suffering in the world. Explain your answer with reference to specific examples.

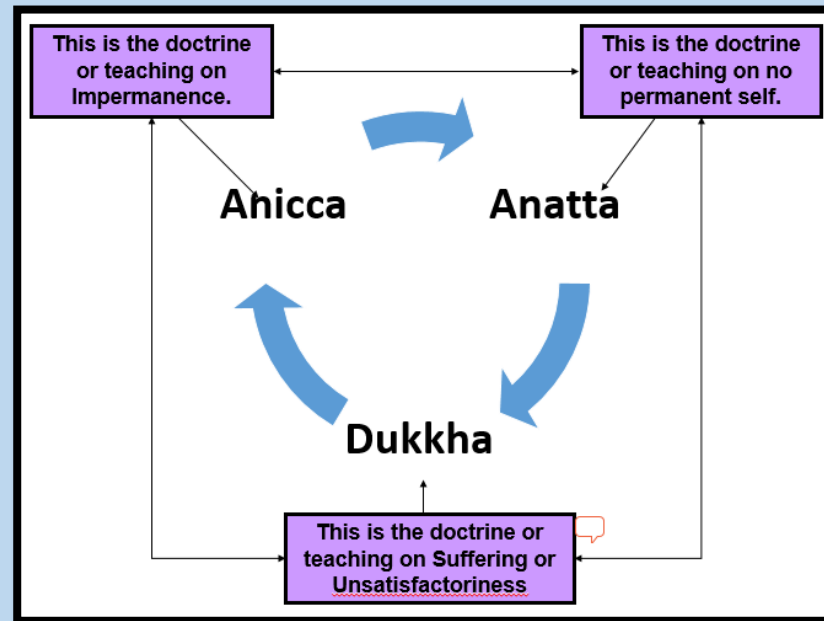
Review now

The Four Noble Truths and you

- Write down the name of one thing you crave or desire.
- For example: Chocolate
 1. Chocolate is easy to get hold of but makes us fat
 2. The origin of the suffering of obesity, is fatty foods like chocolate
 3. If we control our cravings, we could stop eating as much chocolate
 4. By eating the right amount, we can be happy but not cause ourselves any suffering

Lesson 7

YWBAT: understand the three marks of existence.



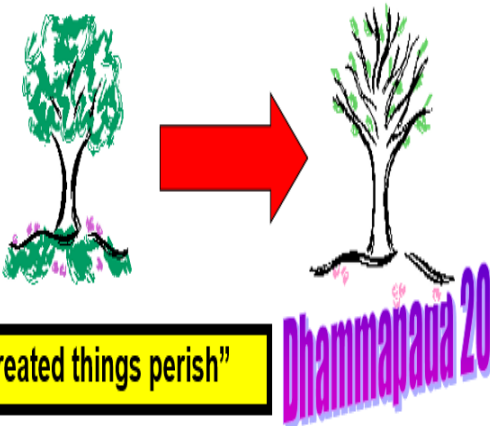
#1 Anicca – source material

- ‘Anicca’ literally means ‘impermanence’
- It is the **First Mark of Existence / Universal Truth**
- This means that **everything** is constantly changing
- **Nothing** stays the same (nothing is permanent)

We can see Anicca in the life of the Buddha:

1. The Four Sights
2. The Great Renunciation
3. Search for the correct path
4. His travelling and teaching
5. His death.

This concept is at the root of all Buddhist belief – if you accept and understand anicca, you are on the road to enlightenment!



- Buddhists believe life is full of suffering. This suffering is mainly caused by people’s unrealistic EXPECTATIONS of things – wanting more money / wanting to be happy forever / not wanting to get old .
- We resist change and are upset by it, we get upset when we don’t get what we want, etc.
- If we understand that everything is impermanent and will always change, we shouldn’t have these unreasonable expectations. We will always realise that good things come to an end, and also that bad things will also pass.
- This gives a realistic and truthful outlook on the world, and allows Buddhists to properly understand other Buddhist teachings

1 ANICCA – TASKS

Kisa Gotami's son died when he was a toddler and she was stricken with grief. Carrying her dead son, she went everywhere asking for medicine to restore her son to life. People thought she had gone mad. But a wise man seeing her pathetic condition, decided to send her to the Buddha. The Buddha told her to get some mustard seeds from a home where there had been no death. Overjoyed at the prospect of having her son restored to life, Kisa Gotami ran from house to house, begging for some mustard seeds. Everyone was willing to help but she could not find a single home where death had not occurred. As the day dragged on, she realised hers was not the only family that had faced death and that there were more people dead than living. As soon as she realised this, her attitude towards her dead son changed; she was no longer attached to the dead body of her son and she buried him.

1. In your own words explain what anicca is.
2. Think back to the story of Kisa Gotami. How does the concept of anicca apply to this story?

1

Anicca is the idea that nothing stays the same.

Make a list of things in this classroom that will not stay exactly as they are right now.

2

Anicca affects:

- Living things
- Non-living things
- Our minds

Can you think of examples of how anicca affects these three things above?

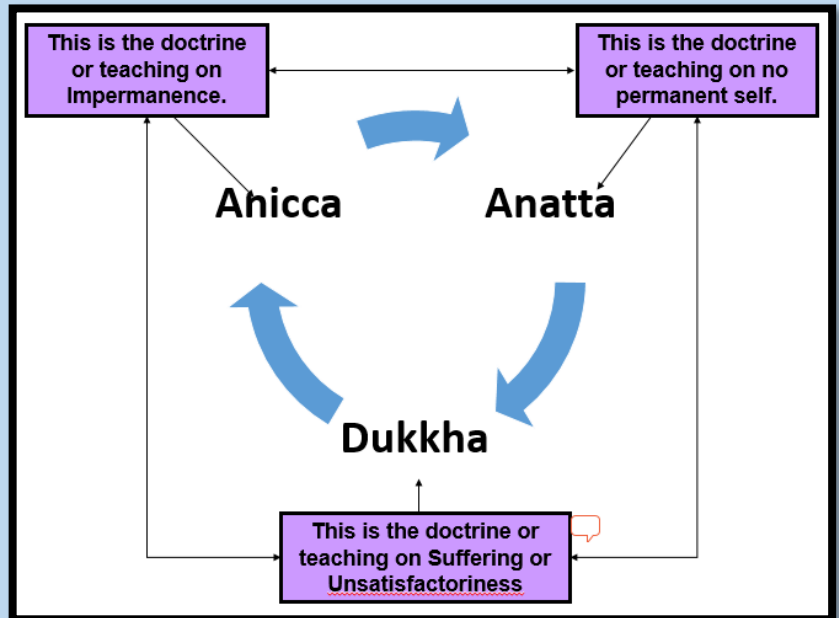
3

How might accepting the concept of anicca help people in their lives? Explain using at least one example in support.

Three marks of existence

#2 ANATTA

- In this pack you should have
 - Front page
 - Source materials x 2 different sheets
 - Tasks to complete



#2 Anatta – source material

The second mark is Anatta, that means we don't have a permanent soul.

What Buddhists mean is that everything about us changes. If that's true then you really can't be a you. It's just an illusion that you are who you think you are. Buddha said all humans are made up of 5 parts, none of which stay the same over time.

The five aggregates

The Buddha taught that people are made up of five parts. These are called the five aggregates (Khandas in Pali and Skandhas in Sanskrit). They are:

1. Form (our bodies)
2. Sensations (our feelings)
3. Perceptions (how we recognise things)
4. Mental formations (our thoughts)
5. Consciousness (our awareness of things)



Case study: The ship of Theseus

Over a period of years, in the course of maintenance a ship has its planks replaced one by one – call this ship A. However, the old planks are retained and themselves reconstructed into a ship – call this ship B. At the end of this process there are two ships. Which one is the original ship of Theseus?



Many things about a football team can change over the years – new players come and go, as do new supporters, the team's position in the league changes, and so on.

But the team itself still exists and has its own identity, even though it is made up of many changing parts

#2 Anatta – source material

The Questions of King Milinda – Nagasena and the chariot

A story that is often used to illustrate the concept of anatta is found in a text called 'The Questions of King Milinda'. King Milinda was a Greek king who lived some 200 years or so after the Buddha. One day a monk named Nagasena arrived at the court of King Milinda. The king asked Nagasena what his name was. The monk replied that he was known as Nagasena, but this was merely his name, but that was merely his name, without any reference to a real self or person. The king was confused by this and how there could be a person before him, who was standing in robes and hungry for food, if Nagasena was just a name.

Nagasena replied in what might be seen as a strange way. He asked the king how he arrived today. The king said he arrived by chariot. Nagasena asked him to point out what a chariot was, which the king did.

Nagasena then said that a chariot is not just the wheels or the axle or the yoke, but it is actually something separate to these things. So, the term 'chariot', like the term 'Nagasena', is merely a name used to refer to a collection of parts.

Nagasena said that people are made up of various body parts like liver, kidney, lungs and so on, but only when these are put together in a particular order and given a name do we recognise the 'owner' of these parts. A chariot exists but only in relation to the parts they are made up of. There is not a separate 'self' that is independent of these parts.



2 ANATTA– TASKS

1. In your own words explain what anatta is?
2. What are the five aggregates?

GREEN TASK

Are we the same person now that we were when we were:

1. One day old?
2. Five years old?
3. When we first started year 7?

If yes then why?
However if we are not then why not?

AMBER TASK

Outline one analogy used to show what Buddha meant by anatta.

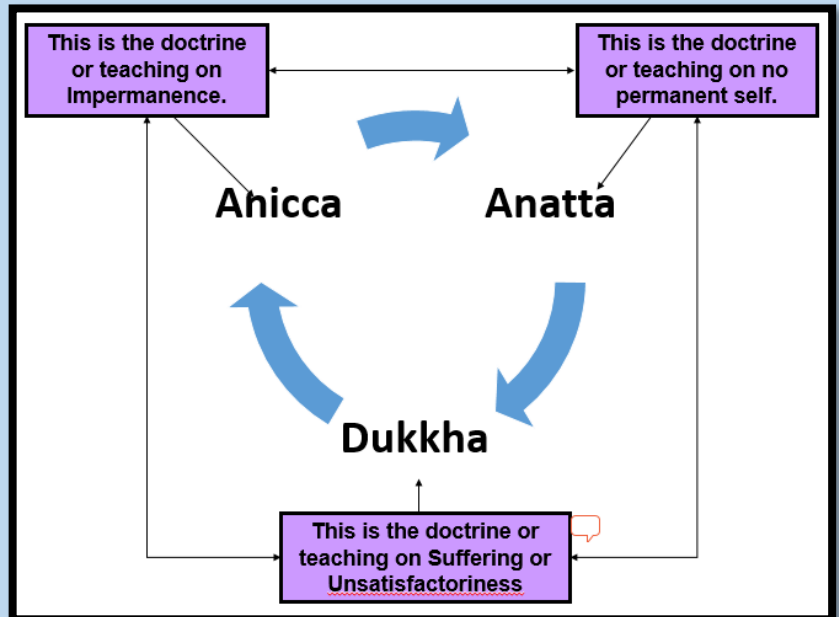
RED TASK

How might the concept of anatta help Buddhists in their understanding of reincarnation?

Three marks of existence #3

DUKKHA

- In this pack you should have
 - Front page
 - Source materials
 - Tasks to complete



#3 DUKKHA – source material

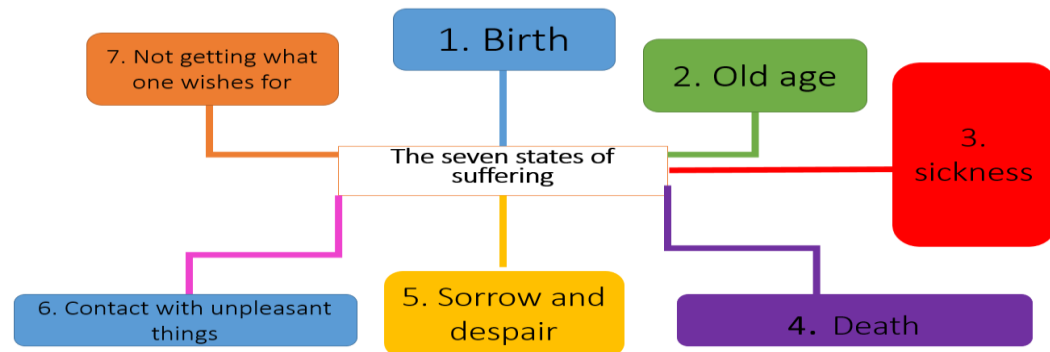
The third mark of existence is Dukkha. This basically means suffering. Buddhists believe that because everything changes we can never hold on to our pleasures. We're always left wanting more.

- Buddhists try to reduce suffering for themselves and others through right action and intentions, and by gradually increasing their knowledge of reality.
- Eventually they hope to break the cycle of samsara and achieve nirvana
- Remember – the main reason the Buddha left the palace is to search for an answer to why we suffer
- After the Buddha became enlightened, he gave a sermon in the Deer Park at Sarnath – a city in India. He spoke of the seven states of suffering:

Buddha taught that there are three types of suffering:

1. **Painful experiences** such as birth, death, sickness and old age. Unpleasantness of mind and body.
2. **Impermanence or loss** – losing things you are attached to. No good feeling lasts forever.
3. **Mental suffering** – deep down we know that our own existence is not solid. Anxiety and insecurity that clouds even our happiest moments.

The seven states of suffering



3 DUKKHA – TASKS

1. In your own words explain what Dukkha is.
2. What are the seven states of suffering?

GREEN TASK

Suffering keeps coming up in the teachings of Buddhism. Identify occasions from the Buddha's life story that show when he would have suffered or witnessed suffering.

AMBER TASK

Which of the three types of suffering are demonstrated in these examples?
*Breaking a leg *Getting the flu *Missing someone you love *Friendship breakdown
*Being upset at not getting the grade you want in GCSE RE *Waking up early in the morning when you are tired
*Death

RED TASK

Which of the three types of suffering do you think would be easiest to eliminate. Explain with examples used in support.