

Name:

Date:

Hr:

Buddhism

Buddhism: Background

- Founded in India about _____ B.C. by a teacher called the _____
- Buddhism has been a dominant religious, _____, and social force in most of Asia
- Today, Buddhism has about _____ million followers
 - Most live in _____ and other regions of China, and in Japan, the Korean Peninsula, Sri Lanka, and Southeast Asia

The Buddha

- Buddha is a title given to a person believed to have _____ the cycle of _____ known as samsara and attained _____ (enlightenment)
- The first Buddha and founder of Buddhism was _____, born in the 500s or 400s B.C. in _____
- As a young man, Gautama decided to leave his family and palace life to seek spiritual _____ or enlightenment
- He became an _____, a person who denies himself worldly comforts and pleasures
- He traveled throughout northeastern India for _____ years
 - During his travels he experienced nirvana and discovered the _____ Noble Truths

Beliefs and Practices

- The Four Noble Truths state:
 1. Life is full of suffering, _____, and sorrow
 2. The cause of suffering is _____—or negative deeds
 3. The only cure for suffering is to _____ nonvirtue
 4. The way to overcome nonvirtue is to follow the Noble _____ Path
- Eventually, Gautama decided to teach his message
 - His followers called him the Buddha, which means the “_____ one”
 - For the rest of his life, the Buddha preached the message of how to overcome suffering which is called the _____
- Another key belief is the Eightfold Path
 - It focuses on the right _____, right aspirations, right _____, right _____, right livelihood, right mindfulness, and the right contemplation
 - This was the path to end a life of _____
- It was believed that if a person led a _____ life he could achieve enlightenment through _____
- For a Buddhist, the final goal is _____—union with the _____ and _____ from the cycle of _____
- After the Buddha's death, his followers collected his teachings in a set of texts called the _____